

Expert Dating Advice: 5 Reasons to Hire a Professional Online Dating Profile Writer



By: [Joshua Pompey](#)

Online dating can be tricky. With so many moving parts and different components, it's often hard to diagnose how to improve your results. If you are having trouble attracting the highest quality singles, you may want to look into having your profile revamped by a professional. Below are 5 reasons why you should hire a professional online dating profile writer:

Hire an Online Dating Profile Writer

1. The experience. If you're looking to improve your fitness, you hire a personal trainer. If you're looking to become a better cook, you take a cooking class. Online dating shouldn't be looked at any differently. If you want the best of the best, let a professional assist you. They will be able to get the right person for you, and better results than what you've been getting.

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2. This could determine the rest of your life! An online dating profile is about more than just writing something that reflects you well. It's about landing your profile to someone who you could potentially spend the rest of your life with. For that reason, it should be treated with as much importance as just about anything else in your life.

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3. It's hard to write about yourself. It may surprise some people out there to know that I've written the profiles of best selling authors, English professors, and prominent journalists. Why? Because writing about yourself isn't easy. But, professional profile writers will be able to sell your profile in a way that you won't be able to. Professional profile writers will objectively take this task out of your hands in a way that comes across as down to earth, fun, and engaging.

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4. Pro's are Pros for a reason. A professional has the experience, writing background, and knowledge that might take you months, or even years to acquire. Why work with mediocre results when you could be attracting the others at the highest possible level?

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5. Profile writing is hard work! At the end of the day, even if you could write yourself a great profile, you probably have a whole lot of other things going on in your life. Spending hours writing about yourself probably isn't at the top of your list. Hiring someone from the outside takes the work out of your hands and allows you to simply focus on the things that you enjoy doing.

Joshua Pompey has been helping online daters since 2009 and written thousands of profiles. To learn more about his professional profile writing service, men, click here <https://joshuapompey.com/men/professional-online-dating-profile-writing-service-for-men/>. Women click here <https://joshuapompey.com/women/professional-online-dating-profile-writers/>.

Love & Libations: Cocktails Inspired by Halloween



October brings on the spooky vibes. This month's column is going to focus on cocktails inspired by a couple of villains and a badass woman who are icons, especially during the Halloween time. The cocktails include a celebrity brand to as well as a simple alternative spirit. Their libations will get you to have a scary good time.

Halloween Cocktails For A Scary Good Time

Nothing beats curling up under a blanket and watching Friday 13th. If you are like me, you're probably wondering why the heck people even still go to Camp Crystal Lake. That's not to say that Jason hasn't traveled. He even made his way to New York City. Some of the best moments in the series are when couples are making out and one of them goes to check out the noise. That's a sure sign that one of them won't be coming

back.

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Jason Voorhees- Friday The 13th

The Voorhees is made with fresh strawberries for the bloody red effect. Simple garnish with strawberries and add a touch of sea salt to the rim. Sip a few of these while watching binging on the series. If one of you leaves the room and takes too long to come back, maybe Jason decided to crash your party.

The Voorhees

3 Big ripe strawberries, sliced

2 ounces of Casamigos Blanco (alternative: Casa Noble)

$\frac{1}{2}$ teaspoon simple syrup

1 ounce lime juice

$\frac{1}{2}$ ounce triple sec

strawberry for garnish

Directions:

- 1) Muddle strawberries and simple syrup in the cocktail shaker until the berries are a nice liquid.
- 2) Add the lime juice, tequila, and triple sec to the shaker. Now shake until well blended. Pour into a chilled coup.

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Ellen Ripley- Alien

To this day, Ellen Ripley, from the movie alien is still one of the best-regarded heroines of horror movies. The character

was eloquently played by Sigourney Weaver. It was the first time an actor was nominated for an Academy Award for a sci-fi or horror movie.

I call this cocktail the Ripley Weaver not only as a homage to Ripley but also to Weaver who is a badass woman. Weaver was in the same class as Meryl Steep at Yale and was told she wouldn't amount to much. It's safe to say she has proven people wrong. The libation brings together three French classics: Cognac, Crémant, and Cassis. A touch of bubbles to celebrate her power, the Cognac is her for smooth and calm nature taking on aliens, and the chassis is all about her edge. Alien is fun to watch with a group of friends, I dare you to watch with the lights off.

The Ripley Weaver

6 ounces Crémant de Bourgogne

1 ounce of Cassis

½ ounce of D'usse Cognac (alternative: Hennessy Black)

Directions:

Pour the cassis and Cognac into a chilled coup glass then top with the Crémant de Bourgogne. Garnish with berries or nothing at all, this cocktail is so good it needs nothing else at all. Even the Queen Mother would approve.

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Freddy Kruger- A Nightmare on Elm Street

A Nightmare on Elm Street ruined sleep for plenty of people when the movie came out. Freddie Krueger became everyone's favorite villain to fear and love at the same time. He was smooth and shady all at the same time. Some of his lines were brutal as he took out his victims. Kruger had a hard life

which made him salty enough to become a killer.

If ever there was a cocktail that screams Freddy Kruger it's a negroni. The bitter yet balanced drink that so many people love. The twist on this drink is that it's made with Amaro versus Campari. This one would be fun to sip in bed while in bed with your partner. Snacks and a Freddy On Elm Street, just don't fall asleep.

Freddy On Elm Street

2 oz. Amaro Montenegro

1 oz. Aviation Gin (alternative: Blue Coat Gin)

1 oz. Sweet Vermouth

Orange slice

Directions:

Stir Amaro, gin and vermouth in an ice-filled glass, garnish with the slice of orange. One, two, Freddy's coming for you.

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

Relationship Advice: 4 Types of Men You'll Meet Online





By [Gillian Lee](#)

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talk to [Robert Manni](#) about 4 types of men you'll meet online. Watch the video above and the article below for good dating tips in your life!

Different Types of Men You Meet Online

1. Newbies: The first type of people you would run into are the "newbies." These men have just recently started online dating, and aren't positive what they are looking for in a woman. Manni explains to us women, "I would recommend to all ladies as a first question when you're with a guy to ask them what they think about online dating." He explains to us to beware of the newbies because it's an idea of "window shopping" for them. Don't forget these guys completely, but instead, keep seeing guys who have experience.

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[There and Date](#)

2. Jugglers: These type of men or women are people who are using various dating sites, and who are “dating up a storm.” These people are overbooking dates, and what usually happens is that they would cancel last minute, or ghost you. When you are dating this type of guy, make sure to look out for your heart because they would be balancing multiple people at once.

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3. Lonelies: These type of people are the ones who have been dumped a bunch of times, or their wife have just left them. They seek a companion through online dating, but they haven’t yet managed their feelings. “These people might be a little needy, and might not know how to manage online dating...starting over can be really difficult for some people...” Manni says to us.

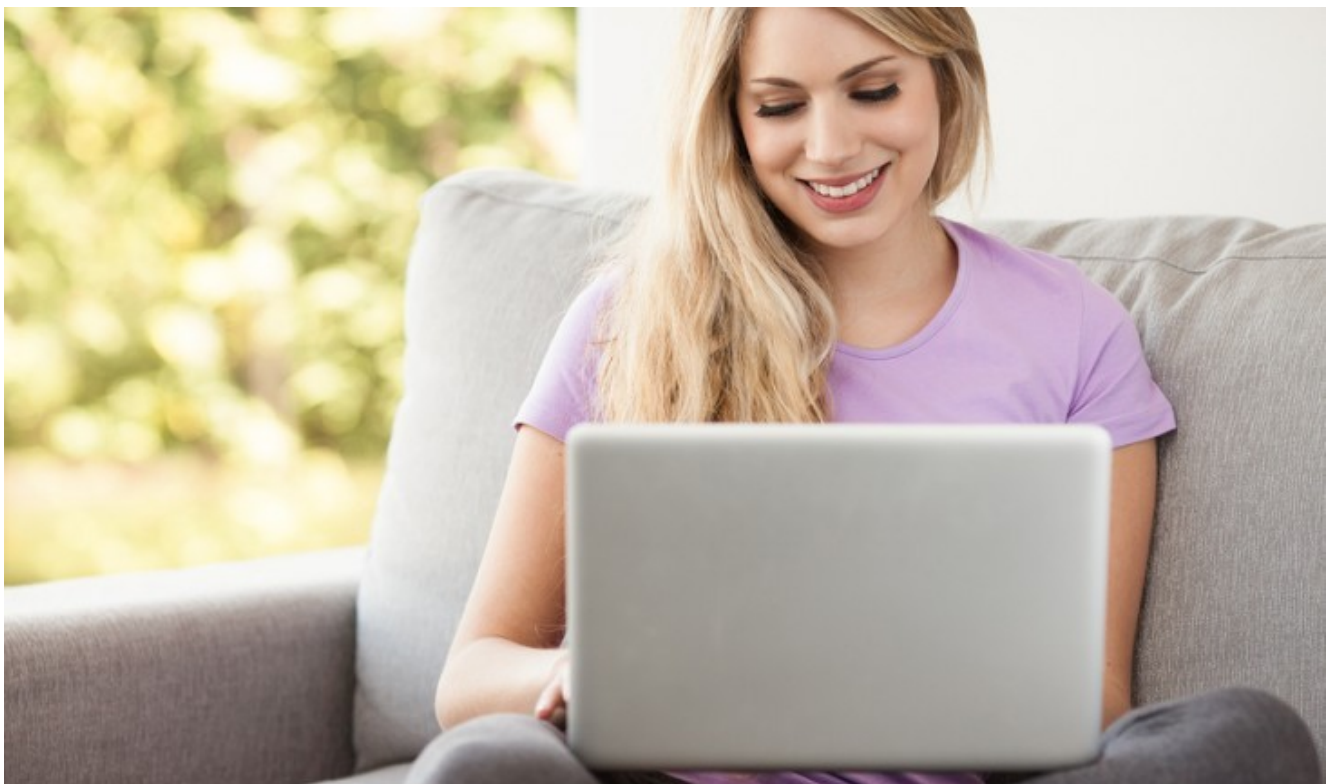
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4. Realist: These are the type of guys that you want to meet because “they have confidence in their own skin, like to meet people offline...” This man will be able to show you a good time and be the type of guy you want to date. These men will have more relationship potential for women. But, you have to be careful if somebody is that comfortable in their own skin and have their game together that they won’t turn into players, because it’s pretty easy. Find a guy that has a cool head, and knows who he is and is respectable to women.

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

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Relationship Advice: The Afterlife Connection



By Dr. Jane Greer

There is nothing more shattering than dealing with the death of a loved one. It turns you inside out, and it can feel like you might never recover. The magnitude of the loss can be overwhelming. However, one of the most inexplicable, profound, and powerful avenues for not just coping with the death itself, but also moving forward with your life is experiencing signs from your loved one that they are still with you and sending you love. I call these signs transcommunication. Television personality and entrepreneur Bethenny Frankel had

an experience with this when she accidentally texted her late boyfriend Dennis Shields, and at another point received a text that nobody claimed to write. She acknowledged after that she thought it was, “weird.”

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

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

Many people have a hard time understanding or accepting this possibility, or might even be frightened by it. But numerous scientists are now devoted to research and a better understanding of this phenomenon, including the work being done at The Afterlife Research and Education Institute. The big question is, how can you bring this to a personal level? To begin with, in the same way Bethenny said her experiences were “weird,” one indication that you are receiving a sign is that you say, “I know this sounds crazy but,” when you talk about it. That’s because you know something important happened, but you don’t have the means to explain it rationally. Another clue is when you get goosebumps or chills. How, then, can you begin to learn to read the signs that are

sent your way? In my book I refer to another book written by Louis E. LaGrand, Ph.D. called After Death Communication. In his preface, he describes the various ways people might become aware of communications from deceased loved ones.

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

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

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When coincidence comes calling, consider instead that you are really dealing with a message of love from the other side. Here are three important things to keep in mind as you search for your own answers. The first is, be open to its occurring. If you accept it can happen to you, it will. The second is to debunk the notion that something huge has to happen, which is not the case. The signs can be subtle and small. They do not

have to be big, sweeping gestures. For example, you might think about your mother and her favorite song comes on the radio, or you think about your father and a picture falls over. And the third is to be aware that some of the signs might come through energetically and might affect your computer, your car, your television, or any other machine or device by interfering with their function and disrupting what you are doing. Instead of being annoyed when these things break or malfunction, shift your way of thinking to see it as a sign and embrace that.

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

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

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Relationship Advice: Will Your Perfect Partner Vision Become Reality?



By Dr. Jane Greer

Some people refer to it as the Soulmate List, others as the Love List. Whatever you call it, there is a popular trend being used by many hopeful romantics in which people write down the traits they hope to find in a mate – anything from handsome to well-read to empathetic – with the belief that putting it out there will allow the universe, or whatever entity might grant true love, to conjure it up. In fact,

Tiffany Haddish dished about her “dream guy” having everything from cooking skills to excellent credit to beautiful hands. While it’s nice to fantasize about the ideal companion, the reality is we all have flaws and imperfections. And the later in life you meet, the more likely each person has baggage from former relationships and life experiences, which can sometimes include previous marriages or even children.

So, the question becomes, is the practice of creating a perfect partner on paper leading you closer to or further from your goal?

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

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We all know there is no perfect person, and waiting for one will mean you might continue to be alone until you feel ready to compromise. If you keep searching for your dream person, you might be dreaming for a long time while remaining single. It’s important to leave room for the reality of who a person is, since nobody can live up to a fantasy. If you are not willing to consider someone beyond your list – for example, you want your future partner to be six feet tall and you rule out anyone who isn’t – then you are limiting yourself in your search for love. How, then, can you have a dream list that can work for you and not against you? First of all, it is important to have a sense of what you are looking for in a partner so you can place a premium on and appreciate what you

like – creativity, hardworking, smart – whatever it might be. But so often someone simply looks to what the other person brings to the equation, are they tall? Beautiful? Wealthy? Do they have an exciting job? Do they have a great social life? And while these details can certainly enhance your life and your relationship, there is something else even more important to consider. That is – how they make you feel when you are with them. Do they make you believe you are special? Can you be real, be yourself, and not worry that you are being constantly judged? Do you laugh a lot when you are together? Do they have a sense of humor, and do they understand and appreciate yours? Are they interested in meeting your family? Do they take care of you when you are sick? These are the details that trump someone's height, or someone's job title, or how much someone's annual salary is.

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

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

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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](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Parenting Advice: How to Manage Being a Working Parent



By Dr. Jane Greer

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

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

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

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

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

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

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

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

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**Love & Libations: Autumn +
Red Wine = Love**



By [Yolanda Shoshana](#)

Red Wines For Upcoming Autumn

Gifft Red Blend by: Kathie Lee Gifford

It's no secret that Kathie Lee Gifford loves wine. She and her co-star Hoda always have a fun libation in front of them during the show. The name of the wines come from her last name and belief that friendship, love, and laughter are gifts that should be cherished. Recently Gifford has said that she is willing to make room in her heart for someone new. At this point, it would take someone pretty special to wine to sweep her off her feet. Her busy social life and show keep her content.

What's great about Gifft Wines is how affordable they are. It makes them the perfect option to channel your inner Kathie Lee

and entertain friends and family.

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Baby Bear Syrah by: Kyle McLaughlin

One could say that Kyle McLaughlin is aging like his fine wines. When not acting McLaughlin can be found focusing on making small batch wines in Walla Walla, Washington. It's his home state and he said that he was obsessed with wines from the region. The unusual name for his line of wines comes from a reference from Shakespeare. If you've never had wines from the state you are in for a treat. Washington is known for producing amazing Cabernet Sauvignon, Merlot, Riesling and Syrah.

This is a special wine that should come out for a special occasion like an anniversary or romantic dinner. Make sure you have this one at home or a hotel so that you are close to the boudoir, it will give you the feels.

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Two Paddocks Pinot Noir – by: Sam Neill

If you won't know the actor, Sam Neill by name, you would definitely know him if you saw him. He recently was seen in the frisky movie, Gerald's Game. Let's just say handcuffs were involved. While he has had a very successful career as an actor, he found that he had a passion for wine. Neill has been in the wine game since 1993. Unlike most celebrities who have a wine business in Napa or Sonoma, his winery is in New Zealand. He owns four organic vineyard spread around Otago, a beautiful region known for its luscious mountains.

This big juicy Pinot Noir is bold and full of body. It will be a delight on the palate of any red wine lover. With this

wine you could opt for a nice quiet dinner of lamb or steak or have it when you have your closest friends over. It's not a wine for so called friend, but perfect for your squad.

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LVE Cabernet Sauvignon- by: John Legend

Legend teamed up with the very classy Raymond Vineyards to produce his award winning wine. The goal of the wine is to bring together classic elegance, rich complexity and modern soul.

It has notes of chocolate, blackberries, and oak. Let's just say that it's seduction in a bottle.

This is a wine that is all about spending quality time with your partner. You might even want to whip up a recipe from Chrissy Teigen's new book, *Cravings: Hungry For More*, and pair with the wine. It would be like taking love tips for Chrissy and John.

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

Relationship Advice: Get the Birthday Gift Right





By Dr. Jane Greer

Birthdays are generally synonymous with hopes, cakes, and, of course, presents, but they can also be tinged with disappointment since there are so many expectations wrapped into this one special day, and emotions can run high. Sometimes the gift is perfect. For example, Priyanka Chopra and Nick Jonas celebrated his 26th birthday together this past week at a baseball game which, according to social media, seemed to be exactly what he wanted. A misstep with the all-important gift, however, can sometimes be the very thing that sinks the ship, and can not only ruin the day, but can also breed resentment for a long time afterward.

Whether you're dating someone, or you've been married for years, getting the birthday present right can be a challenge. Your partner

has wishes you may not be aware of, and you might not be sure what to get. How can you live up to meeting their desires, and where do you start?

There are a few things that can lead you down the wrong path while you are contemplating that purchase. To begin with, if you have not paid attention to what they have appeared to be interested in over the past few weeks or months, like the scarf she stopped to look at in the store window, or if you have missed their hints, like the massage he always says he would like to get, then you may have no idea where to begin. If that's the case, when they tear away the tissue paper, hoping to find something specific looking back at them but find something out of left field, your gift might be met with disappointment. Along the same lines, it is never a great idea to simply buy what you like or want with no consideration to whether or not your partner might feel the same way. Just because it is your taste does not mean it is theirs. If they say they want a sweater, before choosing the one you would buy for yourself, instead think about their preferences and previous choices. Similarly, you might see this as a good time to get something practical, why not? You really need that better coffee maker or expensive knife. Here is another way you can go awry, though, since your partner might not appreciate that, and may be hoping for something more personal and indulgent. Finally, while some do like a joint activity to be the gift, as was the case with Nick Jonas, not everyone falls into that camp. Make sure that is okay before you take the plunge, since some might see it as encroaching on their birthday, which they don't want to share, since they want it to be only about them.

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For any and all of these reasons, browsing online or in a store can feel like a minefield that could blow up in your face at any moment. So, what can you do to avoid that? Begin by asking what they want in advance, even going as far as requesting that they make up a birthday list. Think about suggesting that the list have three or four items that fall into different price ranges. That way you can have options, and you will know that whatever you choose will be well received. Another possibility might be to take them to a favorite store and have them try on a few things. You can go back later and choose one or more of those items, and it will still be a surprise, but you know it is something they will enjoy. Finally, you can simply get a gift card to a store or spa you know they like so they can select what they want, going back at a later date either by themselves or together to make an outing out of it.

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Sometimes people are reluctant to make a present list because they think it spoils the surprise of the gift, which can be nice but not necessary. They also may think they are making it too easy for their partner by telling them what they want. But the truth is it is more about the pleasure and the good feelings a great gift will generate over time. By helping your partner out so they know precisely how to please you, you guarantee a happy outcome, which is what matters most. The goal is to get what you want, it isn't a contest to see if your partner can figure it out.

It is likely that the way you give gifts comes from the way the family you grew up with gave gifts – in other words, that is what you know, and naturally you continue that pattern. The trick is to be open and aware of your partner's ways and

preferences, so you can develop your own gift-giving protocol together. It sounds like Priyanka and Nick have been able to do just that.

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Relationship Advice: How to Cope with a Loved One Who Is an Addict





By Dr. Jane Greer

When someone you once loved dies, it can be devastating, even if you haven't been in a relationship with them for a long time. If that person had problems, such as a drug or alcohol addiction, learning about their death can also be confusing and can conjure up all sorts of feelings including guilt. Ariana Grande is heartbroken over her ex Mac Miller's death, according to an inside source. The rapper was found dead last week after what is thought to be an overdose. Some people have lashed out at her, saying she should have done more for him. Others have strongly supported her, saying she did everything she could.

Either way, it is a hard place to be and it raises the question, when someone is in a difficult relationship with an addict, how

much is too much, and when is getting out the right thing to do, even if that person might be in danger? Here is some relationship advice.

It is never easy to end any relationship with someone you love, and if they are struggling with personal demons it can be even harder. Anyone who has ever been involved with someone who is alcohol or drug dependent knows how hard it is to separate even if it has reached a point in which staying seems just as impossible, and sometimes even harmful to your own well-being. There is a natural amount of guilt that goes along with any breakup, but when there are these added complications the guilt can be overwhelming. When a tragedy occurs after you are no longer together and there is a death or overdose, those feelings can take over, leading you to wonder if you “abandoned” them and could have or should have done more.

Related Link: [Relationship Advice: Is It Too Soon to Get Engaged?](#)

The most important place to begin to reconcile these feelings is to recognize that you did everything you could possibly do when you were in the relationship to help them, and if you had remained it would have been to your own detriment. Acknowledge that leaving it was not easy for you. If you were able to remain friends, there might have been the opportunity to further illuminate that in order to have a better understanding of what happened. So in that case, it might be clearer to you that there was nothing more you could have done, and that you simply couldn't continue to handle the struggle. If you didn't remain friends or stay in touch and an overdose or death comes as a complete surprise, remind

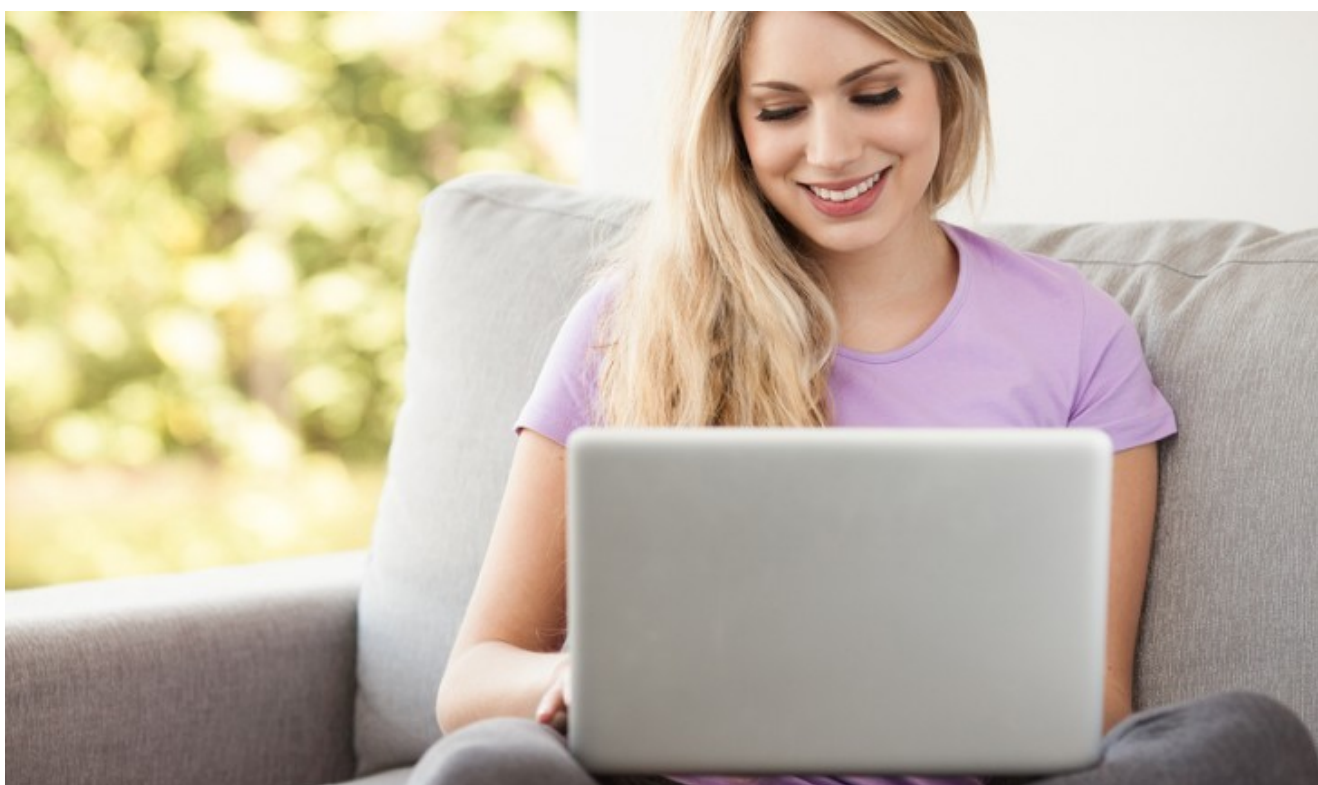
yourself that you chose to end the relationship because it took a heavy toll on you, and recognize that you had no choice in the face of their continuing destructive behavior. Understand that there are limits to what you were able to do to help the other person. Ultimately each person is responsible for him or herself. Accept and respect that you made the decision out of necessity to invest in your own safety and happiness, that it was either sink or swim for you. Being able to see and do that is vital to your healthy self-esteem.

Related Link: [Relationship Advice: Tales of the Other Woman](#)

Keep in mind that what you want to do is remember who the person was to you, what they meant and what you shared together. Ariana paid tribute to her relationship with Mac by posting a picture of her memory of him. Hopefully she has been able to find peace.

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Expert Dating Advice: 5 Reasons to Hire A Online Dating Assistant



By [Joshua Pompey](#)

As the head of Next Evolution Matchmaking, I am hired by busy and successful professionals to serve as their very own online dating assistant. But I don't just assist them with the process, I take complete control of the process. If you don't have the time to build an online profile, keep reading for some [dating advice](#) from [relationship expert Joshua Pompey](#)

Have Someone Find You Matches!

As their online dating assistant, I'm not only finding them matches, but I'm also writing all their emails and lining up dates as well. While this may sound a little extreme to some, I believe that the birth of online dating assistants has only just begun. Below are several arguments as to why we should embrace the idea. Keep reading to find out more from our [relationship expert!](#)

1. Hiring an assistant is nothing new

Need someone to clean your house? You hire a housekeeper. Are you a busy career mom? You hire a babysitter. Too busy to find love? Why not hire an online dating assistant? People have sought help from skilled professionals since the beginning of time. Hiring a professional to handle what is arguably the most important component of your entire life, finding love, sounds like a worthwhile cause to me.

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

2. There just aren't enough hours in the day.

Online dating is a full time job if you are going to fully dedicate yourself to the process in a meaningful way. Being busy and successful shouldn't require love and happiness to be put on the back burner. A professional online dating assistant can complete all the time consuming aspects that you might not otherwise have the time to pursue on your own.

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

3. Online dating assistants can save you months, or years of loneliness

Want to know one the biggest reasons people quit online

dating? It's because they just aren't successful at it. After a few weeks or months of bad dates, they eventually quit, but it doesn't have to be this way. A professional online dater will bring experience and skill to the table, navigating the online world for you in a way that yields quality results.

Not being an expert at online dating shouldn't mean that you have to waste months, or even years of your life navigating these dating sites without finding the happiness you deserve.

Related Link: [The Do's And Don'ts of Online Dating First Dates](#)

4. Nobody is being deceived on a massive scale

If this was the 1993 Sleepless in Seattle version of online dating, where two people are pouring their souls out over dozens of emails and getting to know each other on an intimate level over the computer, than yes, this would be very deceiving and immoral.

Fast forward to the present and the email exchanges on dating sites are about as harmless and lighthearted as it gets. Sure, when I work on a client's account at Next Evolution Matchmaking, I am writing emails as my clients. But these are mainly just superficial exchanges where I help to facilitate the exchange of phone numbers. Once that's complete, it's entirely up to the client to take things from there.

5. Online dating assistants take over the tedious aspects of online dating.

Let's face it, online dating just isn't fun! Sure, you could endlessly swipe right, chase down other singles, and write repetitive emails day after day. Or you could hire a pro and be free to do things you actually like to do! At the end of the day, sometimes pampering yourself is just plain worth it!

Joshua Pompey is the founder of Next Evolution Matchmaking.

For information about how Joshua Pompey helps online daters, visit [this](#) [page](#).

Ask The Guy's Guy: How to Win a First Date After Meeting Online



By Robert Manni

Question from Gillian L., Manhattan, "Hey Guy's Guy, whats the best way of turning an online connection into a real date?"

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours

talking to your match but you're nervous about meeting in person. How can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship expert](#) Robert Manni!

Score That First Date!

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

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

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

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

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

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

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

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

Hope this helps. Good luck!

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

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

Expert Relationship Advice: Dogs Make Everything Better



By [Dr. Amy Osmond Cook](#)

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

According to my research, having a dog is good for you. Not only does having one in your life lower your stress levels and blood pressure, but your furry family member also boosts your immune system and brings added joy to your personal relationships. Here are four reasons being a dog person makes you a better people person.

Expert Relationship Advice On Dogs In Relationships

On the edge of your seat...click here for more

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

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

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

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

[Related Link: Relationship Advice: 8 Creative Ways That Older](#)

[Couples Can Keep The Romance Alive](#)

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

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

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

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

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

When you take a dog to a trainer, your furry friend will learn how to focus to pay attention to your words and actions. The next time you're in a social situation, think about your pet and how he or she focuses—mimic that.

If you aren't a pet owner and find most of your personal

relationships challenging, consider becoming one. Along with making life just better in general, owning a dog improves your personal relationships by making it easier for you to communicate. With a dog in your home, you'll learn [how to be a better human](#) by feeling more positive about your partner, empathizing more and focusing on the people in your life. As [Orhan Pamuk](#) wisely put it, "Dogs do speak, but only to those who know how to listen."

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

Expert Dating Advice: How To Put Yourself Out There After A Break-Up





By [Megan Weks](#)

After having my heart beaten to a pulp too many times in my life, I've learned a valuable lesson: there's no time like the present to get back into the saddle. But before you get too skeptical, hear me out on this [expert relationship love advice](#). Trust me, I'm a [relationship expert](#).

Expert Relationship Advice to Help You Move On After a Breakup!

Of course it's good to take some time and heal. I'm not advising you to push past your feelings and not acknowledge them. In fact, it's an absolutely necessary part of the healing process. Lay in bed for a weekend. Cry. Watch all 94 episodes of Sex and The City. Wallow in enough cute animal videos to comfort you for a lifetime.

But then get back out there! This time do it with patience, an open heart, and with the goal of simply learning. You're out there only to learn and explore, to figure out how to improve

upon what went wrong with the last relationship. Do you need to shift some criteria around to find a better match? Find your clarity through exploration.

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

Here's the loophole. You don't necessarily have to date others to start dating. I want you to date yourself. Yes, yourself! Start filling up the time you used to spend on your relationships with creative ways of pampering and bettering yourself or just plain pleasuring yourself in any way you can think of. It's healthy to bring pleasure to yourself.

Maybe you're feeling lesser or you've lost some of your glow because a person you loved is leaving your life. Keep in mind you have the power to ignite your own glow! As soon as you're able to get out of that bed, it's your challenge to cultivate your spark again. If you're finding that you're luck in love is not all that great and you seem to be facing a lot of let downs and broken hearts, it's time to look within.

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

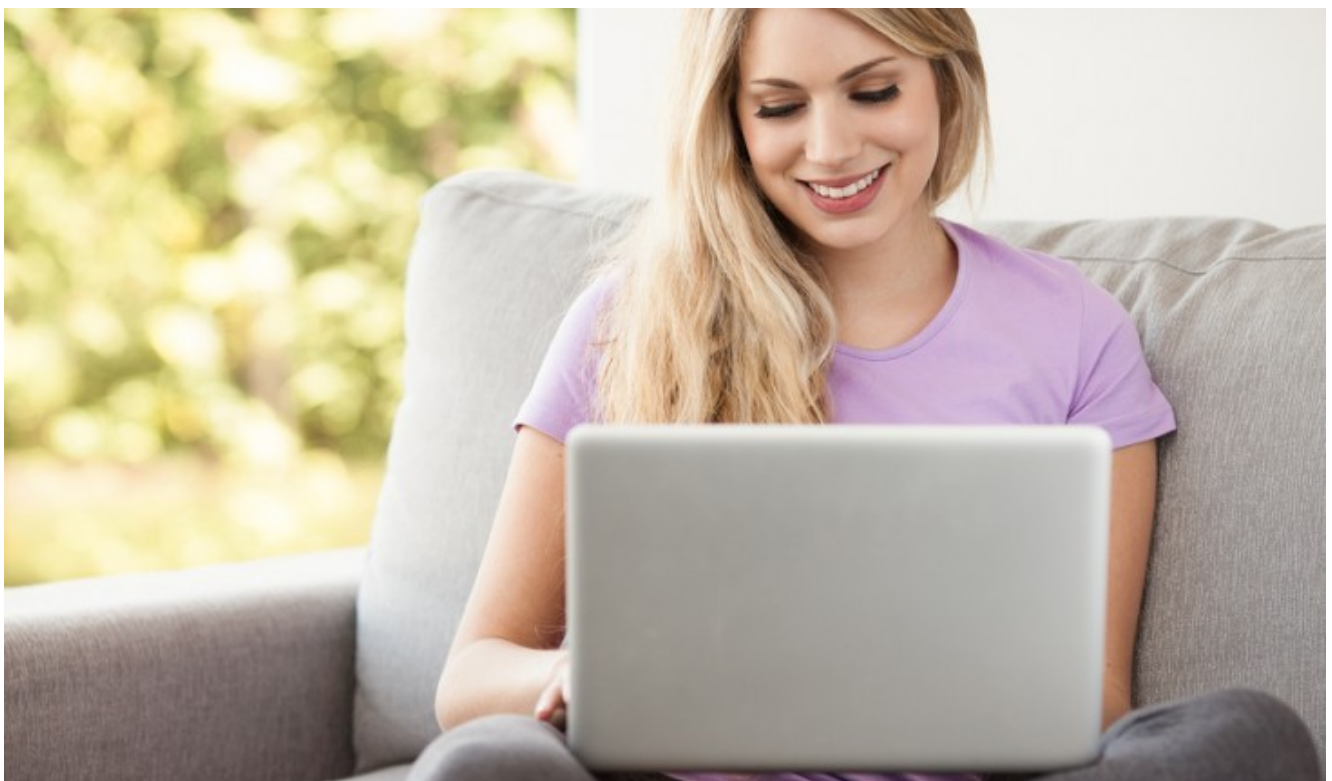
There a few ways you can increase the quality of your relationships. You can deepen your relationship with yourself through self-nurturing, become a more multifaceted person with more to offer as a partner, and you can increase your relationship skills. There is not a better time to work on these things than when you are grieving and taking a deeper look within.

When you live your life knowing YOU are in control of your joy and happiness, you will be able to cultivate it on your own without a partner. You will begin to have a greater chance of attracting a true and incredible partnership with someone else in the process. When two halves are out there looking to form a whole... that is not when the most idealistic partnerships are formed.

After heartbreak, it may take time to become whole again. Become the greatest whole you can be and you'll be well on your way to attracting an even higher quality relationship than the one you're grieving today.

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

Love & Libations: Celebs Create In The Name of Love



By [Yolanda Shoshana](#)

Everyday it seems like another celebrity is announcing a new wine or spirit. It's hard to keep up, especially when some of them are being quiet about it. There are some famous folks who just put their name on some booze so they can make money. However there are some celebs who do it for love. Below is a list of libations that the stars are putting their heart into.

In The Name of Love Celebrities Libations

Kelsey Grammer was recently in the news due to the possibility of a Frasier reboot. It was exciting news for fans of the show. While Frasier Crane was an avid sherry lover, what you may not know about Grammer is that he's working on opening a brewery in the Delaware Country near the Catskill Mountains called Faith American Ale. He bought the land over 25 years ago because he loved going to area when he was growing up, starting a [celebrity vacation](#) trend. The actor went into rehab in 1996, but has stopped going to AA and enjoys a drink from time to time.

Related Link: [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

Somewhere along the way, Sting teamed up with Shaggy, making [celebrity news](#). This has made his music relevant to a whole new set of fans. When not making music, Sting is giving his time to wine. Italy has been one of Sting's favorite places to spend time with his wife. The iconic couple is making the wine on their estate, Villa II Palagio. All of the wines are named after Sting's biggest hits, since he says " a wine is like a song- it has a story to tell". If you want, you can rent the villa for a romantic getaway and sip copious amounts of Italian wine.

Jensen Ackles is known to his fans as one half of the

Winchester boys on Supernatural. When he's not slaying demons, Ackles is all about beer. He started the brewery, Family Brewing Business, with his wife, Daneel Ackles, who you may know from the show One Tree Hill or One Life To Live. Their goal is to bring people together over good beer, food, and music in their Austin-based tap room. Take Ackles [relationship advice](#): the couple that brews beer together stays together.

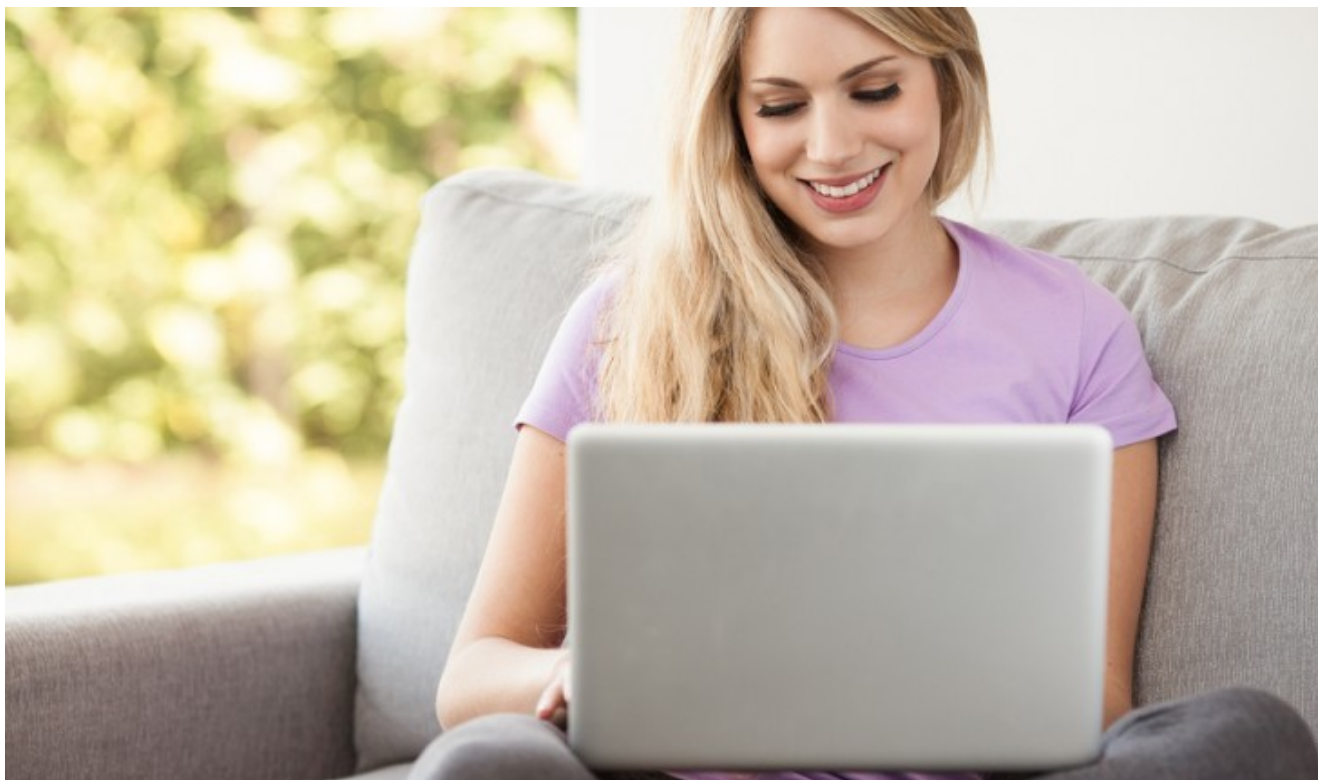
Nicki Minaj recently caused a stir on Twitter by claiming her album was delayed due to not being able to have a song cleared by the music legend, Tracy Chapman. Normally the drama that surrounds Minaj is centered around her love life. It's hard to keep up with the rapper's controversies. It's easy to miss that she has a line of bubbly moscatos and sangrias called Myx Fusions. According to Minaj, she didn't want to create an ordinary wine, though it's safe to say anything Minaj does wouldn't be considered ordinary. If only her relationships were as sweet as her line of wine.

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

Ryan Phillippe will forever be known for his bad boy role in Cruel Intentions. He's gone from heartthrob to DILF. I have to admit I was tardy to the Phillippe party until catching his latest show, Shooter. Lately he's been posting about Phillippe Vineyards. While there has been no formal announcement, it appears as if he is getting into the wine game with his family. Phillippe's love life is always a bit bumpy, but his love for his family or a glass of wine can't be denied. Time will tell what he has cooking.

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

Dating Advice: How to Make Summer Love Last



By [Joshua Pompey](#)

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

Dating Advice to Help You Hold Onto

Your Summer Crush!

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

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

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

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

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

4. Catch a ball game: You know what my wife finds to be the most boring thing in the world? Baseball. Seriously. When I turn on a game she goes comatose within ten seconds. But guess

what? We have a ton of fun at baseball games. The fresh air, the food, and the energy of a stadium is enough to put a smile on most people's faces, regardless of whether or not they are sports fans.

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

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

Dating & Technology Q&A: How to Win a First Date After Meeting Online





Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?

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

Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be

the best version of yourself– both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

Related Link: [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

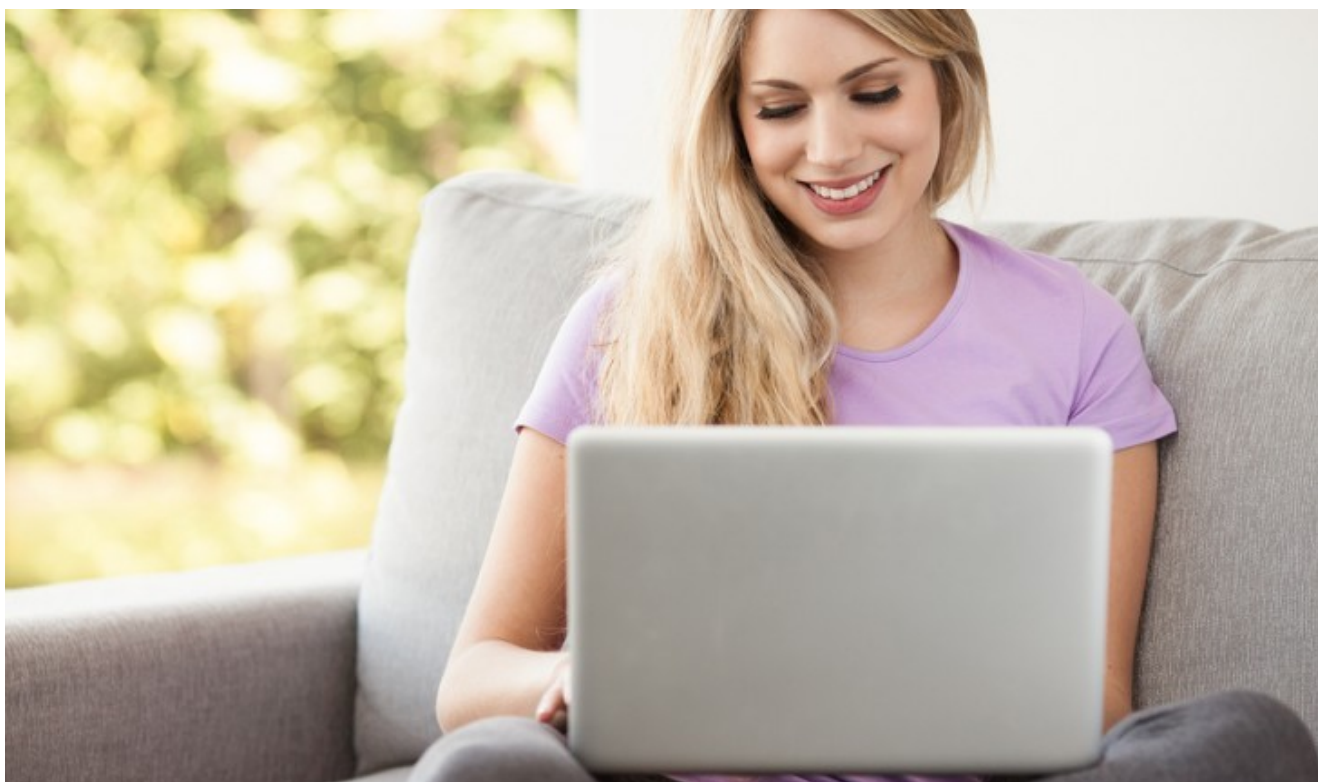
If I felt attracted to how a woman presented herself online, I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

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

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

Relationship Advice: Is It Too Soon to Get Engaged?



By Dr. Jane Greer

When is it too soon to get engaged? There are so many considerations that go into making this decision, from practical issues such as having enough money to finishing a

degree to living in the same place, to more philosophical ones like is there a proper timeline for true love? Sometimes people have to first deal with other commitments and responsibilities before taking the plunge. But what if you meet someone and know instantly that person is your soulmate, do you still have to wait? Some think the answer to that is no. Nick Jonas and Priyanka Chopra announced their engagement after dating for only two months.

Quick engagements can be a sign that one or both parties are ready to settle down and feel the security and stability that comes with marriage. However, there are a number of pieces of [relationship advice](#) to consider before taking this next all-important step.

One of the biggest questions that comes up is, does it make sense to wait even if all the pieces are in place so that you can have more time to bring each other into the other's respective world? In other words, does having the inside track on your partner's life before you're all in add to the success of a marriage? Some might worry that the intensity of the high one feels when they first fall in love won't last, and therefore won't be enough to sustain you through life's ups and downs. If you do feel, however, it is enough to get you through, and you are seriously considering a quick engagement, it can be helpful to ask yourself why. Is it because you simply want to get married and crave the security that comes with that? Or were you disappointed by a previous relationship and now eager to move forward with someone who's ready to

truly commit and get married? Or is it all about the person, that you have fallen so hard for one another, that you have become a part of each other's lives so completely, and there is enough compatibility, that you feel you want to and will be able to continue to make things work between you?

Related Link: [Relationship Advice: Tales of the Other Woman](#)

Whatever the case, most people do find that the all-consuming, instant attraction eventually, and really inevitably, wanes. That's why a certain amount of time and effort is generally important to allow the relationship to solidify so you have the chance to really learn how to work things out together, and to see how each of you reacts to different situations. With time, you'll move from that googly-eyed stage where your partner can do no wrong, to eventually "sobering up," so to speak, and deal with life – sickness, cars that don't work, endless bills, having to work late – as opposed to the euphoria you might be feeling when you first come together. In fact, the "honeymoon phase" can often last longer than most people think, in some cases even up to a year, but by the time you move away from that and into everyday reality where you need to be able to work together as a couple to deal with the nuts and bolts of each day, it takes more than rose-colored glasses to navigate the raging rapids. If you don't manage to build that strong foundation, it will only be a matter of time before your individual needs, as well as all the daily hits of living that create friction and tension, tear you apart.

Related Link: [Relationship Advice: The Pitfalls of Dating While Divorcing](#)

If you are in love, and if marriage is on the table, here are a few things you can ask yourself to determine if you are ready. First, do you think you are able to deal with your differences and compromise around them so you end up at a joint decision that feels good for both of you? Are you able to communicate and listen to each other, and ultimately relate

to each other's feelings, so that you both feel understood? Can you problem solve, as well as work through and clear up your anger and disappointment so those feelings don't linger and cause trouble between you? Do you have empathy for each other? If you have these skills in place, then you are starting your life together with a full toolbox of important skills.

Nick and Priyanka seem to have found in each other what they are looking for, and have faith that they can continue to keep love alive. If you, too, have that trust in your partner then perhaps a short engagement can work for you as well.

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>.

Expert Relationship Advice: Four Ways a Positive Attitude is Good for You



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

It seems Hollywood celebrities are famous not only for their creative work, but also for their personal lives. Everybody has a story about their road to success, but amid the sparkle of superstardom and robust social media platforms, there are a handful of celebrities like [Emily Blunt](#), [Jim Carrey](#), [J.K. Rowling](#), and [Shania Twain](#), who persevered despite personal obstacles and adopted a profoundly positive attitude.

Now, studies show that not only is a positive attitude good for your career and relationship, but it is also good for your health. Here are four reasons from [relationship expert](#) Dr. Amy Osmond Cook why looking at the bright side of life is good for you. This [expert relationship advice](#) will help you build a happier life for you and your partner!

Expert Relationship Advice to Cultivate Positivity

1. It controls stress: Nobody would deny that stress is real, but sometimes the way we view various stresses in our life makes a big difference in how we manage it.

As the administrator of Park Manor, a busy rehabilitative care center, Ben Flinders is aware of the stress this work environment presents to his staff. Flinders recognizes his role in creating a supportive environment that fosters positivity in the workplace. “For example, sometimes the best way to navigate the stress of work that robs us of needed energy is to step away and relax,” he said. “Many times, a quiet walk during a work break or a brief meditation session can help relieve pressure.” His management style encourages staff to work smarter not just harder by self-monitoring energy levels, emotions, and attitude and to take necessary measures to refocus.

“Positive thinking doesn’t mean that you keep your head in the sand and ignore life’s less pleasant situations,” says the staff at the [Mayo Clinic](#). “Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.” Having that kind of mental control over any outcome is a powerful tool to control stress.

Related Link: [Expert Relationship Advice: 4 Ways to Build a Healthy Relationship with Your Body](#)

2. Reduces recovery time: Healthcare providers witness the power of a positive attitude daily. “Our therapists are experts at providing care, but they also recognize that a positive attitude enhances those services,” said [Karissa Ly](#), director of rehabilitation at St. Francis Heights Convalescent Hospital. “Attitude makes the body more receptive to recovery,

and it can heighten a patient's belief in themselves to get better." Ly added that the physical work is important in recovery, but it also requires a mental toughness that needs positivity to support it.

3. Improves social connections: As more [studies](#) emerge emphasizing the importance of friendships and social interaction, they also note that a positive attitude is an important vehicle to secure those social connections. "In short, they (optimists) manage their relationships better, and as a result, when faced with adverse health events, they can rely on their social networks to a much greater degree and receive more support, managing the resulting stress more effectively," explains PsychologyToday.com contributor [Utpal Dholakia, Ph.D.](#)

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

4. Extends longevity: A [study](#) published by The Journals of Gerontology examined the relationship between an optimistic perception of aging and its impact on reducing markers of stress-related inflammation associated with heart disease and other illnesses. It seems a positive attitude will help you live longer and it will influence healthier lifestyle choices, as well. "Every day brings new challenges," says [Martha Beck](#), author, speaker, and life coach. And how we face those challenges plays an important part in our health. So when life warrants an attitude adjustment—be grateful! It's good for you.

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

Love & Libations: Celebrity Sips on Tequila Day



By [Yolanda Shoshana](#)

There's no denying that tequila is one of the hottest spirits around right now; however, not all tequila is created equal. Some of it is cheap and fills you with nothing but regrets the next day. In fact, that may be the reason you're scared to get anywhere near this specific libation ever again. Do yourself a favor and revisit the spirit or take a different approach to it. While there is bad and ugly tequila, there is some really good juice that has hit the market. It's a spirit that men and women enjoy. It's been said that women who drink tequila are mysterious and sexy. On your next [date night](#), maybe pour a little tequila on the rocks to knock off their socks.

Read for More Tequila Tips from Relationship Expert Yolanda Shoshana!

Celebrities have been jumping on the tequila trend. You will find that the celebs who make the best stuff were tequila fans well before they got into the booze game. National Tequila Day is on July 24th, making it the perfect time to sip like the rich and famous.

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

Most people know that Sean Combs has been the face for Cîroc Vodka, but some will be surprised that *DeLeón* Tequila is his baby. Combs is far more vested in the tequila company. The luxury spirit comes in a fancy bottle that would make a great addition to a home bar or the perfect gift for your tequila loving boo. There is a bottle of *DeLeón* that runs for around \$850, but there are affordable options to choose from. Think of this as a sip and chill tequila or the kind of libation to get you in the mood for foreplay and boudoir business.

Casamigos is probably the most famous celebrity tequila on the market. When George Clooney and Rande Gerber sold the company for \$1 billion dollars, everyone clutched their drinking glasses. Though they sold the company, Clooney and Gerber are still very much involved with the brand. I bet Clooney sips a little bit more of it since becoming the father to twins. The Casamigos Blanco would be great for whipping up a batch of margaritas for the girls and chatting about love, life, and the pursuit of happiness.

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

If you have been a fan of Mario Lopez since his Saved By The Bell Days, know that he has an adult beverage for you called Casa Mexico that he owns with partner Oscar De La Hoya. Lopez is so into the tequila that 120 bottles were served at his wedding. Take that as [relationship advice](#) from Lopez: the couple that shares tequila together just may stay together. Clearly Casa Mexico is good for sharing with loved ones.

Recently Dwayne “The Rock” Johnson announced that he would be starting his own tequila brand. Personally, I wish he would have gone with The Rock Rosé, but tequila it is. While his tequila isn’t out yet, he deserves an honorable mention. Mana will probably hit the shelves any minute; the Rock wastes no time when he brings it. The spirit will be called Mana Tequila. Mana means supernatural in Polynesian. It will be interesting to see how the spirit comes together. Given the name, it sounds like there will be an island flair to it. I imagine it will be good for when you and your partner can’t travel to the Polynesian triangle but want to feel like you’re on a [romantic getaway](#).

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

Expert Dating Advice Guys' Edition: 5 Not So Obvious Signs She's Into You





By [Joshua Pompey](#)

Guys, have you ever been on a date that you thought went well, only to never hear from the girl again? This is frustrating and discouraging for anyone. Don't dwell on the dates that didn't work out. The best thing you can do is learn how to assess a date while you're on one so you won't be taken off guard if you do get ghosted. Read the below [expert dating advice](#) by [relationship expert](#) Joshua Pompey to enhance your dating life!

Expert Dating Advice for Guys to Make You Dating Pros!

1. Small touches: Women express love or interest with physical gestures. If she lightly touches your arm, leg, or back, she is showing she's interested. Sometimes this is a purely subconscious act for women, but sometimes it is a direct means of flirting with you. To encourage even more friendly flirting, reciprocate these small touches, but be sure to keep it G-rated and organic.

Related Link: [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

2. Make-up Touch-ups: When women go to the bathroom on a date, they often adjust their hair or reapply make-up. Pay attention to this. If you notice a fresh coat of lipstick, it's a sign that she wants to look good for you. Lipstick draws the eye to the lips, and a fresh coat is a strong sign that she hopes for a kiss at the end of the date. If a woman isn't interested, she's not freshening up for you.

3. Personal Questions: Did she ask about your family at some point during the date? Was she curious about your goals and passions? The more personal questions she asks directly correlates to how interested she is in you. It's natural to want to know more about someone you are interested in, but pay attention to her body language as she asks these questions. If she's looking around or checking her phone, then she's bored but trying to be polite. If she's leaning into the conversation, that's a great sign.

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

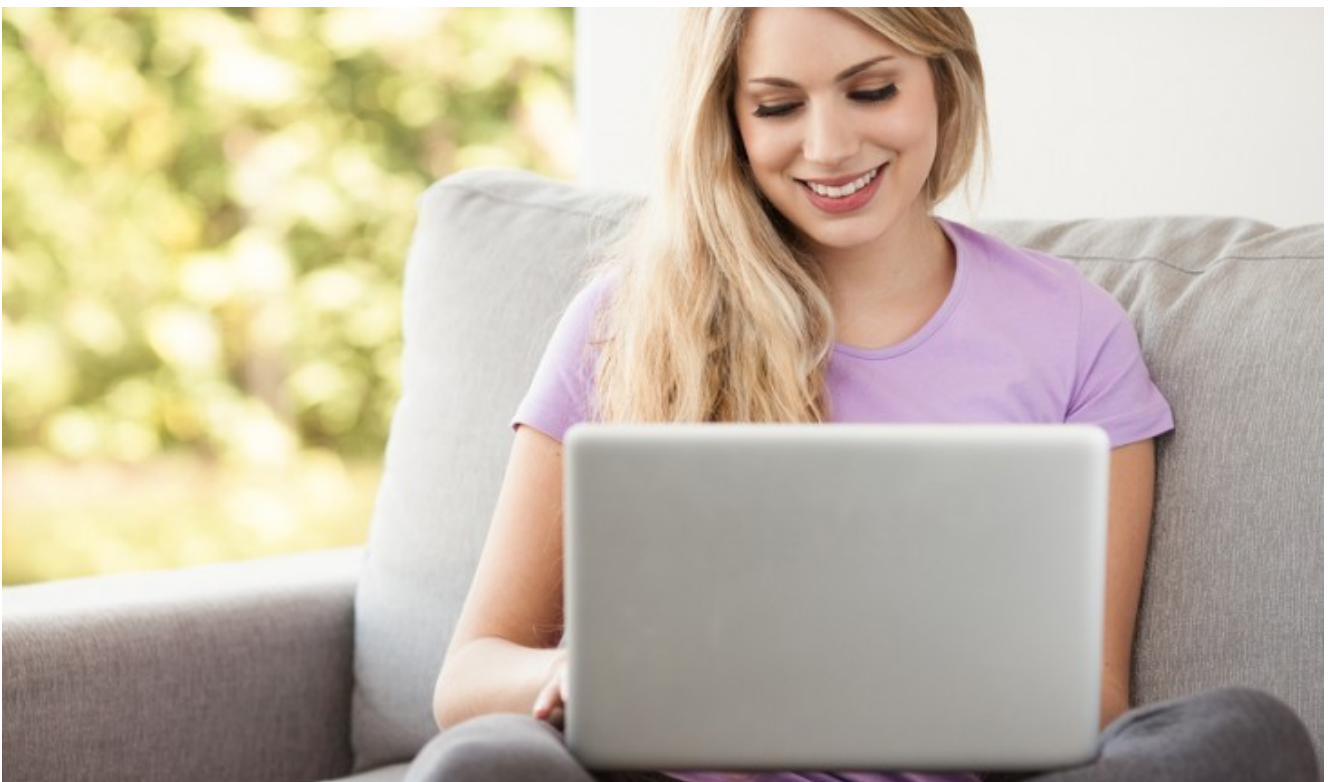
4. Commonalities: No matter what kind of relationship you are building with someone, whether it be friendly, familial, or romantic, sharing common interests is a great sign for the success of that bond. If you and your date discover commonalities and her demeanor changes to one of excitement, she's probably thinking of ways to engage in these shared interests for future dates.

5. No phone: When are women truly alone? Almost never. Women rely on their girlfriends for guy advice, safety, and a way out of a bad date if needed. If thirty minutes into the date she checks her phone, you can almost be certain it's a girlfriend checking in to see if your date is enjoying herself or needs an escape plan. If she quickly responds, apologizes,

and jumps right back into the conversation, you're in good shape!

For more free dating information from Joshua Pompey, click [here](#).

Dating & Technology Q&A: Should You Delete Pictures of a Long-Term BF?



Question from Mara S.: My ex and I broke up after having a long-term relationship. Should I take pictures of us down from

social media now that I'm seeing someone new or should the new guy in my life understand that my ex and I had a long history together?

Technology makes it so easy to share with the world the things that matter to you. It's normal to post memories that you want to hold onto, but beware of what message your social media is sending. When you are interested in someone, you devour everything online about them in hopes of learning something new. That's true for someone interested in you. What do you want someone to learn about you from your photos online? Read below for [dating advice](#) from [relationship experts](#)!

Technology Dating Advice that Helps You Know When to Delete Pics of Your Ex

[Suzanne K. Oshima, Matchmaker](#): While you and your ex had a long history together, it's time to take the pictures down and move on with your new guy. There's a great quote by T.D. Jakes that best sums it up, "You can't drive forward looking in the rearview mirror."

[Robert Manni, Guy's Guy](#): My answer is a resounding yes. When it's time to move forward, take down all photos from social media of you with your ex. If you want a new beginning, especially with someone new, you need to send him the right signals about your availability. The past has merit. We live, we love, and we learn, but there must be a reason your former boyfriend is now your ex. If you're having a hard time deleting photos of him off social media, perhaps you are not quite ready to move on. If you truly want a new beginning, then start fresh on social media and give your new suitors the opportunity to see who you are right now. If things work out, they could be the luck one in your pictures. Good luck!

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

If you have any questions you would like answered by our

relationship experts, please e-mail them to cupid@cupidpulse.com.

Expert Relationship Advice: 4 Ways Picking Up a Book Can Improve Your Health



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

[Oprah Winfrey](#) does it. So does [Reese Witherspoon](#), [Bill Gates](#), [Barack Obama](#), and [Emma Watson](#). Not only are they world leaders

and superstars, but they are also super readers.

Nearly [25 percent of Americans have not read a book](#) in the last year, and adults over age 50 were more likely than their younger counterparts to let their books collect dust. While you may think you don't have the time to read a good book, you might want to make reading a higher priority in your life.

Reading isn't just a fun way to pass the time. It can also improve your health. Read on to learn four ways reading can improve your physical and mental health.

It will help reduce stress

Reading might sound like something you just don't have time for if you live a busy, stressful life. But it could be the key to [helping you relax at the end of a stressful day](#). According to research conducted by the University of Sussex, reading a book is one of the best ways to reduce stress. Their study showed that reading can reduce stress by 68 percent, and it will do the job faster than other tried and true methods like taking a walk or listening to your favorite music. So, pick up a good book and let your stress melt away.

You'll sleep better

Reading can help you [get a better night's sleep](#), if you do it right. A good way to get more sleep is to create a nighttime sleep routine and include relaxing activities in it. Reading has been shown to reduce stress and help you relax, so it is a prime candidate for your bedtime routine. Staring at a screen is counterproductive, however, so stick to a book with real pages, rather than clicking through your favorite book on your

phone or tablet.

It may help prevent dementia

Keeping your brain active at every age can [help fight off symptoms of dementia and Alzheimer's](#). Researchers have found that people who challenge their brains when they are young and old have a slower rate of mental decline. Keeping your brain active can help preserve memory and thinking skills into old age. It is beneficial to work your brain from childhood on, but it isn't too late to start a reading hobby if you haven't tried it yet. Studies indicate people can benefit from giving their brain a workout even if they begin later in life.

It can help you feel empathy

If you have a hard time relating to other people, getting hooked on a good book can help you with that. A recent study conducted by [The New School for Social Research](#) showed that people who became deeply involved in a fictional book and its characters were able to better understand their own feelings and beliefs as well as those of the characters. "If anyone has a desire to help others succeed in a non-threatening manner, this is a must read," said Rose Rios, director of marketing at [Legend Oaks Healthcare and Rehab of Northwest Houston](#). Reading literary fiction improved the ability to feel empathy for others.

Reading a book can make a difference to your health in ways that might surprise you. So instead of turning on the television at the end of the day, pick up a good book.

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

Love & Libations: The Negroni & Anthony Bourdain



By [Yolanda Shoshana](#)

When I was thinking about what I wanted to do for this column, I was walking through NYC and came upon Les Halles. Unless you have been away from the news recently, you may know that Anthony Bourdain passed away. Les Halles was a French bistro where he got his start as an executive chef. Let's just say many romantic nights were had at the restaurant. Though both locations of the bistro are now closed, people have been leaving tributes to him pasted on the windows. Consider this my cheers to the icon.

The culinary world is still reeling over the death of Bourdain; in fact, it may never be the same. It will be hard

to find anyone who can take his place, though someone will try to fill the void. He undoubtedly changed the way that people eat and drink. Someone said, "He was the Mr. Rogers of the food world." I would have never compared the two, but he did have an edgy Mr. Rogers charm about him. More importantly, both men had a way of making people stop, listen and think in a way that impacted lives. People around the world are coming forward with stories of how Bourdain helped them learn to love food. Since there's such a deep connection between love and food, maybe Bourdain should have added "love doctor" to his resume.

Keep reading for details from our relationship expert Yolanda Shoshana on the late Anthony Bourdain's favorite cocktail!

While most people think of food when they think of Bourdain, he was also a man who loved a good libation. He was often caught with a glass of wine in his hand, but there was a particular cocktail that he was a big fan of as well: The Negroni. Named after Italian Count Camillo Negroni in 1919, the classic aperitif is famous around the world. Bourdain called it the perfect drink, saying, "It's [made from] three liquors that I'm not particularly interested in, but put them together with a slice of orange... it works. That first sip is confusing and not particularly pleasant. But man, it grows on you." I would have to agree. The first time I took a sip of a Negroni, I was intrigued. After about three sips, that intrigue turned to love. It's been one of my favorite libations ever since.

Related Link: [Love & Libations: Mint Juleps for a Derby Date Idea](#)

Bourdain shared a story with *Maxim* about how he made Negroni cocktails for his crew and ended up a bit tipsy. It's the kind of drink meant to share with those near and dear. Get your squad together for a Negroni or two. We can all use a little bit more love and light. Plus, you can also use it as an aphrodisiac cocktail if you want to just kick it with your boo on [date night](#). It's the perfect libation to sip during intimate conversations.

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

The best part about the Negroni is that it's so simple to make. All you need are three ingredients and a slice of orange. If you don't have the orange slice, don't fret. After a few sips, it won't even matter. Cheers to you, Bourdain and those you love.

Negroni

1oz. Gin

1 oz. Campari

1 oz. Sweet Vermouth

Slice of orange

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

Expert Relationship Advice: The Exclusivity Trap!



By [Megan Weks](#)

Are you stuck in an exclusive relationship but not really ready for a monogamous one on one? While we all yearn for that special someone to be just ours, jumping into exclusivity too soon can be damaging, especially to women. Read the [expert relationship advice](#) below to help you make healthier dating decisions.

Expert Relationship Advice to Help You Stand Up for Your Best Interests in a Relationship!

What angers me the most about being a relationship coach is the same reason I am a relationship coach: women are breaking their own hearts. Yesterday, three women reached out to me in

desperation. They each have a man but they are feeling frustrated and nervous. Their stomachs are in balls of knots, they are crossing their fingers for luck, and they are extremely anxious. Why? Because their needs are not being met in their new relationships. Interestingly, these women happily agreed to jump into the situations they now find themselves in. Didn't they want a boyfriend? After all, that was their goal. Now, however, they feel trapped in exclusivity with men that may not be right for them.

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

The "going steady" dating model, by the way, did not occur until the 1940s. It was born out of the desire for – and the more acceptable view of – casual sex. Before that, people would take their time to really determine if someone was a match, and then get married through a leisurely process called "courting." The "going steady" dating model, or "linear" dating, as I call it, can be extremely disempowering for a woman who has the goal of getting married within the next couple of years.

You meet a man. You date and spend time at his place and at yours. You get close, enjoy his compliments, and share laughs. Things are going great. You feel attached to him. You are excited to finally find someone who sees what you have to offer: how special you are. You feel like a [celebrity couple](#) at first. You feel comfortable and slip into that girlfriend role with ease...heck, you've been waiting a while for this. You're sick and tired of being "out there." Now it's your turn.

Or, is it...?

Suddenly, he starts to get a bit lazy. The communication isn't what you feel it should be from a boyfriend. He said he wasn't dating others, and you aren't supposed to, either. However, you don't know if you're seeing him this weekend or not.

You're playing the waiting game...again. The nervousness, the anxiety-stricken feeling, the knots in the pit of your stomach return. You start thinking that you're running out of time and that you're back in the waiting game. You want this all to be over. It's a familiar feeling, and it's awful.

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

"How did I get here again? Why is dating, and men, in particular, so difficult? What can I do to save this relationship?" You don't want to make plans with your friends and then have to cancel on them if he comes around. You think to yourself, if you just see him again you'll get the magic back. So you push to see him again. You will accommodate his busy schedule. You make excuses for him. You accept less than you deserve. You lack integrity for yourself. You worry that if you stand up for yourself or push for more time, it will backfire. It's like your fate is dependent on his next move, which is determined by a stupid little flashing red light on a digital screen. You peek at it all day while at work.

Ladies, if you find yourself in this position, get yourself out of exclusivity. Exclusivity is a trap! You have no business spending your precious mind, sanity, and time waiting for a man to choose you. While it may not be what you want to hear in [relationship advice](#), you must get yourself back out there and explore your options. Allow a man to get to know you, and allow yourself to get to know him and his intentions deeply before you jump into an exclusive relationship.

Rushing over to his place and getting cozy is the lazy dater's way to find relief. You both can't wait to drop the pesky formalities of dating, jump in the bed, and experience what the relationship would be like – now. The problem with this is, the formalities are actually an important part of the courtship process, and a courtship process is exactly what you need to go through in order to avoid getting into "the

exclusivity trap!"