

# Date Idea: Stroll Through a Museum



By [Sarah Batcheller](#) and [Mara Miller](#)

Searching for an exciting date idea this weekend? Plan a trip to a local museum! You can spend the entire day with your significant other and get an educational and entertaining experience at the same time.

## Head to a Museum for a Culturally-Influenced Date Idea

When choosing which museum to visit, think about your interests. If you want to learn more about a specific event in

history, such as the Holocaust, find a museum that has a section for that. Do you live in Washington, D.C.? The United States Holocaust Memorial Museum is one of the best Holocaust museums in America. If your man is a space or aviation fanatic, follow this [love advice](#) and take him to the National Air and Space Museum, also in D.C., on your next weekend date idea.

**Related Link:** [Tour a Chocolate Factory](#)

If you're more fascinated with contemporary art, the New Museum in New York is the best place to go. It even has a Sky Room that provides a stunning view of Manhattan's skyline. If you live in Chicago, the Museum of Contemporary Art is also on the list of top ten museums in America.

Planetariums and aquariums make for great date ideas too. The American Museum of Natural History in New York exhibits a variety of shows in their planetarium, ranging from outer space to the function of the brain. The New York Aquarium is also popular. From sea lions to sharks, you'll certainly stay busy!

Museums are great because of all the opportunity for conversation, especially if you're going on a first date. Still, whether it's your first or fifty-first outing together, there's always something fun to enjoy. Strolling down various corridors and stumbling upon new exhibits will give you and your partner time to bond over your mutual fascination for the museum's focus. The quietness of a museum makes for good romance too, and it'll cause you to feel closer to your partner. While immersed in a century-old Greek oil painting, the two of you will feel like you're the only ones in the room, like you're in an entirely different world.

**Related Link:** [How to Date Outside the Box in NYC](#)

Once you're tired of hushed voices and "Do Not Touch" signs, you can head over to the cafe or bakery that many museums

typically offer their guests. There, you'll be able to discuss all the wonders you've seen and continue your conversation. Don't forget to stop by the gift shop on your way out and pick up a memento of your day!

**Do you have any great museums, planetariums or aquariums in mind? Share your date idea with us!**

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## **Date Idea: Romance at a Resort**



By [Sarah Batcheller](#) and [Mara Miller](#)

It's time to escape your everyday burdens and have a romantic

getaway with your beau. Pamper yourselves and enjoy time away from the office and with each other by venturing off to a resort. This [weekend date idea](#) will allow you to retreat to a relaxing place and rejuvenate your relationship and love for one another.

## **Find out how to indulge fully in a resort weekend with these date ideas!**

Heat things up in this cold weather! Why not head to a fun spot like the Hamptons or Montauk and spend the days and nights on the beach with the one who makes you happy? Check out sites like LivingSocial or Groupon for deals on weekend getaways. You *can* have a vacation that won't break the bank. If you literally want to heat things up, travel somewhere with a warmer climate, like The Keys, for this date idea.

**Related Link:** [Valentine's Day Date Ideas](#)

Once you arrive at your destination, make a bonfire on the beach, melt some s'mores, and snuggle up. Soak in all there is about where you are. One morning, be sure to order breakfast in bed – there's nothing better than being comfy with your boo while sipping your morning coffee and watching the sunrise from the sheets. Talk about a great start to the day! After all, the point of this [dating advice](#) is to do what you can't do when you're tied down with work and other responsibilities. Take some time to do nothing except appreciate the company of your significant other.

Many resort locations offer a variety of romantic activities for couples, like dance lessons, horseback riding, couples massages, or private yoga. Any of these will add some edge and spark to this weekend date idea. If you'd rather follow the

trail of spontaneity, just explore your destination. If you prefer a laid-back day, head to the pool to soak up some rays. There's bound to be poolside service at any spa resort, so the two of you could comfortably spend all day basking in each other's arms.

**Related Link:** [Take a Virtual Vacation](#)

Afterward, have a candlelight dinner for two on your balcony. Talk about your trip so far and what you've enjoyed most about your time away. No matter where you go, having a romantic resort getaway is a great way to spend some quality time with the one you love.

**Tell Cupid about your favorite resort spots in the comments below!**

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## **Relationship Advice: Should You Elope?**





By Dr. Jane Greer

Planning a wedding can be exciting, but it can also be an enormous undertaking once you become immersed in all the details. From choosing a maid of honor and whatever number of bridesmaids you have agreed upon (and trying not to offend anyone with your choices), to the flowers and the cake, not to mention the seating arrangements, it can be a lot to deal with. That's why, in the midst of it all, people often begin to wonder if they should elope. For some, it is just a joke, something to say when all they really want to do is get a break from thinking about the dress and the photographer and where Aunt Fran is going to sit. For others it can be the right choice. Actress Gina Rodriguez said she almost married her fiancé Joe LoCicero after this year's Golden Globes, gushing about getting caught up in the excitement and the beauty of the dress she had on, and saying it could have happened that night if she hadn't had to work the next day.

**In this relationship advice, find**

# out if eloping is the right choice for you.

Of course, that is a perfect example of how eloping can happen if you get swept away by a moment of love and romance. To those who just met or consider getting married after a drunken night in Las Vegas, caught up in the passion and spontaneity, waiting a bit to get to know each other may be a better idea. But many people who are deep into a relationship and are sure they want to spend the rest of their lives together also consider eloping for a variety of reasons. There is a certain practicality to avoiding a big wedding, especially if people don't have the money to spend on a lavish reception. Or, they might not want to burden their family with a huge bill. Along the same lines, a couple might decide they would rather spend the money on something else, such as a honeymoon or to use as the down payment for a house. Finally, since so much family history and baggage can come along with the elements of a big wedding, the future bride and groom may simply want to avoid possible criticism, judgement, or blame for the particular choices they might make, and thereby not have to feel guilty because of the disapproval. While the two options have their merits and cons, it's important that both partners are on the same page about when and how to tie the knot. So how can you know if eloping is the right choice for you?

**Related Link:** [Relationship Advice: Can You Cheat Jealousy?](#)

The most important question to ask yourself as you make this decision is will you or your partner be disappointed in any way if you forgo the traditional route? Some people fantasize about a big white wedding for their entire lives – a time when they might feel like a princess or a prince – and imagine having pictures documenting it to look at for decades to come. Others have been leafing through bridal magazines for years and have already chosen the style of dress they want to wear

down the aisle. And still others may have imagined it as a time to gather all their fraternity brothers for a reunion. If this is the case for either one of you, eloping might not be the best choice. Talk about it and try to make sure there won't be one single regret looming out there, but only happiness for what lies ahead.

**Related Link:** [Relationship Advice: The Afterlife Connection](#)

The bride and groom are not the only ones who have emotions wrapped up in the monumental event. With that in mind, consider also if there are family members who might be let down if you decide to have a small, private ceremony at City Hall. Did your mother always dream of this moment? Did your uncle for whom you are named always imagine what he would say during the speech he hoped to give one day? Think about what is most important to you as far as keeping the peace or having your life start together on your own terms, and how much you are willing to deal with to achieve that. If you do choose to elope, keep those family members in mind and see what you can do to appease them and make them understand that for you this is a gain and not a loss of any kind. Even if you elope and choose to make the ceremony your own, you can still throw a celebratory party and invite everyone at any time.

If in the end it feels like there would be no regrets, nothing that you imagine you might wish you had done down the road, and you are eager to begin your life together and not spend a lot of time or money getting to that point, then eloping might be the perfect choice for you. Who knows how Gina and Joe will end up tying the knot in the end, but they certainly aren't alone if at times they think they could just elope.

*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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://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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## 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](mailto: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](http://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.

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## Date Idea: Dance the Night Away





By [Courtney Shapiro](#) and Sarah Batcheller

Sure, going to the movies and grabbing burgers is a relaxing and tasty [date night](#)...or it's just plain boring. But don't worry! Better nights are just around the corner. Prove to your sweetheart that you can go the extra mile for them by scheduling dance lessons this week. With this [date idea](#), you get to shake and show off while fitting in your daily exercise. Plus, you get to be close and personal with your significant other. Take this [relationship advice](#) and go dancing with your partner.

## Use This Date Idea to Reconnect With Your Beau

If you're searching for something romantic with this date idea, try ballroom or Argentine tango. Not sure what the differences are? A ballroom tango is a type of dance that you've seen on *Dancing with the Stars*. There are certain moves you must learn – from underarm turns to alternating hand holds to side-by-side choreography. If you and your partner prove to

be particularly talented on the dance floor, you can even enter competitions.

**Related Link:** [Date Idea: Ice Skating Adventure](#)

The Argentine tango is a social dance, and because there aren't any steps involved, it relies on improvisation. In short, it means that you and your mate can learn how to dance it quickly. You can go out that night and display your new moves at a nearby nightclub or bar!

If you follow this relationship advice and want to do something that's fun and sexy, try salsa. Although couples don't embrace as much as they do in a tango, dancers hold hands most of the time and remain in one spot, often swapping back and forth. If this idea appeals to you, then get ready for all the hip wiggling and spins you'll face! Salsa is a great style for those who just want to be eye-to-eye while dancing with their honey.

**Related Link:** [Date Idea: Warm Up By Exercising This Winter](#)

If you still aren't sure which dancing lessons to take for this weekend date idea, see these dances in action. Check out videos on Youtube.com, or you may consider taking a beginners class for all three dances. That way, you can compare the pros and cons of each style and pick out which one is best for you and your beau.

**Have you and your special someone taken dance lessons before? Let us know by commenting below!**

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# Movie Review: Night School



By [Lauren Burczyk](#)

If you're looking for a fresh, witty comedy, then you're in luck! *Night School* is the perfect movie to watch when you're looking for a "pick me up." This fun, original flick stars Kevin Hart and Tiffany Haddish. Teddy, played by Hart, is a high school dropout desperate for a good job so that he can continue to impress his fiancée, an architect, who is unaware of his actual situation. His good friend promises him a position as a financial analyst if he goes back to school and completes his GED. The fun starts when Teddy meets his night school teacher, Carrie, played by Haddish, who's determined to get Teddy to pass his exam. Teddy finds out that keeping night school a secret from his fiancée is much harder than he could have imagined. Read Cupid's [movie review](#) to find out just how

funny this film is!

## ***Night School* is the perfect comedy that shows what not to do in a relationship.**

### **Should you see it:**

If you're in the mood for a good comedy, there are just enough laughs to make this movie well worth it!

### **Who to take:**

This would be a great movie to see with your partner, best friend, or family member. This comedy has a softer rating so you can bring your teenager along with you!

### **Cupid's Advice:**

Do you agree with Teddy that a secret is unavoidable in certain circumstances during a relationship? Cupid has some reasons to avoid keeping secrets from your partner and why secrets, even if they're harmless, can ruin your relationship.

**1. Keeping a secret from your partner proves you're being dishonest:** In a relationship, honesty is always the best policy. Keeping a secret from your significant other is very similar to lying and can break the trust in a relationship.

**Related Link:** [Relationship Movie 'Home Sweet Hell' Features Katherine Heigl as a Killer Wife](#)

**2. You can end up becoming deceitful:** The more time that passes, the harder it will become to reveal your secret to your partner. It's important to tell the truth right from the start so that you avoid turning your secret into a real problem.



**Related Link:** [It's Friends vs. Relationship in 'The Wedding Ringer'](#)

**3. Deceit quickly multiplies into mistrust:** Once you've let your secret lead to deceit, the more it will affect your relationship. Deceit can often lead to breaking the trust in your relationship.

**4. Keeping secrets is a breeding ground for betrayal:** Avoiding to mention important facts to your partner can lead to further deception or betrayal. Being open and honest with your partner will encourage trust and open communication.

**5. Relationships are often ruined by lies:** Secrets and lies cause couples to grow apart. It's difficult to forgive your partner once you've found out that they've lied to you and kept a secret from you.

**Can you think of any other reasons why keeping secrets from your partner could ultimately ruin your relationship? Comment below.**

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## Movie Review: A Star is Born





By [Lauren Burczyk](#)

A Star is Born is a musical romantic drama starring [Bradley Cooper](#) and [Lady Gaga](#). The 2018 version of the movie, produced and directed by Cooper, was originally filmed in 1937, bearing the same film name. In the film, Cooper plays Jack Maine, a country music phenomenon with a serious drug and alcohol problem. He meets Gaga who plays Ally, an aspiring singer, at a drag bar. After being amazed by her performance, Jack invites her to go on tour with him. The two quickly fall in love and when Jack, despite his ongoing personal demons, asks Ally to marry him, they have a [celebrity wedding](#) the same day. Get your box of tissues ready and hold your partner tight because this gut-wrenching, passionate love story about this [celebrity couple](#) will leave you in tears. Read our [movie review](#) to learn who to take!

**A Star is Born is the perfect love**

# story for your next date night!

**Should you see it:** If you're looking for a movie with a captivating romance, excellent performances, and you enjoy emotional, heartfelt stories, then this one's for you!

**Who to take:** Take someone you don't mind getting emotional in front of. Your significant other would be a great choice, or take your best friend. I would advise against taking young children or making this your choice for a first date.

## **Cupid's Advice:**

We're inspired by the unconditional love that is felt between Jack and Ally. It can be tough when you love someone that has personal demons that they are trying to deal with. Cupid has some [relationship advice](#) on how to support your partner in their time of need:

**1. Try not to be an enabler:** If you and your partner were regulars at the local bar, it's time to make that habit a thing of the past. For your partner to get over their addiction, they have to stay away from anything that can entice their behavior.

**Related Link:** [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

**2. Stop making excuses for them:** For your partner to get better, it's important for you to stop allowing them to skip family gatherings or not come to the phone when their mother calls. It's best that you don't try to handle this all on your own, so including other family members on treatment plans is a good idea.

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

**3. Attend therapy sessions together:** The last thing on your mind may be couples therapy, but it actually can help and may prevent your relationship from suffering. Remind your partner that you're in this together and that you would like to keep your relationship strong.

**Have you helped your partner through a difficult time? Share some of your advice below!**

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## **Date Idea: Embrace the Cold Weather**



By [Mara Miller](#)

With your flip flops in storage and warm weather a distant memory, it's easy to spend your weekends under a warm comforter, reading a book together or flipping through the channels for [date night](#). Although binge-watching *Orange Is the New Black* and ordering a pepperoni pizza can be great at times, your love life shouldn't cool down just because the temperature is declining. Instead, use this [weekend date idea](#) to take advantage of the season by embracing winter activities that you can only enjoy once or twice a year.

## Relationship Advice: Winter Activities for Your Next Date Idea

**1. Try something new and go tubing:** Whether you're a pro or haven't been on the mountain since you were a kid, it's one way to keep your pulse pumping with your partner. Most ski resorts offer this activity, and since you have the option to stay a few hours or an entire weekend, coasting down a hill just may turn into that surprising [romantic getaway](#) that you've been craving.

**Related Link:** [Enjoy the Snow from Indoors](#)

**2. Create some fun in your own backyard:** Get all bundled up, venture outside, and make snow angels or build snowmen with your cutie. Better yet, when your mate turns their back, you'll have the chance to start a snowball fight. A little activity and some healthy competition will keep your blood flowing even during the coldest of days. Being silly with your sweetheart is important, and playing in the snow is a great way to do it.

**Related Link:** [Warm Up With Winter Cocktails](#)

**3. Warm up after your outdoor adventure:** Heat up some good

old-fashioned hot apple cider. If you're feeling frisky, spike it with some Fireball whiskey. A warm drink with the one you love is the perfect end to a day filled with fun winter activities!

How do you and your beau keep busy during the colder months? Tell us in the comments below!

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## Date Idea: Spend an Intimate Night Indoors



By [Sarah Batcheller](#) and Ché Blackwood

If you're craving a romantic [date night](#) but don't want to

spend a fortune or you're tired of the same-old restaurant scene, then get creative and bring the excitement of a night out into your own home! There's no reason you and your partner can't share an intimate evening dancing and dining together without breaking the bank. With this weekend [date idea](#), your dining room can rival even the fanciest of dinners.

## How to Plan a Date Idea at Home

**Pick out something sexy to wear for your beau:** Just because you're at home doesn't mean you shouldn't get dolled up. In fact, staying in means you can actually dress a little nicer than usual. This is one time when you can feel free to overdress (or under dress) for the occasion. No matter what, you want to feel beautiful and comfortable!

**Related Link:** [Date Idea: Be a Cheap Date](#)

**Share a drink to kick the night off:** Stop by your local winery or liquor store and ask the manager to choose a good bottle of red for the best value. When you buy wine directly from the store rather than at a restaurant, the prices are drastically reduced, leaving you with a higher-priced bottle for a lesser cost. If you really want to go all out, purchase a few different bottles and have your own wine tasting. Just pop the cork, swirl your glass, and pretend your kitchen table is the most coveted spot in the house.

Cupid's [dating advice](#): take the night to the next level and plan a special menu to cook together. Choose a unique recipe to really test your culinary talents or remake the first meal the two of you ever shared together. Be sure that your dinner pairs well with your wine of choice. Red meat and pasta taste great with a full-bodied Merlot!

**Related Link:** [Date Idea:Hometown Hotel](#)

**After you've wined and dined, relax:** Fortunately, you don't

have to go very far! Run a bubble bath for two if you really want to get the romance flowing, or curl up on the couch with popcorn and watch a movie with your sweetie. The comforts of being home mixed with the luxuries of a passionate date will leave you feeling refreshed and swept off your feet, without any looming stress over next month's credit card bill!

**How do you like to spice up a night at home? Tell us in the comments below!**

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## **Date Idea: Ice Skating Adventure**





By Sarah Batcheller and Jessica DeRubbo

This weekend, embrace the dropping temperatures and head to an outdoor ice skating rink to be romantic with your sweetheart! You don't have to be an Olympic skater to enjoy a day on the ice, and it may even work to your benefit if you need a little help. For this weekend date idea, either take lessons with your partner or use your inexperience as an excuse to hold your man's hand for support as you glide across the floor. No need to be embarrassed if you or your mate takes a fall. After all, it'll only make for great laughs later!

## How to Enjoy This Ice Skating Date Idea

When you're ready for a break, head over to the snack bar. Hot chocolate will warm you both up and give you time to connect. If you need an energy boost, buy some popcorn or candy (or both!) to munch on too.

**Related Link:** [Date Idea: Light Up the Night](#)

Ice skating rinks always play music, and most of them designate a romantic song or two so that couples can skate together. When you hear your favorite love tune, it's your cue to take your partner's hand and glide to the rhythm of the beat. The slower pace and quieter atmosphere will also allow the two of you to spend some time talking while you skate. That way, the date is still focused on the two of you rather than focused on not making a fool of yourself!

If you're feeling especially adventurous before you embark on this date idea, use your time on the ice rink to play a little hockey with your partner. Once you've learned to maintain balance, you can amp up the energy and fun by going one-on-one. Just make sure you've got all the right gear for warmth and safety!

**Related Link:** [Date Idea: Ice Sculpting Festival](#)

Remember to check with your local rink before you go. Sometimes, they have private parties or teen nights. You don't want to be in a scenario that you weren't anticipating, especially if it means a crowded floor with screaming kids whizzing by. Plan accordingly to make the date just right.

Let us know about your ice skating adventure in the comments below!

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## Date Idea: Warm Up By Exercising This Winter



By [Sarah Batcheller](#) and [Jessica DeRubbo](#)

With colder weather still ahead and beach season behind us, hitting the gym seems pretty daunting. If you and your honey want to stay fit, working out together is a fabulous weekend date idea. Experts say that having an exercise partner can help improve your results, so why not use this relationship advice and choose your main squeeze as a workout companion?

## Relationship Advice: How to Stay Fit with Your Partner

First, set a day and time each week for you and your partner to be active together. Whether you're on an indoor track or embracing the crisp air by walking outside, get your cardio in by teaming up. You can begin by strolling along while chatting, then increase your speed and compete with one another during a run. Exercising with your significant other allows you to spend quality time doing something healthy. Plus, you can get back on track after the holidays!

**Related Link:** [Adventure Date: Do Something Daring](#)

Another weekend date idea is to test your flexibility at a Bikram Yoga class, which entails 2 sets of 26 poses done for 90 minutes in a room heated to 105 degrees. The warmth will help you fully stretch your muscles and get the most out of your workout time. Staying in the room, known as the "torture chamber," is a challenge, but by going in with your partner, you'll push yourself to last until the final minute. Don't forget to bring along a bottle of water to keep yourself hydrated and a towel to wipe the sweat out of your eyes!

**Related Link:** [Date Idea: Spa Vacation](#)

Exercising with your other half isn't just a great way to improve your health. It also allows you to spend time with the person you love. So follow this relationship advice and get

moving!

Do you have a workout plan with your partner? Let us know below!

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## Date Idea: Relax and Reflect



By Sarah Batcheller and [Jessica DeRubbo](#)

This holiday weekend, wind down from all the excitement of the New Year and spend some time alone with your significant other. Instead of watching old films or picking up a new book, consider this [dating advice](#) to improve your relationship: Bond with your partner by snuggling up by the fire, cherishing old memories, celebrating how far you've come, and talking about

where you'd like to be in the future.

## Follow This Date Idea to Improve Your Relationship and Love in the New Year

For this relaxing [date idea](#), find the place that helps you unwind the most. Perhaps it's by your fireplace, listening to the crackle of the logs and admiring the glow. Maybe it's on the swing overlooking the lake in your backyard. Once you've picked a spot, fill a picnic basket with some cheese, crackers, fresh fruit, and dark chocolate. Grab a bottle of your favorite wine (we suggest Cabernet Sauvignon, Merlot, or Pinot Noir to warm you— all perfect for the winter!) and settle in to talk with each other. Don't forget to bring a cozy blanket to keep you warm!

**Related Link:** [Rent a Cabin in the Snow](#)

Next, use your intimate time together to think critically about your past and future. Think of some professional goals that you've set and accomplished in previous years, and gather new ones that you want to achieve. Talk about why you chose these resolutions and why it's important for you to stick with them. When following this love advice, encourage each other to commit to your respective goals; discuss how your relationship can strengthen your goal setting and how achieving your objectives will better your partnership.

**Related Link:** [Plan a Walk Around Town](#)

Take advantage of this date idea and talk about your relationship too. Look at where you were last year as a couple and decide what you and your sweetheart want to work on for the next twelve months. Set goals for events or activities that will better your relationship or even just add some spice

to it! Discuss what you both want and think of ways to get there as a team. Plan to do yoga together twice a week or visit a new restaurant together every other Friday night. Even the small ideas will help you start off the year on the right foot – with intimacy, love, and a whole new set of plans!

What are some of your New Year's resolutions? Comment below and tell us.

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## **Relationship Advice: 5 Romantic Wedding Ideas That Won't Break the Bank**





Everyone wants to create the wedding of their dreams, but you don't have to spend tens of thousands to make that happen. The cost of a wedding is often the number one stressor, which is why couples across the world are opting for [frugal and more sentimental options](#).

## Here are five beautifully romantic ideas that will help keep your finances in check.

### 1. Invitations

Like all wedding-themed products, invitation cards can quickly rack up an expensive tab. Creating a romantic invitation, however, costs a lot less than you might think. You could pen down a favorite verse, make use of elegant flower designs, or create beautiful sweeping hearts. The more DIY you make the invitation, the more sentimental (and less expensive) they become.

### 2. The Vows

While weddings are generally expensive, expressing your love to one another is absolutely free. One of the most romantic things you can do is write your own vows and recite them to one another on your wedding day. While it might sound a little cliché, nothing will make your guests tear up more.

### **3. The “Buffet”**

Food is a must at any wedding. If you don't feel like dishing out hundreds for New York strip but don't want to settle for a venue's cheap chicken, the smart alternative is to create a table of hors d'oeuvres. Not only does this allow guests to enjoy small bites throughout the night, but it gives you an added level of freedom when selecting the food you serve.

You could create a cheese and meat selection, offer the ability to create tiny sandwiches or tacos, or create a candy table with [Sweet Services](#). Nothing says romance quite like the sweet taste of heart-shaped candy. This buffet-style food option also lets you add color to the room with the foods you choose.

### **4. Staying Unique**

A new trend popping up across the wedding community is to skip the open bar in lieu of a signature drink. Couples create the drink together, using their imaginations to craft a delicious concoction, then give it a sentimental name. It's a unique way to celebrate your love for one another that everyone can enjoy.

Keep in mind that this is your big day. Don't feel constrained by magazines and websites, make it your own! Incorporate unique designs and ideas into every aspect of your wedding you can think of. When it comes to romance, nothing says “I love you” like flaunting what you both enjoy.

### **5. Bridal Wear**

Saving money on tuxedos and suits is a little easier than bridesmaids dresses. Thankfully, the world of online shopping



brings decadent styles to your doorstep at cheaper prices. Ask your bridal party about the best places to shop for [romantic bridesmaid dresses](#). They'll be able to help you out.

## **Romantic and Frugal**

Planning a romantic wedding doesn't have to break the bank. These are just five examples of how you can save money while making your big day one the two of you will remember forever. Frugal wedding planning doesn't stop here, though. There are endless ways to save money while still going big on your special day.

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# **Expert Dating Advice: Why Am I Attracted to The Wrong Men?**





By Gillian Lee

In this week's Single In Stiletto's dating advice video, founder and love expert Suzanne Oshima talks to Dr. Diana Kirschner about why am I attracted to the wrong kind of men. Watch the video above and read the article below for some dating tips in your life!

## Why Am I Finding The Wrong Men?

Dr. Kirschner is a PBS Love Expert, Psychologist, and Best Selling author to many books! She started a journey to find love after she had a rough childhood, and she was successful by finding a partner. She has now been able to help thousands of people around the world to find self-love and with a partner.

**Related Link:** [Expert Dating Advice: How To Get A Man To Crave Your Company](#)

1. **Attracted to Alpha Men:** Us women are wired biologically to be attracted to men who are "bad boys." It's an instinct that

we are attracted to these type of men because of the survival of the fittest. A stronger man is going to be better for your reproductive needs, and sometimes it's irresistible that we are attracted to these type of men. He's good in bed, and you're attracted to him, but why isn't it working out? It doesn't work out because they're often players and narcissists. These men are usually not interested, because it's all about getting laid. "Most women end up heartbroken..." Dr. Kirschner explains.

**Related Link:** [Expert Dating Advice: 3 Signs He's Falling in Love With You](#)

**2. Men Who Are Gorgeous:** When you're attracted to men like this, it's not going to give you that "soulmate love" kind of experience. "It's really something inside that makes them a good partner...that makes someone a soulmate for you." Dr. Kirschner tells us.

**Related Link:** [Expert Dating Advice: Can Casual Sex Turn Into Love?](#)

**3. Negative Parental Role Models:** If you grew up with bad role models, then you will most likely end up dating someone who is bad as well. When you grow up, your parents set a template up for you on love, and how portray it. This all happens in your subconscious mind, and then you'll realize who they truly are.

Dr. Kirschner has a gift for all her viewers, which is a free 40-minute session with a love mentor coach. They can help you get attracted to the right guys, and all you need to do is go to [lovein90days.com](http://lovein90days.com) and fill out the form. Make sure to Suzanne sent me, to get your free session.

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

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

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



By [Robert Manni](#)

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

# Keep waiting or move on?

When a guy says he “isn’t ready to date yet” there are usually only two reasons for his hesitancy to go out with with a great woman like you. The first consideration is that he’s coming out of a painful break up and needs time to lick his wounds before jumping back into shark-infested dating waters. If this is the case, I suggest you give him some time. Maybe let him heal for a month or so, but that’s it. You both need to get on with your lives. If he needs a little time, make sure he’s being truthful, then clock his behavior while his heart “heals” and watch how he handles the situation. Every guy gets dumped, but what often separates one man from another is how they handle challenging matters of the heart. Of course you want to date guy who’s in touch with his feelings, but if he’s still pining for his ex after a certain period of time, that a signal that it’s time for you to move on.

**Related Link:** [Ask The Guy’s Guy: What to do if You Find Your Partner Using Online Dating Sites](#)

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

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

Hope this helps. Good luck.

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

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

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# 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>

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



By [Megan Weks](#)

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

## Making the next big step in the relationship!

Before you move in with him, consider this: Rent is expensive and you'd LOVE to share it with him... You're sick of living out of a suitcase every weekend when you're at his house. You're practically there all the time. His dog is starting to call

you “Mom.” Is it time to move in? Think about this from a Man’s perspective. What generally is a man seeking out of a relationship with you? Warmth. Encouragement. Admiration. Love. Sex. He gets it all nearly all of the time when you move in with him. We have all heard the old adage, why buy the cow when you can get the milk for free? Well, it’s something to seriously consider when you are looking to move in with him.

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

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

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

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

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

be like. You don't have to actually take that plunge to learn what you need to learn.

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

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

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

I see way too many women jumping through hoops to be the girlfriend. Let him jump through hoops to have you in his life at all. Did you know that a man will appreciate you about 100 times or more if you are very certain in your value and your deservingness to be appreciated? Women are so afraid to lose a man that they seem to hardly take this approach of making him work hard to have her in his life. A man wants to do this work. He wants to cherish you and go out of his way for you. If you make everything too easy on him, he will view the relationship as less valuable.

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

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

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

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## **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](mailto:gillian@nvmediainc.com)*

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## Relationship Advice: The Afterlife Connection





By Dr. Jane Greer

There is nothing more shattering than dealing with the death of a loved one. It turns you inside out, and it can feel like you might never recover. The magnitude of the loss can be overwhelming. However, one of the most inexplicable, profound, and powerful avenues for not just coping with the death itself, but also moving forward with your life is experiencing signs from your loved one that they are still with you and sending you love. I call these signs transcommunication. Television personality and entrepreneur Bethenny Frankel had an experience with this when she accidentally texted her late boyfriend Dennis Shields, and at another point received a text that nobody claimed to write. She acknowledged after that she thought it was, "weird."

I talk about this exact situation in my book *The Afterlife Connection: A Therapist Reveals How to Communicate with Departed Loved Ones*. I actually wrote the book because of my own experiences after I lost my mother. She gave me, and continues to give me twenty years later, such clear signs that she is still with me that I felt compelled to learn more and explore what was happening.

**Opening myself up to the possibility of transcommunication transformed my life, and continues to today. It can do the same for you once you begin to know what to look for.**

Many people have a hard time understanding or accepting this possibility, or might even be frightened by it. But numerous scientists are now devoted to research and a better

understanding of this phenomenon, including the work being done at The Afterlife Research and Education Institute. The big question is, how can you bring this to a personal level? To begin with, in the same way Bethenny said her experiences were “weird,” one indication that you are receiving a sign is that you say, “I know this sounds crazy but,” when you talk about it. That’s because you know something important happened, but you don’t have the means to explain it rationally. Another clue is when you get goosebumps or chills. How, then, can you begin to learn to read the signs that are sent your way? In my book I refer to another book written by Louis E. LaGrand, Ph.D. called After Death Communication. In his preface, he describes the various ways people might become aware of communications from deceased loved ones.

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ADCs (after-death communications) include sensing the presence of the deceased, feeling a touch, smelling a fragrance, hearing the voice or seeing the deceased, and meeting the loved one in a vision or dream. Messages are also received in symbolic ways, such as finding an object associated with the deceased, unusual appearances or behavior of birds and animals, or other unexplainable happenings which occur at or shortly after the moment of death. Several combinations of the above phenomena may occur within weeks of death or over a period of years.

Along the same lines, Bill and Judy Guggenheim, in their seminal book Hello from Heaven, have categorized and provided anecdotal evidence for the innumerable methods – from visual to olfactory to auditory to symbolic – those in spirit have used to communicate with the living. Those they categorize as symbolic include the appearance of birds, butterflies, rainbows, animals of all kinds and a variety of inanimate objects such as seashells, coins, and pictures.

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When coincidence comes calling, consider instead that you are really dealing with a message of love from the other side. Here are three important things to keep in mind as you search for your own answers. The first is, be open to its occurring. If you accept it can happen to you, it will. The second is to debunk the notion that something huge has to happen, which is not the case. The signs can be subtle and small. They do not have to be big, sweeping gestures. For example, you might think about your mother and her favorite song comes on the radio, or you think about your father and a picture falls over. And the third is to be aware that some of the signs might come through energetically and might affect your computer, your car, your television, or any other machine or device by interfering with their function and disrupting what you are doing. Instead of being annoyed when these things break or malfunction, shift your way of thinking to see it as a sign and embrace that.

In my book I also talk about dream visits, in which the deceased is present in your dreams but not dead. The feeling is so powerful that I call these dreams, “the your still alive, you’re not dead dreams.” There might be a particular interactive quality to the dream – different from others – where you feel you are right there with the person. It is defined by an intense reality that other dreams don’t possess, and after you experience one you wake up with a profound sense of well-being.

The most important takeaway here with all of this is that seeing is believing. It seems Bethenny had this experience, and if you, too, are able to open your heart and mind to this, you make room for your loved one to stay connected with you in a way that is remarkable.

*Please tune in to the Doctor on Call radio hour*

on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://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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## Relationship Advice: Will Your Perfect Partner Vision Become Reality?





By Dr. Jane Greer

Some people refer to it as the Soulmate List, others as the Love List. Whatever you call it, there is a popular trend being used by many hopeful romantics in which people write down the traits they hope to find in a mate – anything from handsome to well-read to empathetic – with the belief that putting it out there will allow the universe, or whatever entity might grant true love, to conjure it up. In fact, Tiffany Haddish dished about her “dream guy” having everything from cooking skills to excellent credit to beautiful hands. While it’s nice to fantasize about the ideal companion, the reality is we all have flaws and imperfections. And the later in life you meet, the more likely each person has baggage from former relationships and life experiences, which can sometimes include previous marriages or even children.

**So, the question becomes, is the practice of creating a perfect**

# partner on paper leading you closer to or further from your goal?

Can this idea of putting a vision out there make it become a reality and energetically bring him or her into your life? Or does creating a dream person end up actually stifling your dreams because there can't possibly be anyone out there who fits every aspect of what you are looking for?

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We all know there is no perfect person, and waiting for one will mean you might continue to be alone until you feel ready to compromise. If you keep searching for your dream person, you might be dreaming for a long time while remaining single. It's important to leave room for the reality of who a person is, since nobody can live up to a fantasy. If you are not willing to consider someone beyond your list – for example, you want your future partner to be six feet tall and you rule out anyone who isn't – then you are limiting yourself in your search for love. How, then, can you have a dream list that can work for you and not against you? First of all, it is important to have a sense of what you are looking for in a partner so you can place a premium on and appreciate what you like – creativity, hardworking, smart – whatever it might be. But so often someone simply looks to what the other person brings to the equation, are they tall? Beautiful? Wealthy? Do they have an exciting job? Do they have a great social life? And while these details can certainly enhance your life and your relationship, there is something else even more important to consider. That is – how they make you feel when you are with them. Do they make you believe you are special? Can you be real, be yourself, and not worry that you are being constantly judged? Do you laugh a lot when you are together? Do they have a sense of humor, and do they understand and

appreciate yours? Are they interested in meeting your family? Do they take care of you when you are sick? These are the details that trump someone's height, or someone's job title, or how much someone's annual salary is.

**Related Link:** [Relationship Advice: Get the Birthday Gift Right](#)

It is so easy to get hung up on the external details, but very often it is these other ingredients, the personal ones, that can be on the back burner and eventually lead to a high flame if you are open to it, as was the case in the movie *When Harry Met Sally*. If you can keep your eyes and heart open, and not rule someone out because they don't match one of the items on your dream list, you are more likely to find love. Those items – such as being a good cook in Tiffany's case – should be considered to be the bonus prizes, the perks, but not the essentials. So when you sit down to write that dream list of yours, include yourself, what you hope your partner will be able to give to you emotionally, and what they might bring out in you. After all, the search for true love is a journey for two.

Hopefully Tiffany will find everything she thinks she wants in her dream guy, and so much more.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://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: The #1 Thing Holding You Back From The Right Relationship



By Gillian Lee

In this weeks Single in Stiletto, [dating advice video](#), founder and relationship expert Suzanne Oshima talks to Antia Boyd about the #1 thing holding you back from the right relationship. Watch the video above and read the article below to find out some good dating tips in your life!



# What's Holding You Back In A Relationship

Boyd tells us that the number one thing holding us back from the right relationship is that we're always wanting to be right! Boyd states, "I need to be right because when I'm right I can rely on that and I can't rely on anyone else." She explains this is how most women feel, and this can ultimately hold you back.

**Related Link:** [3 Signs He's Falling In Love With You](#)

You have to be willing to be wrong in dating. Acknowledge you can be wrong, and that will allow you to fully open up. Us women are so used to being, "strong independent women" and we love being in control and always knowing the outcome. Oshima states, "sometimes you just have to go with the flow and that's how things happen organically." It's hard sometimes for independent women to allow the man to take the lead and receive in a relationship. But doing so, will let your relationship thrive!

**Related Link:** [How To Build A Lasting Love](#)

Most women haven't perfected the "transitioning" between work mode, and love mode. Women should have a transition between when they leave work to when they are back with their significant other, so it shows a man that you're giving them your undivided attention.

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

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# The Exciting World of Celebrity Engagements and Weddings



Members of the general public are fascinated by the love lives of their favorite celebrities. They adore hearing about movie stars and their engagements. They love getting news about musicians, athletes, models and media personalities who are planning glitzy wedding festivities, too. Famous people are often stealthy and protective about their love lives at first. They don't want the media finding out about their plans and perhaps even ruining them. They like to hold on to the small amounts of privacy they can manage.

# Many different components go into celebrity romances in the modern age. Find out more!

Some celebrities take to social media platforms to inform the public of their engagements. Other celebrities choose to take a more mysterious route. People often hear about massive [celebrity weddings](#) after the fact. It isn't unusual to hear about film stars who elope in different nations. It isn't uncommon to hear about television stars who get married in lavish ceremonies on the beach, in the mountains, all the way across the ocean in Italy and perhaps even at city hall with no one around.

Rings are a big part of the culture of a celebrity marriage. This isn't a surprise. It can be fascinating to stare at engagement rings. It can be just as riveting to look at wedding rings. People can't wait to see the enormous "rocks" on celebrity fingers. These rings often cost celebrities pretty pennies, too. People who look online and in magazines often see close-up pictures showcasing these rings from every angle possible. It doesn't matter if it's a chic [black engagement ring with diamonds](#); it doesn't matter if it's contemporary or classic. People want to see the ring that Pete Davidson got for Ariana Grande. They want to see what Prince Harry and Meghan Markle have.

Engaged couples of all kinds regularly hire professional wedding planners to assist them with their big days. Celebrity weddings are often high-end affairs with impressive guest lists, stunning surroundings, and high-end design components. That's the reason that it makes complete sense for celebrities to recruit professional assistance. It's not exactly a small feat to put together a successful wedding for an individual who is in the public eye. It can be particularly tough to

orchestrate a strong wedding for two famous people. Celebrities tend to work with wedding planners who have amazing track records and well-known client bases. These professionals are often based in large cities like Los Angeles, New York, Chicago, and London.

Wedding planners for celebrities often have difficult jobs on their plates. They have to select the ideal venues, first and foremost. Celebrities are like anyone else in that they can be rather fussy about the venue selection process. Some celebrities prefer the idea of venues that are comparatively intimate and small. Others like the concept of venues that are larger than life. Celebrity wedding planners have to strike a delicate balance. They have to be able to locate venues that are simultaneously “deluxe” and private. Fortunately, there are venues all over the planet that fit this description. Some celebrity couples tie the knot inside of rustic farmhouses that are located in picturesque New England. Others kick off married life in five-star hotels situated in the heart of energetic Manhattan. There are always many interesting choices accessible to diligent wedding planners.

Food is a major part of any wedding. Wedding planners for celebrities naturally have to make arrangements that pertain to menus. There are quite a few credible and widely known catering businesses that are suitable for five-star weddings. They specialize in all kinds of cuisines, too. A celebrity affair may include main dishes from France, Italy, Mexico, India or Japan. It may include appetizers from Thailand, Sweden, Peru, and Germany, as well. Highly regarded event catering businesses serve everything from Cajun to Chinese delights.

Peace is a rare thing for many people who are in the public eye. That’s the reason that some of the most prominent celebrities are so protective about their engagement and wedding plans. Some celebrities refuse to reveal their plans with regard to their honeymoons. People often have to

speculate about their trips. The media made a lot of guesses that related to the honeymoon schedule for Prince Harry and Meghan. They didn't depart for their honeymoon immediately after marrying.

Planning a beautiful and private celebrity wedding does take a lot of arranging, but when planned correctly, it is an amazing time for them and a time for the rest of us to dream about their special day.

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## Parenting Advice: How to Manage Being a Working Parent



By Dr. Jane Greer

The push and pull between holding down a job and taking care of a home is an ongoing struggle. It can be hard to balance taking care of the kids, pursuing a career, and getting all of the daily housework and chores done. If a mom is going back to work after taking time off to start a family, it can be even harder to transition into the workforce again. Eva Mendes has opened up about her struggles as a working mother of two. She talked about how difficult some of the simple things can become when you are juggling so much, even just getting dressed.

**So what, if anything, is the answer to managing the tug of war and the potential chaos that comes with working and being a parent?**

There are two things going on when a mom decides to go back to work after spending time at home with children. The first is something Eva touched on, getting the logistics into place. The second, and this one can often be even more difficult to deal with, is the guilt and longing that can go along with the decision to return to a job, and the transition of actually doing it. Not only might you want to be with your kids, but you also might feel you are not doing the right thing by leaving them with a nanny or at daycare. The hope is that you will be able to find a middle ground so you are not consumed by these feelings, and you are able to enjoy your work and be present there.

**Related Link:** [Relationship Advice: Get the Birthday Gift Right](#)

There is no one answer for all women, each one has to find her own way and her own balance. Here are a few things to keep in

mind, though, as you navigate your way. The first is that while you may not be able to spend all day with your child anymore the way you are used to doing, know that research has shown that what is most important is the quality of the time you spend together, not the quantity. In other words, it is better to have one or two meaningful hours together a day, which you may be able to find before or after work, when you are completely focused on what your child needs, than it is to have all day every day when you are frazzled, possibly unfulfilled, and not paying full attention to your son or daughter. People often falsely equate the idea that being the “good enough mother “ means being with your child all the time. However, the term, used by Winnicott and other developmental theorists, in fact means setting aside your needs in order to be available and responsive to those of your kids, and in this way you are completely attuned to them, which ensures promoting their emotional well-being. This can be achieved in many different ways, and, in reality, it is how you spend the time you do have together, no matter how much it is in a given day, that really counts. With this knowledge, you may be able to set a few realistic goals which will help ease the transition back to work. For example, you might be able to carve out a chunk of time in the day or night when you can really tune in to your child, whether it be reading together, singing, or even having fun choosing an outfit for the next day.

**Related Link:** [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

Some women, though, become so consumed with being a stay-at-home mom that it can really color the enjoyment of the job. Of course, sometimes there is a hard and fast financial element to deciding to go back, and if that is the case know you are doing exactly what your family needs, and keep in mind that the research is on your side. If you are more flexible, though, and it won't interfere with your sense of self, see if

you can delay the return to work so you can continue to be physically and emotionally present for your children for a while longer. Some people choose to never go back to work. Making that choice really comes down to determining how crucial the work is to your well-being. If you know you will regret it and resent not being at work more, explore the possibility of finding a compromise, and try to come up with a plan where you are not away from home all day, maybe you can work part time or a few days a week.

It sounds like Eva is finding her way with that and doing what every mom has to do – confronting that fork in the road and looking at what will be the most meaningful and viable way to move forward for her and her children. Ultimately, that is all you can ask of yourself.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://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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**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](#).*