

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.

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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.

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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.

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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.

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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](#).

Expert Dating Advice: Why Can't I Seem to Find The One?





By Gillian Lee

In this week's Singles In Stilettos, [dating advice video](#), founder and relationship expert [Suzanne Oshima](#) talks to Dr. Diana Kirschner about why you can't find the one. Watch the video above, and read the article below to find out some good dating tips in your life.

Searching For The One

Dr. Diana Kirschner is a PBS Love Expert, Psychologist, and the best selling author to many books. Kirschner had a difficult time finding love for herself, and a difficult childhood that led to her finding her passions today.

1. Unconscious patterns: We as people are prone to our unconscious patterns, but sometimes they are very strong which can lead to continuously dating to not find the one. Start to become conscious of whatever pattern you've been playing out, and then overcome this pattern. Kirschner said the "I will make you love me pattern...but you can't make anyone love you."

This all has to do with self-esteem and the belief that no one will love you. You can see this when you realize you are always taking care of your partner, you never really get a turn to get help. “It’s like you need to produce in order to get love,” Kirschner tells us.

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

2. Not perfect, I’ll pass: For this reason, you find little imperfections on a person, and say he’s “not perfect.” In this pattern, “perfectly great guys come along but they are rejected, often are in women’s early years.” We have to realize that there’s no perfect guy, and there’s going to be something that isn’t on your “checklist.” You have to see if he is able to grow as a man and be able to improve his imperfections.

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

3. The flameout: An example, for this reason, would be attending a 5-hour date and having sex, which is too much intimacy in a short amount of time. This pattern also happens to be fueled by fear because you feel like you have to jump in quickly. Women are prone to feel if they don’t move fast enough, that person might get away.

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



By [Robert Manni](#)

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

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

The irony to this question is that when you are checking up on

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

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

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

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

When I thought about it, I realized that I had been dating so much that I'd waded too deep in the online dating pool and forgotten why I was dating in the first place. I was having a blast dating, but deep down, like most singles, I wanted a partner. So, after she asked me this innocent, but loaded question, I told her I'd hide my profile. And it's stayed hidden. The more we dated, the more I liked being with her. She taught me that it was important to give new relationships a fair chance. If things didn't work out, we could reactive our profiles and get on with our lives. Without saying

anything more about it, we began dating exclusively and never looked back.

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

The moral of the story is that if you find your partner's profile is still active online, ask him or her why and what their intentions are. Ask them if they want to date around or give the relationship a chance to grow. This way, you know where you stand without having to juggle partners and sneak around. I found this to be a more honest way of dating. So, if you're feeling good about someone, consider giving your relationship the best opportunity to succeed by hiding or shutting down your online presence.

Good luck.

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

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.

Related Link: [Expert Dating Advice: 5 Reasons to Hire an](#)

[Online Dating Assistant](#)

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.

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

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.

Related Link: [Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game](#)

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?

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

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.

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

Jason Voorhees- Friday The 13th

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

The Voorhees

3 Big ripe strawberries, sliced

2 ounces of Casamigos Blanco (alternative: Casa Noble)

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

1 ounce lime juice

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

strawberry for garnish

Directions:

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

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

Ellen Ripley- Alien

To this day, Ellen Ripley, from the movie alien is still one of the best-regarded heroines of horror movies. The character was eloquently played by Sigourney Weaver. It was the first time an actor was nominated for an Academy Award for a sci-fi or horror movie.

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

$\frac{1}{2}$ ounce of D'usse Cognac (alternative: Hennessy Black)

Directions:

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

Related Link: [Love & Libations: Celebrities Sips on Tequila Day](#)

Freddy Kruger- A Nightmare on Elm Street

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

If ever there was a cocktail that screams Freddy Kruger it's a negroni. The bitter yet balanced drink that so many people

love. The twist on this drink is that it's made with Amaro versus Campari. This one would be fun to sip in bed while in bed with your partner. Snacks and a Freddy On Elm Street, just don't fall asleep.

Freddy On Elm Street

2 oz. Amaro Montenegro

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

1 oz. Sweet Vermouth

Orange slice

Directions:

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

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

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.

Related Link: [Relationship Advice: I'm Scared to Get Back](#)

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.

Related Link: [Relationship Advice: You're Scaring Men Off!](#)

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.

Related Link: [Dating Advice: 3 Things Men Wished You Knew](#)

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.

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Expert Dating Advice: The #1 Thing Holding You Back From The Right Relationship



By Gillian Lee

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

What's Holding You Back In A Relationship

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

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

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

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

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

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Expert Dating Advice: Can Casual Sex Turn Into Love



By Gillian Lee

In this week's Single In Stilettos [dating advice video](#), founder and relationship expert [Suzanne Oshima](#) talks to Lisa Shield about how casual sex can turn into love. Lisa Shield is a dating and relationship coach on emotionally naked dating. Watch the video above, and read the article below to find out some good dating tips in your life!

Expert Talks About Sex and Love

1. Don't Act on What Mother Nature Wants: As human beings we are designed to have a sex drive with the opposite sex. With this sex drive, "mother nature" wants us to propagate with the opposite sex to continue the circle of life because this is what we were designed for. But, despite what mother nature wants for us, we can't act on our drive for sex. If you decide to act on your impulses this will lead you to being "ghosted" and it won't last.

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

2. Separate Sex From Dating: If you decide that you just want to have a sexual partner, then make sure you pick someone that you won't be emotionally involved with. Keep your recreational sex and dating separate, because it doesn't change as you get older. Shield states, "you have to share your head before you share your bed."

Related Link: [Dating Advice: 3 Dating Red Flags](#)

3. Wait to Have Sex Until You Are Comfortable: Shield explains if you know you've found the love of your life, why would you want to rush into things if you have forever. "The minute you introduce sex, it becomes about sex at least in the very beginning," Shield tells us. Wait till the relationship gets deeper, and more meaningful so when you actually do have sex, that's when it's more intimate.

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Celebrity Interview: Dance Mom's Teen Star Ava Cota



Interview by [Lori Bizzoco](#). Written by Gillian Lee

Who *hasn't* heard of *Dance Moms*? Virtually nobody. So you've most likely seen dancing legend Ava Cota, but did you know just how much this young starlet has accomplished? At just 16 years old, Cota is not only a professional dancer and reality star, but she recently added model and media influencer to her repertoire, with the goal of spreading positivity. Cota started dancing at a young age and was trained at a studio founded by her mother. She says that this inspired her to become the dancer she is today. Realizing she had a passion

for dance, Cota wanted to dance professionally and has certainly succeeded in her dream. In our [celebrity interview](#), we talk to Cota about her dancing life and what she dreams of next.

Celebrity Interview with Ava Cota: Spreading Positivity

While discussing competitive dancing, Cota explains that dance competitions aren't about who wins or comes in first. She says it is about being on stage and performing. "It's easy to get caught up in the competition aspect of it," Cota tells us but cautions that a little bit of rejection is not a bad thing. Cota says that she loves all forms of dance but if she had to choose a favorite, it would currently be contemporary.

Dancing wasn't always an easy journey for this six foot tall teenager. "It was a challenge," she explained. "But dancing through constant growth spurts helped me with my balance and coordination." Cota tells us that her growth made her develop extra muscles, giving her awareness and confidence of her body. "Dancing is very different for tall girls, so I had additional learning to do,"

Related Link: [Celebrity Interview: Chloe Lukasiak Talks 'Dance Moms': "I'm Kinda Doing My Own Thing Now"](#)

Dancing has had its advantages, this past fall Cota was in New York City for Fashion Week and had the opportunity to walk the runway, sporting looks from numerous designers. With long legs and a perfect posture, modeling could be a natural calling for this dancer turned model. Cota mentioned during our interview that she recently partnered with a designer to start her own clothing line. "My style has a casual feel, but with the ability to dress it up if you'd like," she said, "It has the vibe of Pretty Little Liars meets New York City."

With a busy schedule, she says that there is no time to be a normal teenager! Cupid's Pulse asked Cota how she finds ways to relax with her friends and feel normal while juggling all of the demands of fame. She said, "I was never that kid that wanted the normal." She's never had a normal life and, at the moment, she isn't really looking to create one. When asked about the all-important love life teenagers typically chase, Cota said she doesn't have time for boyfriends. We can understand why!

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says, "I'm All Dance Before Romance"](#)

At only 16 years old, Cota has developed a network and presence of influence and she is passionate about using her platform to spread positivity. Her motto is, "Self love creates self happiness," and she shares this with those around her. This is such a powerful statement in a world built around technology; growing up with social media can be hard on those who don't have self confidence. But Cota is trying to break through that tough barrier and spread messages on body positivity and self happiness. The world needs more uplifting spirits like Cota.

Before we wrapped our interview, we had to ask Cota about her future goals. For someone so young, she has accomplished so much already. But the one thing she remains constant about is this: "I want to use my platform as an influencer to share my message and spread positivity."

You can keep up with Ava and her journey by following her Instagram @ava.michelle and her Twitter @avamichelle2002. Keep up with her daily life by following her on Snapchat at @avamichelle_02.

Love & Libations: Autumn + Red Wine = Love



By [Yolanda Shoshana](#)

Red Wines For Upcoming Autumn

Gifft Red Blend by: Kathie Lee Gifford

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

her off her feet. Her busy social life and show keep her content.

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

Related Links: [Love & Libations: Celebs Create In The Name Of Love](#)

Baby Bear Syrah by: Kyle McLaughlin

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

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

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

Two Paddocks Pinot Noir – by: Sam Neill

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

Zealand. He owns four organic vineyard spread around Otago, a beautiful region known for its luscious mountains.

This big juicy Pinot Noir is bold and full of body. It will be a delight on the palate of any red wine lover. With this wine you could opt for a nice quiet dinner of lamb or steak or have it when you have your closest friends over. It's not a wine for so called friend, but perfect for your squad.

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

LVE Cabernet Sauvignon- by: John Legend

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

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

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

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

Expert Dating Advice: 3 Signs

He's Falling in Love With You



By Gillian Lee

In this week's Singles In Stilettos, [dating advice video](#), founder and relationship expert [Suzanne Oshima](#) talks to Hunt Ethridge about three signs he's definitely falling in love with you. Watch the video above, and read the article below to find out some good dating tips in your life!

He's Falling In Love With You

1. Starts To Become Vulnerable: Men in a relationship tend to be more closed off because they don't know their certain "role" yet. They try to portray strength, and show an alpha attitude, but when you start to show that you are there for what's on the inside, he will start opening himself up. "It's the first clue of many that he is really starting to fall for

you,” Ethridge explains. If your significant other isn’t opening up to you, recognize that you should create a safe environment, and do a technique called “mirroring.” To use this technique, you mirror the activity that you want them to do, and you will be vulnerable with them in hopes they open up as well.

Related Link: [Dating Advice: 3 Things Men Wish You Knew](#)

2. How Advance His Planning Is: If he starts bringing up plans regarding the future such as next month, and next year, this is a sign he is falling in love with you. “This basically let’s you know he sees you as apart of his life in the future,” Hunt tells us. This moment is amazing because it shows he’s serious about the relationship.

Related Link: [Relationship Advice: How to Build a Lasting Love](#)

3. Important Actions: A man will start to show different actions on how he is falling in love with you. For example, “does he start to leave you a little glass of water beside your bed before you go to sleep?” Ethridge says. In every relationship the actions will be different, but you will personally know what actions he will do to show he is falling in love with you.

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Product Review: These Personal Care Products Should Always Be In Your Bathroom



By Gillian Lee

Sometimes it can be uncomfortable to talk about the products we are using in our bathroom, but we couldn't help telling you about these amazing finds!

Product Review: You should keep these staple self-care/**beauty**

products in your bathroom at all times!

Baylis & Harding



[Baylis & Harding](#) products are a must for your bathroom! A set of hand wash and hand lotion will leave your hands soft and smelling good every time you leave the bathroom; moreover, your house guests will love it!

The Hand Wash and Hand/Body Lotion sets come in three different delicious scents: Sweet Mandarin & Grapefruit, Jojoba, Silk & Almond Oil and Black Pepper & Ginseng.

You can get these now on [Amazon](#) for \$7.99, but they will soon to be sold in Walgreens and Target as well. We love Baylis & Harding because all of their products are high quality and fairly priced. Plus, their products would be a great gift idea!

Tushy



Do you ever feel like you aren't completely clean after using the restroom? Or, have you ever felt like your "down there" was all sweaty from the summer months or working out? I have the product for you!

[TUSHY](#) is a modern bidet that is easy to use and affordable! With an easy installation time of 10 minutes, anyone can put it together, and even better, it fits most toilets! The device simply attaches to your toilet and then it will spray your bottom clean and leave you feeling refreshed.

You can get the [Tushy Classic](#) in a variety of colors for \$69.

Nubian Heritage



[Nubian Heritage](#) specializes in all different types of skincare needs. We particularly love the products for dry skin this time of year as we just spent several months drying out our skin in the sun.

We love all the different scents as well! There are so many to choose from, we know you will find one that fits you.

All their products are super high quality and natural. We especially love the soap bars which retail for \$ 4.99, the deodorant which retails for \$8.99 and body lotion for \$10.99.

Arm & Hammer Foot Care



[Arm & Hammer Foot Care](#) products are a must-have! The [Shoe Refresher Spray](#) will leave your shoes feeling refreshed after a long day. At an affordable price of \$6, you'll be able to get this spray for everyone in the house!

Have you ever been working out, and your feet just don't smell right? [The Invisible Foot Spray Powder](#) is what you need for a low price of \$7. The powder sprays on and it fights all the odors you might be carrying.

Another product at an amazing price of \$7, is the [Invisible Body Spray Powder](#), which contains ingredients to absorb moisture and sweat. This is perfect for when you need a quick refresher after a long, sweaty day in the sun!

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@cupidspulse.com.

Dating Advice: Why Do I Attract Men I Don't Want...And Repel Men I Desire?



By Gillian Lee

In this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Duana Welch. Watch the video above and read the article below for some good tips in your dating life!

Why Are We Repelling Men We Desire?

1. Not right for each other: Us women need to remind ourselves that just because you think you're attracting the wrong ones,

doesn't mean you are doing the dating game wrong. Welch brings up the dating app, Bumble and explains that men loves this app because it shows that women show that they're sexually interested.

Related Link: [How to Be More Desirable](#)

2. Showing you are available: This one might sound strange that you're showing that you're available. But, Welch states, "When women pursue them, what they hear is that I am sexually available to you and please don't make a commitment to me because I am sexually available to everyone." People tend to send the wrong signals when trying to pursue someone, and this often leads to repelling people you desire.

Related Link: [Fearless Flirting Formula](#)

3. Send proper signals: On dating sites, make sure to have the guy reach out first. Have a presence on the site, and show that you are single, but let him do the talking! Welch states, "Men are anywhere between 6-10x more likely to reach out for that first contact than women are."

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

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

Expert Relationship Advice: Dogs Make Everything Better



By [Dr. Amy Osmond Cook](#)

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

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

Expert Relationship Advice On Dogs

In Relationships

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

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

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

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

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

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

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

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

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

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

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

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

If you aren't a pet owner and find most of your personal relationships challenging, consider becoming one. Along with making life just better in general, owning a dog improves your

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

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

Dating Advice: 3 Things Men Wish You Knew



By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

Dating Advice On What Men Wished You Knew!

Related Link: [Dating Advice: How to Attract a Strong Man Who Takes the Lead](#)

1. Men Don't Like To Date: According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money. You will have that feeling that they are "always wanting you around."

Related Link: [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

2. Food Is The Way To a Man's Heart: Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a

good idea would be to bring up food, instead of saying, “We need to talk.” He will be concentrated on the food while you are concentrated on the talk. It’s a win-win!

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

3. Affirming a Man: This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, “There is nothing more valuable than a man feeling like he’s needed, he’s wanted, he’s valued, he’s appreciated.” There are many terms that you can say on daily a basis that will make him feel wanted such as, “I love you” or “You are important.” Make sure you make your man feel good, because it’ll make him want to stay and love you. Bostock explains that if you aren’t the one affirming him, then there will be someone else out there who will.

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

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

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](#).