

Ask the Guy's Guy: Should I Stick Around to Feel the Spark Again?



By [Robert Manni](#)

Question from Riley A, "I feel distant in my relationship. I feel like we're growing apart, but I want to grow together. I don't know what to do. Should I end it, and maybe find the spark in someone else? Or stay and wait for the romance to come back?"

Should you wait for the spark to

come back? Or move on?

Hi Riley:

It can be challenging when you reach the point in a relationship when things feel stagnant and that special spark is missing.

It sounds like you want to keep things going so I suggest you take a step back and consider where your relationship began, where it has led you, and how you feel about it now. Ask yourself why things may have changed and what circumstances may have affected the current lack of sparkles. The answers are usually right there when we become still and look inside.

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I also suggest broaching the subject with your partner. Ask him how he feels about things if he has any issues, and where he sees the relationship going. That will also provide context for where your relationship stands and its future possibilities.

Every relationship is different and every couple has to find their own ways to make things work if this is what they both really want.

Take the time to look inside, then trust your gut and intuition. Ultimately, this is about your finding the happiness and love you deserve.

Good luck.

Robert Manni

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 is the host of Guy's Guy Radio, featured on Blog Talk

Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly “Guys’ Guy’s Guide” exploring current guy-focused topics.

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

Robert has appeared on broadcast television (NBC’s Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid’s Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

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

Read more at [Cupid’s](#).

Relationship Advice: How to Deal With Estranged Family Members



By Dr. Jane Greer

When we think of family, we often have an image of togetherness, but for almost one-fifth of the population that is not the case. Studies have shown that family estrangement affects up to nineteen percent of people. And while it may be fairly common, it is often painful and can interfere with everyday happiness. That can be the case whether it is a child who no longer talks to a parent, a sister who no longer talks to a brother, an aunt who no longer talks to a nephew or any other variation. It can become even more relevant and harder to ignore when a family event takes place such as a big

holiday, a wedding, or the birth of a baby because there is the natural desire to share those things with someone who, at least at one time, played a prominent role in your life. This may be what Meghan Markle and Prince Harry are experiencing since they welcomed their first child. She has been publicly estranged from her father, and the arrival of her son might raise questions and emotions about that situation, especially since her father told *The Sun* that he worries he will never meet his new grandson.

In this relationship advice, learn how to approach estrangement from your family members.

There are so many twists and turns that can lead people to a place where there is no contact at all. Once that is established, it is often difficult to undo it. Perhaps a long past grievance led you to this place, but it has since been forgotten about or doesn't seem at all as important as it once did. So how do you know if it is the right move for you to use this life event, whatever it might be, as a catalyst to reconnect with family members you are no longer in touch with? And when, on the other hand, should you accept that no matter how much you wish you could reconnect that it is essential to your own health and wellbeing to recognize their limitations and continue to protect yourself emotionally by leaving things as is and not trying to bridge that distance between you? In other words, when is it okay to reach out, and when is it time to let go?

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If, in fact, there was a misunderstanding, or a family member cut you off with no real explanation and it is a complete mystery to you, these big life events can be a chance to try

to clear the air. You can simply say that you know you have not communicated in a long time, but you would like to take this opportunity to attempt to reconcile any disagreements between you. At that point, you can ask if there was something you did to anger the other person, and possibly even move past it. Another scenario in which you might be able to find a meeting place is if you have had repeated grievances – about anything from politics to personal choices to a value clash – and you have not been able to find a middle ground. Might now be a time you can agree to disagree? Is the introduction of a new family member – either through a birth or a wedding – or the celebration of a holiday enough to make you both realize whatever it is you are fighting about isn't so important that you can't put it to the side, respectfully acknowledge each other's differences, and go forward? In those situations, seriously consider if you have more to gain by being able to do this than you would lose by insisting on being right or refusing to acknowledge that your relative might have their own preference or opinion. You might even be able to learn how to co-exist as a family in spite of your opposing convictions.

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The times when you really have to ask if it is healthy and a good idea to try to reconnect with an estranged family member are when there has been a clear betrayal. In my book *How Could You Do This To Me? Learning To Trust After Betrayal* I talk about the different types of betrayals. One type is the unaware betrayal in which the person who does it is completely unaware they are doing it. Another type that I call the deliberate betrayal is much more complicated to get beyond. In this case, the person knew they were doing something that could hurt you, but they did it anyway. When this occurs, it is much harder to trust them again. How do you know they won't continue to behave that way and violate your trust another time? If you aren't sure, sometimes the only thing to do is to keep your distance so that despite whatever good news you

might have to share, you aren't at risk of opening yourself up and being vulnerable to getting hurt and disappointed again.

Most people don't get to the point of estrangement without serious consideration. In all likelihood, there has probably been more than one issue in the relationship, and you have likely given your relative many opportunities to do better. Even so, it is common to have that continued desire to find your way back to them. Who knows what Meghan will decide to do in the future in terms of involving her father in baby Archie's life. If the reports are correct, he violated her trust more than once, and it might be hard to bridge that gap since that can corrupt the whole foundation of a relationship. Hopefully one way or another she, and you, will be able to find peace and know when it is more important to take care of yourself than to look for a reunion.

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Relationship Advice: How to

Approach Social Media Post-Breakup



By Dr. Jane Greer

It is nearly impossible to do anything privately these days because almost everything is caught on camera and then shared on social media. With that in mind, breaking up and moving on can carry an even heavier and more transparent burden since most steps are documented on Instagram, Facebook, Twitter, or another social media site. For example, John Cena was spotted holding hands with a mystery woman only days after his ex, Nikki Bella, confirmed she's in a relationship with Artem Chigvintsev. All of this played out on the internet. Sometimes the one left behind doesn't feel ready to move on, but when they see their ex out there with a new love they might feel motivated to either try to put themselves out there too or, at

the very least, look like they are. This raises the question, is using social media a good choice when trying to get over an old flame?

In this relationship advice, we explore how to approach social media after a break-up.

Seeing your former lover's posts with a new partner often stings, and might push you to actively seek social interaction with other people in an effort to offset the rejection and loneliness you are feeling, or to spark jealousy. Either way, it can be tempting to document your journey and share it for everyone to see, especially your ex. Whatever picture you present will offer a silent confirmation to him or her about how you are doing after the break. For those who are still mourning the loss of a relationship, putting a happy face out there on Instagram and Facebook can be a way to aspire to feel better than you do, a way to paint a picture in which you appear to be over it, no longer sad, and looking ahead to your future beyond your connection to your ex. Whether you are at a rooftop cocktail party, on an actual date, or lounging by a pool, the message you are sending is that you are carrying on and your life is moving along fine without the other person. The truth, though, might be that you would rather be home in your pajamas or are still pining for your lost love. If that is the case these photos can be a way of faking it until you make it. In the same way you might try to put a smile on your face even if you don't feel like it, there is the hope that doing this can help pull you out of your rut and get you back on a better road since it is forcing you to leave the house and be around other people.

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Additionally, some may truly be over the breakup, having survived the tornado of it, and are in fact happy now, meeting and dating new individuals. As a result, they may be eager to show off that they are happy and doing all right. But is it okay to present your life publicly in order to let your ex know he or she is in the past and you are now living in your present? Will this be a positive move for you? To what extent do you want to use social media? For some, it can certainly be helpful, but can it also be hurtful?

There are a number of factors to consider when you determine if using social media at this point is the right choice for you. If you have always had a strong online presence, you might not want that to change just because you are suffering through a heartbreak. After all, you have lost a partner, but you don't have to lose your usual connection to the world and feel you have been flung off the map entirely, too. In that case, keeping up with all of that might seem very natural and even help keep some normalcy in your life while you heal. But what if you feel pressure from having to "put on a happy face" and maintain your accounts, and that adds to your feeling more overwhelmed? In that instance, it might not be good for you right now. Along the same lines, putting a fictional story out there of what can look like a fairy tale life might also make achieving it feel even more elusive, and therefore might have the opposite effect of what you are hoping to accomplish, sending you further into despair rather than pulling you out of it.

Keep in mind, also, that when you post publicly you become exposed and open yourself up to all sorts of judgments and comments – anything from someone suggesting you are moving on too soon to making a statement about the way you look. Consider if you will be able to handle this, or if you are already so sensitive and vulnerable that you are at risk of feeling even more bruised by their criticisms and opinions, many of which may be sparked by envy on the part of your

followers. It's possible then that opening that door will make you feel worse rather than better. Also, try to determine why you are choosing to put yourself out there in this way, and understanding that might help you decide if you want to follow through with it. Are you doing it to get back at someone who wronged you? Are you hoping to one day reconcile with your ex, and this is a means of showing him or her that you are valuable and strong, and not pathetic without them? Or are you truly recovered and happy to be back out in the world?

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Finally, as you move through the murky journey of getting back on your feet, remember that in the same way, your own posts might make you and your life appear better than you may feel or that it actually seems to you, the same could be true for your ex. Much of what you see in their online photos may simply be their own social media front. Keeping this in mind can help offset feeling upset that they seem so happy without you.

The bottom line is that there is no correct answer, it is a matter of what is going to be right for you. Posting may be one of the ways to highlight that you are managing rather than sulking and feeling wounded. Furthermore, if you are no longer in personal contact, social media might be the only way to get the message out there. Ultimately, if it helps you feel better about yourself, gives you true support instead of demeaning statements, and the desire to get good photos mobilizes you off the couch and back out into the world, then this choice might serve you well.

Even if John had no intention of spreading any news, it is sometimes hard to keep it quiet. It seems like he is traveling down a new path without Nikki, whether we hear about it on social media or not.

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Relationship Advice: Talking Through the Tough Times





By Dr. Jane Greer

Sustaining a marriage or an ongoing relationship can be hard, and everybody hits different rough patches along the way where they think they made a mistake choosing their partner and they can't see a lasting future together. Even in what seems like a great connection, there are times when people think they want out. Fortunately, in most cases, they don't act on these heat-of-the-minute thoughts, but rather look to find ways to move past them. Neil Patrick Harris and his husband David Burtka recently talked about how they keep their 15-year relationship happy and healthy. The couple, who share 8-year-old twins and got married in September 2014, said that for them it is all about communication. They said they try not to let emotions and disappointments get bottled up, but instead talk through the issues before they become too big to overcome. That's a good strategy for everyone.

How can you navigate the potholes

you hit in your relationship and get out of them so you don't get stuck, and can instead continue to go the distance and stay on track? Check out this relationship advice from Dr. Jane Greer.

Often, in the surge of anger, one person may tell the other that it's over and they want out. While they might mean it when they say it, they don't actually intend to follow through and leave or make the other person leave. I call this the Deal Breaker Card, and it gets played when somebody has reached their last nerve and feels a sense of hopelessness that their relationship is ever going to change and get better. While it offers a sense of relief as well as control so they don't feel trapped, and sometimes is meant to intimidate their partner into shaping up and let them know they aren't kidding about how upset they are, it does in fact work against you. In order to get through the tough times, you need to feel like you are a team and have a we're in this together bond. Once you play the Deal Breaker Card, it is going to shake the foundation of your union and create anxiety and insecurity for your significant other. Your partner is now going to focus on – wow, we can be broken – which can deplete the trust you share and might make your partner no longer feel safe with you, which can get in the way of being able to focus on the issues to make the changes necessary to improving the relationship. It takes away from the sense of being a team, the idea that you can get through anything. Instead of strengthening your sense of resilience, it divides you and can make it harder to get through the conflict. So while you may feel like telling your partner that's it, I'm out, we're through, avoid playing the Deal Breaker Card. Think it, but don't say it. What you

might say is that sometimes you feel hopeless about your relationship going forward and you wish it can get better, which makes room for your partner to feel encouraged and work with you to make that happen. Take Neil and David's lead and acknowledge that you are at a fragile place and talk about how you will be able to get beyond it and endure over time. Discuss what you are facing, knowing that the problems in front of you are real and in order to stay together you should try to do your best to talk through them. Instead of playing the Deal Breaker Card, use that anger to consider seeking the help of a counselor, or make a clear effort to work harder to listen to each other. See it as a chance to pay more attention to your mutual needs so whatever argument you are having doesn't bring you to the end of the road.

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Another thing to be aware of is what I call Love You, Mean It, Hate You, Mean It moments. I talk about these in my book *What About Me? Stop Selfishness From Ruining Your Relationship*, and most couples deal with these at one time or another. No matter how much you love your partner, at some point he or she is going to do something that angers, frustrates, or disappoints you and, when that happens, you might feel like you actually hate them. This is totally normal, it's the natural ambivalence that is a part of every relationship. It often surprises people because when they fall in love they typically imagine that is how they will always feel for each other and they can't imagine ever having feelings of hate for the other person. However, as I explain in my book, most loving feelings in an adult relationship are conditional and subject to how you treat each other. Loving gestures beget loving feelings, and the same goes for negative behavior. With that in mind, accept it and use it as a tool to acknowledge your anger and disappointment. You might even consider developing a shorthand in which you say, Hate You, Mean It, just to let each other

know when one of you has done something upsetting. Neil and David joked about using tasers to get through to each other, which is a variation on this theme. Keep in mind that you always want to balance out the Hate You, Mean It moments with the Love You, Mean It moments so you can focus on the positive.

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There is no question that maintaining a solid relationship is challenging and requires prioritizing each other along with truly listening and sharing your time and attention. This is what Neil and David say has gotten them through and continues to keep them on solid ground. That, and a little humor such as their kidding about the tasers always helps. Hopefully, if you find yourself wanting to play the Deal Breaker Card or being flooded in a Hate You, Mean It moment you will be able to take a step back and remember why you fell in love with this person in the first place, so that you can sprinkle some Love You, Mean It moments and therefore make it worth the trouble to try to find your way to those feelings again.

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Expert Dating Advice: Tired of Online Dating Sites? 3 Ways to Get Off As Quick As Possible



By [Josh Pompey](#)

Online dating can be physically exhausting for a lot of people. Add to that the emotional exhaustion that often comes with the territory, and it's easy to see why so many people would do anything to get off of dating sites as fast as possible. If you fall into that camp, here's 3 tips that may boost your ability to find love quicker than you think.

Get off online dating with these tips!

1. Take control of your fate. The best way to ensure that you will find what you are looking for is by assuming responsibility. This means being an active online dater. Don't just wait for someone special to show up in your inbox, because it may never happen. Get out there every day, search religiously, and initiate conversations with those that interest you.

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2. Target with precision. It's easy to get distracted online by a cute smile or someone that is just plain hot. But what if they have long-term deal-breakers that you know will not be compatible in the long run? Avoid these setbacks and potential distractions by creating reasonable filters that allow you to engage with men and women who fit your long-term partner priorities.

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3. Don't treat online dating as an option. Tired from work? Too bad. Drinks with friends for happy hour? No excuse. Whatever it is you have going on in your life, take a half hour to an hour a day to make sure you are performing searches and initiating your conversations. What you do for money is your first job. Your second job is to scour online dating sites looking for the ideal partner. This needs to remain your priority and treated like the full-time job that it is.

For more information and online dating advice from Joshua Pompey, visiting <http://joshuapompey.com> or <http://nemvip.com>

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 cleaver 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.

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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.

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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.

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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

Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?



By [Robert Manni](#)

Question from Kaylee M: "My boyfriend and I have been together for a while now, and we both know we're going to end up together for a while. But, he might have to take a job that's

6 hours from my home, and that might be an issue for me. I'm very close to my family and not sure if this is a move I want to do. What should I do?"

Boyfriends moving away, should you go with him?

Hi Kaylee:

You have a lot of variables to consider before making a decision about this move. It's great that you have a strong bond with your boyfriend, that he has a great opportunity, and he wants you to join him. Now it's time to ask yourself questions. What are the opportunities for you if you join him? Do you have a career where you currently live? If so, can you get a transfer to the new locale or easily find a similar job there? Have you visited this location? Did you like it, and could you see yourself living there? Do you know anyone there? How difficult would it be to visit your family if you move?

Six hours by car is substantial, but it's not like moving across the country. You mentioned seeing yourself together with your boyfriend "for a while". How long is a while? Is it long enough to pick up and move your life, career, and away from your family? Only you know the answers to what's in your heart and what his intentions are.

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I'm not trying to throw water on what could be a great opportunity for both of you. I'm suggesting you consider how all the variables of this move will impact you and your life, friends, and family connections. I'm also wondering what your boyfriend has to say about this opportunity as it relates to you. After all, you will be making a sacrifice since he already has a job set up. Was this opportunity a surprise or something he has been working towards? As you can see, there is a lot for you to consider prior to making a decision. You may discover that it can turn out great for both of you. Or not. Only you can get the answers you need to make a wise decision. After all, your number one priority and consideration is to yourself. Good luck!

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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.

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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.

Dating Advice: How To Spice Things Up In Winter



By [Megan Weks](#)

I don't know about you but in winter the occasions where my legs aren't' prickly and scaly are not occasional. Feeling sexy is difficult. I've also come to learn that feeling sexy and wanting sex goes hand-in-hand...

This morning I rolled over and looked at my handsome husband thinking this winter there's been too many nights where I've just been cold and tired and the only thing I want from him is his body heat radiating nearby or a warm hug. I'm ready to spice things up and I thought I'd share my ideas with you, dear reader, so you may spice things up, too.

Hot Yoga... If you've been following me you already know that I think yoga is very important for a relationship for many reasons. Number one is that it increases your relationship to yourself. You can only connect as deep to another person on the level to which you connect to yourself. Increasing your mind-body connection in order to get more in touch with your emotional body is the secret sauce the deepening your relationship. Winter is the perfect time to warm up in some hot yoga classes. If you want to spice things up in the winter, start on your spring workouts early. Sign up for some hot yoga and bring your man if possible. It's steamy and sweaty. It makes the cold so much less daunting whereas you actually want to go into the cold afterward! You will feel so incredibly refreshed for the entire day. Your body will look and feel amazing. You will even be attracted to yourself. I promise.

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Get hot and steamy... It's freezing out and there is still snow on the ground. Tonight I want to have a romantic evening with my man but I don't want to go anywhere... Here's what we are going to do. This is a very fun and romantic game. It's called the sexy home spa... One of you will play the masseuse while the other will play the client. All you need is some things that you already likely have at home. A couple of candles, some great lotion, some hot towels, and you're set. Set up the bed and bedside table with your candles and lotion and have your subject lie naked under a towel. Give them the best version of a mini spa treatment massage and/or facial that you can create

with what you have at home. Play gentle spa-like music. Maybe enjoy some champagne in the good glassware... After this, you will take a steam shower together and wash off the lotion. Whatever happens in between is up to you!

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

Spring is almost around the bend... but it's not here yet. In the meantime, I'm finished with outdoor sports or activities until it's above fifty degrees. Another indoor activity that can be a total bonding experience is cooking together. My friend Kiele, holistic chef and sensual coach in New York City, believes that cooking together can bring couples closer by not only spending time together but by feeding each other and being partners in the kitchen. She shares that "Cooking can be a useful bonding ritual, and a sure way to fire things up. She told Health Magazine UK that "Cooking together is an exchange of energy and love. It's an instant collaboration: grocery shopping, choosing recipes, combining flavors, tasting, and plating in a visually pleasing way. And don't forget the most important part: enjoying eating together! Kiele says, "Don't be afraid to make cooking sexy, silly, and seductive. Play some good tunes, pour yourselves a glass of wine, have fun, and get experimental together!"

This sounds like so much fun I'm already feeling warmer. My husband is almost back from his day and I'm excited to get ready for my spicy winter date-night at home.

Source: Health Magazine UK: https://www.health-magazine.co.uk/single-post/2019/02/16/Cooking-together-is-an-exchange-of-energy-and-love-It's-an-instant-collaboration?fbclid=IwAR1cRKqkbgsGnb6bE6NX1V7UP6F-PUFhRZHERUshukngFAaW3k9-_bH_96s

Relationship Advice: Can You Handle Sex Without Love?



By Dr. Jane Greer

As women strive for equality, they are exercising their freedom of sexual expression more and more, which for many might mean a choice to have casual sex. However, with that freedom and choice comes great responsibility, and the important task of taking care of your emotional self and well-being. That is possible only once you know what you want and can tolerate, and, when it comes right down to it, if you can handle sex without love. Diane Von Furstenberg spoke about her fling with Richard Gere, saying it was just a “f**k,” which is

how she wanted it to be. While it is more common for men to have sex and keep it just about the physical connection, with few or no feelings of intimacy involved, women regularly struggle with separating the two. Often emotions come into play despite their best intentions, since so often women feel most vulnerable when they are in intimate situations and often literally are and symbolically feel naked. So how can you know if you can handle a fling with no strings attached?

With this relationship advice, learn if you can handle a fling without love.

By challenging the stereotypes that have confined and limited women for so long, you can consider your sexual identity and what it means to you in terms of your happiness and your sexual esteem, and what might give you the most pleasure and fulfillment. Sometimes that might mean indulging in a purely physical romp with someone. That can happen if, for example, you want to sleep with someone you just met, because you are on vacation and want a brief romantic escapade, or you are at a wedding and want a one night stand. Furthermore, you may have just gotten out of a long relationship and aren't ready to jump back in to a serious commitment, so casual sex might seem appealing. If you find yourself facing any of these scenarios, ask yourself if you will be okay if you never hear from this person again. Or if you begin to feel connected but they aren't interested in anything more than the sex, will you be able to disengage without experiencing a great loss? The most important thing to consider is how you will feel when it's over. The key is to be able to enjoy the experience, and have it enhance your self-esteem.

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

Sometimes the only way to know if it is going to work for you is to take a chance, jump in and see where you land. You know best what your Achilles' heel might be, and if there is a chance you could come out of it with a big emotional ouch because you may find it hard to let go, this might not be the right move for you. With that in mind, if you are in the driver's seat you can give yourself the permission to say yes to your desires and feel empowered by them when it comes to your sex life decisions. The essential thing to be aware of is that whatever your action may be you are doing it by choice, one that you are making for yourself with full awareness of the consequences, and thereby can feel confident about. In this way, you will be a woman who takes charge, is in control, knows what you want as well as what you don't want, and will be better able to build your inner security which will reflect in your general wellbeing.

Related Link: [Relationship Advice: Should You Elope?](#)

For Diane, it was simply about getting physical. It requires clarity, like she had, to know from the start that you'll be fine if nothing more develops from your sexual encounter. If you are able to take an inventory and determine where your tender spots are, thereby avoiding heartbreak, hopefully you will be able to keep it light and fun. In the end, knowing what you can handle is the best indication of whether or not a sexual rendezvous without a commitment will be a positive or negative in your life. If you tend to get attached quickly and are very sensitive to rejection, just sex might not be for you. You want to be your best protector. When it comes to casually getting between the sheets and thinking about how you'll feel after, trust your gut.

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>.

Love & Libation: Kiss Me, Cocktails Inspired by Irish Authors



By [Yolanda Shoshana](#)

The most popular holiday in March has got to be St. Patrick's Day. The celebration is a feast day for Saint Patrick the patron saint of Ireland. Once the Irish made it to America they used the day to honor all things, Irish. *The Kiss Me I'm Irish* slogan comes from if you can't kiss Blarney Castle, the next best thing is kissing someone who's Irish to get the power of eloquence and luck.

St. Patricks Day Drinks

To celebrate this joyous Irish occasion indulge in some cocktails named after famous Irish writers. As we all know the Irish love drinking to their dearly departed. The following cocktails are inspired by Irish writers who had very interesting love lives.

Oscar Wilde

Oscar Wilde is one of Ireland's most influential playwrights. It's said that he got his storytelling skills from his mother, Lady Jayne, who was known for making an entrance. His first love was Florence Balcombe, but she dropped Wilde to marry Bram Stoker. After proposing marriage to two other women, Wilde eventually married the scandalous woman, Constance Lloyd, who was just as ambitious as he was. They lived a life surrounded by bougie folks. While an affectionate marriage, Wilde ended up preferring the company of young men. As Wendy Williams would say "How you doin?"

Oscar Wilde Cocktail

1 1/4 Ounce(s) Absinthe

3/4 Ounce(s) Fresh lemon juice

3/4 Ounce(s) Simple Syrup

1 Egg White

1 Ounce(s) Chilled Champagne

Freshly grated nutmeg, orange twist

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

James Joyce

The Irish icon, James Joyce, published his first piece at 9. Some of his most popular works are Ulysses, The Dead and Finnegans Wake. While you may not consider those page-turners, there are letters by Joyce that may be up your alley. You may be surprised to find out that Joyce wrote filthy love letters to his wife, Nora Barnacle. Some of them would even make Christin Grey blush. There's nothing like a good ole fashion naughty love letter to spice things up in a romance. Use Joyce for inspiration to write your own and serve this cocktail.

James Joyce Cocktail

1 $\frac{1}{2}$ ounce of Irish whiskey

$\frac{3}{4}$ ounces sweet vermouth

$\frac{3}{4}$ ounces Cointreau

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

Shake and strain into a chilled cocktail glass. Garnish with an orange slice

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

F. Scott Fitzgerald

Most people have read “The Great Gatsby” since it was required reading in school. It was a very glitzy and glamorous story of prosperous Long Island in the summer of 1922 written by F. Scott Fitzgerald. While he was born in America, he had had Irish roots. Fitzgerald and his saucy wife Zelda lived a party filled life and had a passionate relationship. Basically, they partied and loved hard. While there isn’t a cocktail after him, he loved a drink called The Gin Rickey. His spirit of choice was gin because it was undetectable on his breath. He is known for saying “ First you take a drink, then the drink takes a drink, then the drink takes you”.

The Gin Rickey

Ingredients

2 oz. Gin

$\frac{1}{2}$ Lime

Club Soda

Add the gin to the Collins glass full of ice. Add the juice from the lime half, then drop the shell into the glass. Top with soda water.

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

Winter Blues



By [Joshua Pompey](#)

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

First Date Ideas for the Winter Months!

Ice Skating. Holding hands. Catching your date as she falls. Unleashing the inner child within. What more could

you ask for? This is an easy way to form a quick bond as your up against the physical progression and have some fun in the process.

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

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

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

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

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

Go to a ball game. Baseball is still around the corner and football might be over, but there is plenty of basketball and hockey to keep the season going. Even if you aren't a huge sports fan, that ambiance of a sporting event, along with the positive energy (unless your a Knicks fan like me) and food will be enough to keep your date smiling.

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

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 String, 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're 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](#).

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. 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>.

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.

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



By [Joshua Pompey](#)

New Years' Eve may have come and gone, but it's not too late

to make those resolutions still, especially in regards to improving your dating life. Let's take a look at 5 online dating tips that you could implement immediately to get your love life on the right path this year.

New Year, New Profile!

Update the photo gallery

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

Focus on taking pictures that highlight your best attributes, while also capturing you in scenarios that reveal your best personality traits. You will also want to thumb through some of your best pictures of the past year, with the focus being on combining your best experiences, with pictures that you look most flattering in. For some great advice on how to do this, you can read this guide to creating a perfect photo gallery <https://joshuapompey.com/women/guide-online-dating-profile-pictures-women/>

Related Link: [Expert Dating Advice: 5 Reasons to Hire a Professional Online Dating Profile Writer](#)

Rewrite the profile

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

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

Related Link: [Expert Dating Advice: Date Ideas for Spring Love](#)

Improve your emailing game

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

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

Start initiating messages

Here's a little secret. Often times the highest quality men and woman are not initiating conversations online, nor are they performing searches. Why? Because the more successful and well-rounded people are in their personal life, the less time they often have to spend on dating sites.

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

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

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



By [Yolanda Shoshana](#)

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

Sip and Drink for your next TV binge!

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

Celebrity

Killing Eve- Ferguson Crest Viognier by Fergie

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

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

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

The Bodyguard- Haig Club by David Beckham

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

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

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

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

Liev Schreiber headlines this show which is headed to its 7th season. Ray Donovan is a Hollywood fixer who finds himself in

quite a few dangerous situations. He's like the Oliva Pope of Hollywood (season six he hits NYC). Then there's his hot mess of an Irish Catholic family who is more trouble than his clients. However, Ray's scrappy wife, Abby, is the glue that holds the family together.

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

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

Greenleaf- Night Ender by Aisha Tyler

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

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

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

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



By [Robert Manni](#)

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

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

people still do that) walking along the bright and colorfully lit city streets.

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

Do your best to be grateful for what you have, especially if you are in good health. Then focus on your friends and loved ones. I believe that when we maintain a selfless mindset, good things come our way. Of course, there are no guarantees that you'll wake up on Christmas morning and find Mr. Right perched under your tree, but it's a good start for shifting your thoughts into a love-based mindset. I found find that love comes our way when our heart is open. Use the holiday season to practice making room in your heart for others, including a new partner. Finding love can often be that simple, and it has nothing to do with the time of year.

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

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

Happy holidays and good luck!

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More about the Guy's Guy:



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Love & Libations: Holiday Cocktailing Like A Celebrity



By [Yolanda Shoshana](#)

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

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

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

Taylored 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) use to enjoy this martini when out with her friends.

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

Pornstar Martini

2 oz. vanilla vodka

1 oz passion fruit puree

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

$\frac{1}{2}$ 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](#).

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



By [Megan Weks](#)

We are afraid to say we want something real. We ease into the relationship secretly hoping it will turn into something of substance. We keep quiet. We don't want to "scare him away" by getting serious all of a sudden. Maybe you tried that before and nothing changed. Maybe you still went along with it trying

to be “cool” and telling yourself, “I can handle it.” Meanwhile, you’re busy quietly nursing a dull heartache behind the scenes. You weren’t even dating but it’s fading away. You know it’s ending. You try to reignite it. You were hoping for more. He wasn’t even your boyfriend. Why does this hurt so badly? The answer may surprise you.

Getting over someone you weren’t with

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

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

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

Wishy-washy intentions get wishy-washy results.

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

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

It actually lowers your value in his eyes when he can tell

you're accepting less than you want and deserve.

He knows.

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

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

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

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

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

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

Ask The Guy's Guy: If He

Isn't Ready To Date, What Should I Do?



By [Robert Manni](#)

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

Keep waiting or move on?

When a guy says he "isn't ready to date yet" there are usually only two reasons for his hesitancy to go out with with a great woman like you. The first consideration is that he's coming out of a painful break up and needs time to lick his wounds before jumping back into shark-infested dating waters. If this is the case, I suggest you give him some time.

Maybe let him heal for a month or so, but that's it. You both need to get on with your lives. If he needs a little time, make sure he's being truthful, then clock his behavior while his heart "heals" and watch how he handles the situation. Every guy gets dumped, but what often separates one man from another is how they handle challenging matters of the heart. Of course you want to date guy who's in touch with his feelings, but if he's still pining for his ex after a certain period of time, that 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.

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Love & Libations: Celebrity Wines For Turkey Day



By [Yolanda Shoshana](#)

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

Different Celebrity Wines

1) Moet Chandon Champagne Brut

It's the first Champagne to even bother to work with celebrities. The first ambassador was Scarlett Johansson. No one knows why their relationship didn't last, but the bubbles

moved on to tennis great, Roger Federer, to continue with its sexy sipping.

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

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

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

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

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

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

3) Lve Chardonnay/ Lve Collection by John Legend

John Legend has been in the wine game for a few years now. He teamed with wine personality, Charles to create a wine that is elegant and sophisticated. Long story short, his wine is as smooth as his music. I would love to know what he and Chrissy Teigen pair his wines. Will she cook this Thanksgiving or have it catered now that she has two little ones? Whatever they do, I assume wine will be in hand.

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

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

4) Miraval Rosé/ Chateau Miraval Cotes de Provence

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

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

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

Expert Dating Advice: How to Date a Coworker





By Marisa Gooch

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

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

Dating A Coworker

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

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

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

1. Check Your Company's Policy

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

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

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

2. Set Boundaries

Sometimes "all work and no play" is a good thing in terms of

how you and your partner interact while in the office. Remember that when you are at work, you are *working*. That means no kissing in the halls, no batting eyelashes at each other, and no overly romantic talk.

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

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

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

3. Don't Involve the Entire Company

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

This means that if you and your partner are fighting, don't tell Sally in the printing room what happened. Likewise, your partner shouldn't tell John two cubicles down about the rude things you said. Sharing the details of your private life with

your colleagues can spread rumors and encourage gossiping in the office. You and your partner may forgive and forget, but Sally will see your partner as an awful person, and John will dub you as someone who doesn't have a filter. Even worse, the news could get back to your boss, causing him or her to feel that your relationship is damaging your work ethic. That itself could create a plethora of problems. To keep this from happening, keep your home life at home and your work life at work.

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

4. Be Prepared for What Could Come

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

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

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

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



By [Megan Weks](#)

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

Making the next big step in the relationship!

Before you move in with him, consider this: Rent is expensive and you'd LOVE to share it with him... You're sick of living out

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

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

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

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

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

Now realize I don't know you or your relationship so I'm simply asking you to consider this before proceeding. If you're looking for a formal commitment to A.K. A. engagement or marriage, don't allow a man to have you in his place all cozy while he decides what he wants to do with you. He gets to

play house. He gets to have it all. You can spend plenty of time together to experience what living with one another might be like. You don't have to actually take that plunge to learn what you need to learn.

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

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

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

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

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

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

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

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





By [Robert Manni](#)

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

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

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

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

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

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

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

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

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

around. I found this to be a more honest way of dating. So, if you're feeling good about someone, consider giving your relationship the best opportunity to succeed by hiding or shutting down your online presence.

Good luck.

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