

Ask the Guy's Guy: How to Make Valentine's Day Work for You



By [Robert Manni](#)

Valentine's Day is a day most of us dread.

It's commercial, pressure-filled, exploitive, and most importantly— forced and unromantic. I'll leave all of that to next week's *other* Valentine's Day post. But there are two ways to look at V-Day as it gets pitched our way each and every year. Whether it's chocolate, flowers, jewelry, vibrating panties, weekend getaways, etc.—you name it and they're selling it in fire engine red. Here are a few suggestions for

how to not only cope, but to have fun and share the love. And that's the point. Valentine's Day should be about celebrating heart-felt love. Your Guy's Guy suggests that the best way to make this a special occasion is by *personalizing* it. That means making it all about your partner...and not about you.

Related Link: [Should I Date More Than One Person At A Time?](#)

If love is in the air and you want to fan the flames.

If you're a guy and you want to get intimate with a woman for the first time the tendency is to buy her lingerie, hoping that she'll wear it for you on Valentine's Day. Don't do it. She is more than aware that you want the show. If you consider my suggestions and it's meant to be, the show will open to rave reviews... and it will go on and on. Chocolates and flowers and cards and jewelry are always welcomed, but a Guy's Guy adds intimacy to her gifts that empower them as expressions of love. So instead of doing the expected and buying a printed card at Walgreens, buy her a card that allows you to craft your own special message to her. Remind her of all the things she does that make her special and why you want to get to know her better. [Pay attention](#) to the details the way a woman does. Believe me, she will notice and you won't have to buy her red lingerie. She'll bring on the black when the time is right and when she does you'd better fasten your seat belt. Other things to consider are attending events together like a sake tasting or a Broadway show that she mentions in passing. Sharing brings couples closer together.

If you want to keep the fires burning.

Again, it is all about personalization. If you buy her jewelry, have it inscribed with a special message. A former paramour once bought me a silver necklace with an understatedly elegant pendant. Nice. When I looked closer she inscribed the underside with, "Love Slave". Talk about marking

your territory. It [worked](#). Of course when my next girlfriend took one look at it, it came off instantly. If you show some effort to personalize your gift when you are in a long-term relationship or marriage, it makes your partner feel appreciated. How about writing down the twenty things she does that make her so special. Why is she so important to your life, what makes her sexy, funny, etc? Make her feel special. That is intimacy.

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Wild Cards

If you're going down the sexual path remember to make it all about your special someone. That's where the lingerie and crazy stuff like vibrating panties and sex toys come into play. All good. That said, you want to make sure that there is as much giving as receiving so that the festivities go all night long. I recently read about an "arousal gap" between men and women. A real Guy's Guy wants to make his woman happy. It's not a race to the finish line; the goal is to arrive at the same time so everyone wins. Remember that Valentine's Day is all about your partner, so have fun. And play safe.

Are you making Valentine's Day all about your partner?

Previously posted on [RobertManni.com](#)

Hope this helps,

Guy's Guy

Robert Manni

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

More about the Guy's Guy:



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

Love & Libations: The Sexy Side of Cognac



By: [Yolanda Shoshana](#)

During Valentine's Day season most people focus on Champagne. That's totally understandable because it's one sexy wine. I want to encourage you to try something other than sparkling wine. How about adding Cognac into your libation rotation? It's that time of year, February, also known as the month of love. Though at Cupid's Pulse we bring the love year-round.

Cognac is produced in a very charming city of the same name in France. French is the language of lovers so think of it as the spirit of "love in a bottle".

For so long people have thought of Cognac as an older man's drink, but it couldn't be further from the truth. The spirit has a vibrant history of being the libation of choice by kings, queens, and aristocrats. Now, most people think of rappers when they see Cognac. It's true that many famous singers/rappers love Cognac. However, it's also enjoyed by men and women around the world, especially in Japan and the US. Besides being known for luxury, it's rather seductive. It's easy to find it as an ingredient in cocktails at fancy hotel bars and even dive bars have gotten into serving classy Cognac drinks. People have caught on to how delightful and versatile Cognac can be.

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

Ready to get it in? Here are some celebrity-inspired suggestions:

Branson Cognac

Curtis "50 Cent" Jackson is always up to something. If he isn't posting leaks for his hit show, Power, he is trolling someone online. What you may not know about him is that he released a Cognac last year called Branson. If you go with the VSOP, it's meant to be used in a cocktail. If you really want to turn it up, get the XO. It's always a smooth move. When you get a whiff of citrus, tobacco, and honey, it starts the game of seduction.

50's love life has been bumpy throughout the years. He may not be the person look to for love advice; however, Branson

would be the perfect selection to use in a hot drink to have a cozy night with your partner.

Café Amore Cocktail

1 ounce Branson Cognac

1 ounce amaretto

6 ounces coffee

Whipped Cream (garnish)

Pour Cognac and amaretto into an Irish coffee glass. Fill with hot black coffee. Top with whipped cream.

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

Conjure Cognac

When Conjure first came out it was a little rough around the edges. The spirit by Ludacris has stepped up its game. The tag line is "Conjure the Possibilities". Sounds fun, but you may want to proceed with caution since some have called Cognac, "baby-making juice." Or as Ludacris would put it, makes you a " lady in the streets, but a freak in the bed"

The aromas in this juice are cocoa, cedar, and hazelnut. Below is the recipe by Conjure for a sweet tea that would be perfect to pair with a romantic home-cooked dinner. It will get your senses going among other things.

Conjure Sweet Tea

4-5 mint sprigs

1 1/2 oz. Conjure

3/4 oz. freshly pressed lemon juice

1 oz. simple syrup

1 oz. iced tea

Fill glass with ingredients. Shake and strain over fresh ice cubes. Garnish with a spring of mint.

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

Ask the Guy's Guy: Can You Be Friends After A Breakup





By [Robert Manni](#)

Question from Carrolton Q. "My girlfriend and I broke up amiably 6 months ago and we are still friends. I think she still has feelings for me, and I don't know if it is best to give us space or should I just treat her as a friend and hope her feelings fade? "

Is it possible to spending time with an ex after a breakup?

Hi Carrolton:

Great question about an issue many daters face. Having seen my share of committed relationships, I discovered that the end is not the end until both partners get on the same page. Breaking up is tough, and regardless of the circumstances, people are creatures of habit. That makes cutting the cord with your ex a challenge. And, if the sex was good, it makes it even more challenging. When you meet up with your ex, even as friends, it's easy to be tempted to return to old habits which are a short term fix rather than a long -term solution.

Related Link: [Ask The Guy's Guy: Should I Remain Friends with My Ex Online?](#)

So, I don't recommend post-breakup hookups. This can mess with your head on many levels. When a couple breaks up, it means at least one partner was dissatisfied and probably wants to date other people. How can you move on when you see your ex, and even under the auspices of a friendly drink, you end up in the sack? It's not a good idea. Here's an example.

I was in a committed relationship. Over time, we drifted apart partially due to travel for our jobs. Eventually, we broke up. She moved out and got her own place only a few blocks away. So, we got together a few times for a "friendly" dinner, and each time ended the night rumpling the sheets before she went home. This went on for a few months until I texted to see if she was up for a drink. This time she said no. She told me that the last time we got together she got busted by her new boyfriend (news to me) when she returned home with her blouse on backward. That was the end of that. Happily, the breakup turned out to be a gift. I licked my emotional wounds, moved on, and dated a number of amazing, intelligent, very attractive women until I met my future wife.

Related Link: [Ask The Guy's Guy: How Can You Tell Red Flags From Online Dating?](#)

The lesson for me was that when it's over, it's over, and that means it's time to move on. In the rare instance that you both want to get back together, there is no better way to sort that out than spending time apart, without the temptation of post-breakup sex.

I hope this helps,

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Blog: RobertManni.com

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Ask the Guy's Guy: Partner Verses Parents, How to Help Post-Holiday Stress?





By [Robert Manni](#)

Question from Emma B., “Hi Robert. I took my partner home for the holidays and things didn’t go well. My parents and partner did not get along well and I was stuck in the middle. Do you have any suggestions of how to handle the aftermath and to keep the peace between all the people I care about? Thanks!

Post-holiday tension, how do I keep the peace?

Hi Emma,

This is a great question about situations that often occur, but are rarely acknowledged as potential relationship deal-breakers. And unfortunately, there are no definitive answers when problems arise, because no two families or situations of this nature are alike. Every family has quirks we have to deal with, but for a relationship to flourish, it’s critical that there are positive dynamics between our partners and parents. After all, when in a serious relationship, we’re usually in contact with family on a regular basis.

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I've never had an issue with my partner's parents, but I did have a few relationships end due to underlying tensions between me and members of my partner's family. In one case, they drank and got high too often, even for my taste. On top of that, when they drank they had a tendency to become verbally abusive. Another time, my partner's brother pulled me aside at family gathering to threaten me if I did anything wrong to his sister. Unfortunately, at the time my partners became defensive and less than empathetic with me. Over time, both relationships ended. Looking back, I'm glad they did.

Without knowing the specifics of your situation, if your partner is not connecting with your folks, regardless of the reason why, you're caught in the middle which puts a strain on you and your relationships with both your partner and parents. You need to find out what happened. It could be bad chemistry, polarizing political views, cultural differences or your parents' perspective about the relationship. Get your partner's take and also broach the subject with your parents if they have not already talked about it with you. The issue could be the result of an innocent comment, or it could be something more deep-seated.

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

Whatever the case may be, if you value your relationship, get to the bottom of things right away so any negative feelings don't have time to fester. If you do everything in your power to broker peace and things ultimately don't work out between your partner and parents, you'll have a choice to make. At least you'll know you did your best to find a way for things to work out between them.

I hope this helps. Good luck.

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Ask the Guy's Guy: Is the Turkey Drop Real and How to Survive a Thanksgiving Breakup





By [Robert Manni](#)

Question from Julie S. asks: "I've been dating my boyfriend for almost a year, and this is our first holiday season together. After reading an article about the Turkey Drop, I'm curious if you think it's real and if there are some signs that my boyfriend might do the same to me? Thanks!"

Were you Turkey Dropped this Thanksgiving?

Hi Julie:

Regardless of the season, if your boyfriend is about to drop you, it will be more than obvious. Here are some obvious signs, though. He might seem more distant, he is not paying as much attention to you, and his eyes may be wandering. Maybe he does not respond to your texts as quickly and has become less available during the week due to after-hours "meetings" and drinks with coworkers and his buddies. Or so he says... These are universal signs that he may be moving on, regardless of the time of the year. And, that's the real issue.

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

If you are in a tenuous or strained relationship, by the time November rolls around, all the holiday pressure and fanfare heading into the season make it a conveniently self-serving time to cut things off. Of course, no one likes being dropped, but in a way, escaping an unfulfilling relationship before the holidays can provide needed time to reset so you get a jumpstart on the new year which is only a month away.

Although it can be uncomfortable answering the same questions on Thanksgiving and other holiday get-togethers about why your guy isn't with you, if things are not working it's better to get this out of the way and enjoy the holidays on your terms. After all, during these hectic days, everyone is focused on their own affairs, not your relationship status. Plus, when you are newly single, holiday parties are opportunities to get back in circulation and make new connections while taking your mind off your ex.

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

Let's face it. No one likes getting dumped, especially at this time of year. However, if you're a glass-half-full person, being "turkey dropped" allows you to enjoy the company of your squad and loved ones without worrying about your now ex-boyfriend's intentions. After all, who wants to stay in an unsettling relationship simply because it's the holidays? Sometimes sudden endings are gifts in disguise.

Love yourself and make your happiness top priority, regardless of the time of year. When you're in the right relationship you won't be concerned about looking for signs that he's going to dump you. You'll be too busy having a great time and feeling good about your relationship.

Hope this helps, Happy Thanksgiving, and drop that turkey if

he's not treating you well!

Your Guy's Guy

Happy holidays and good luck!

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Love & Libations: 'Tis The Season For Punch



By: [Yolanda Shoshana](#)

'Tis the season made for entertaining. Whichever holiday you invite people to celebrate with you, a punch is the way to go. It's a great way to imbibe with family and loved ones, plus it saves you the hassle of having to continuous drinks during the night. Put out a punch bowl then pop a ladle in it, you will be good to go.

Must-Try Holiday Punches!

Blackened American Whiskey

As we know, celebrities love being in the booze game. Who would have thought that award-winning Master Distiller, Dave Pickerell, and Metallica would collaborate to create a bourbon. Maybe their song, "Whiskey In A Jar" was a big hint. Blackened American Whiskey is a marriage of the finest bourbons, ryes & whiskeys, however, it's mainly bourbon. The whiskey gets finished in black brandy casks. Does it get any sexier than that?\

This is all to say that the whiskey would be perfect in a punch. The first time I had Blackened was in a cold toddy. It's the sibling cocktail to the hot toddy. It's refreshing and is a holiday treat in a glass.

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Cold Toddy

Ingredients:

- 1 medium orange
- 5 medium lemons
- 4 cinnamon sticks
- 4 Earl Grey tea bags
- 1 tsp. whole cloves
- 2/3 cup honey
- 2 cups Blackened Whiskey
- 1 tsp. orange or regular bitters

- Orange twists (for serving)

Directions:

Using a vegetable peeler, remove zest from orange and 1 of the lemons in strips, leaving white pith behind; slice fruit in half. Squeeze juice from orange into a small bowl. Squeeze juice from lemon into a measuring glass. Slice remaining lemons in half and squeeze juice into glass to measure 1 cup total; save any remaining lemon halves. Set orange and lemon juice aside.

Place zest in a small saucepan. Beat cinnamon sticks with the side of a chef's knife to break up a little and add to saucepan along with smashed ginger, tea bags, cloves, and 1 3/4 cups water. Bring to a boil and remove from heat; let sit 5 minutes. Remove tea bags, then stir in honey; let cool completely, about 15- 20 minutes.

Strain tea mixture through a fine-mesh sieve into a pitcher and add whiskey, bitters, and reserved orange juice and lemon juice. Add 2 cups ice and stir until ice is melted and the toddy is very cold.

To serve, pour toddy into glasses filled with ice and garnish with orange twists.

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

Próspero Tequila

Another spirit that should make a guest appearance at your holiday table is tequila. You can make a yummy libation that pairs with your autumn dishes. I've recently discovered that tequila deserves more credit when it comes to pairing with food.

Did you know that Rita Ora has a female-driven tequila called Próspero Tequila? It's a relatively new libation and a new

area for Ora. The distiller of tequila is one of the few women in the industry. It's smooth, elegant, and sassy, we couldn't expect anything less from Ora.

What should you make with this tequila? The Texas Punch is a good way to go since it's the perfect addition to any gathering. It's a drink that your friends and family will love. It's also a drink that you can make for you and your boo to keep in the fridge for after a hard day at work.

Texas Christmas Punch

Ingredients:

- 1 cup sugar
- 1 cup water
- 4 cups pomegranate juice
- 3 cups Próspero Tequila
- 1 cup lime juice
- 2 cups cranberry juice
- 1 750-ml bottle sparkling wine (recommend Crémant or Cava)
- fresh cranberries to garnish

Directions:

In saucepan combine the sugar and water and bring to a boil, dissolving the sugar. Remove from heat and cool completely. This will create what is known as simple syrup.

In a large punch bowl stir together the simple syrup, pomegranate juice, tequila, lime juice, and cranberry juice. Chill for 2 hours. Stir in the sparkling wine and serve for a very good time.

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

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

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



By [Robert Manni](#)

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

ready to be serious, but I really like this girl. What should I do?"

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

Hi Dani,

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

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

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

I suggest you take a step back and ask yourself what you want now that you're single again. It sounds like you want to play the field for a while. If that's true, then play the field and don't allow anyone to control what you do, especially when you're doing what say you want to do. If it feels too early to get serious with this person, tell her you dig her, but that you just got back into the single life and would like to take

things slowly for now. If she does not accept that, this may be a sign of her future behavior and your freedom. Take note of how she reacts and her response.

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

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

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

Hope this helps,

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Ask the Guys' Guy: How Do I Know My Boyfriend is Serious About Me?



By [Robert Manni](#)

Question from Amy K. San Jose, CA: "I've been wondering lately if my boyfriend really loves me. We haven't been together that long, but how do I know things are serious? How do I know he REALLY likes me? Thanks, Robert!"

Is your relationship *serious*?

Hi Amy:

With all the activity taking place in our lives, occasionally we slip into the dreaded “self-doubt” zone, whether it is about love, work, or who we are and our value as a human beings. Before tackling your specific question about love, always remind yourself that you’re a divine being deserving of love.

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Concerning your sense of doubt about your boyfriend’s feelings, start by asking yourself why you feel this way. Is your intuition telling you he does not share the same feelings for you as you have for him? Or, is he not as emotionally available as you’d like and you simply want him to be more open about his feelings. If that’s the case, ask yourself why he’s not more open about expressing himself. Whatever the case, it sounds like you need reassurances concerning his feelings.

My advice? Ask him straight up how he feels about the relationship. Pay attention to the signals he provides in his response, both verbal and non-verbal. For example, if he’s unsure about his feelings, he will probably act unsure when responding. You can also ask if he loves you, assuming that you have expressed this previously and simply need reassurance. If you have not had the “are we in love” conversation, that’s a different story, but there is no reason why you should hold back on having this conversation. When couples are in the right relationship, it’s easy talking about anything with their partner. Again, when someone is uncomfortable expressing their feelings, it’s usually because they’re unsure about how they feel.

Related Link: [Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?](#)

As a guy, I can tell you that when a man is happy in a relationship, he doesn't say much about it. He simply enjoys being with his partner and it usually shows. When dudes have an issue on their mind, they usually bring it up to find out how their partner feels. Unfortunately, many guys (and women) who are unsure about their feelings often stay in relationships. It's not a good thing, but it often happens, so it's good to check in on how he is feeling on a regular basis.

The bottom line is if you want a sense of your partner's feelings, have the conversation, but do it in a casual way. When people, and guys in particular, feel cornered, they get defensive. That said, it's your right to know how he feels, and regardless of the response, it's always better to get to the truth. After all, the truth, for better or worse, will set you free.

Hope this helps. Good luck.

Guy's Guy

Robert Manni

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Read more at [Cupid’s](#).

Love & Libations: Fall For Celebrity Wines This Autumn



By [Yolanda Shoshana](#)

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

Celebrate Fall With These Autumn

Worthy Wines

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

Gerard Depardieu Chateau de Tigne Anjou Rouge

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

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

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

Studio by Miraval

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

Sip with your love as you cuddle up in a warm blanket and

connect through conversation.

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

Invivo X, Sarah Jessica Parker Sauvignon Blanc

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

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

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

Domaine Curry Wine Cabernet Sauvignon

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

This is a grown and sexy wine therefore perfect for a romantic night in. I have a feeling the Steph and Ayesha have quite a

few of those (when their parent's watch the three kids).

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

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

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



By [Robert Manni](#)

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

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

Hi Sarah,

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

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

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

If you like watching sports, find a wingman or woman and hit a sports bar. You might be into working out and/or playing sports. You'll usually find guys running, playing water sports, skiing, golfing, or playing tennis, to name a few options. If you like arts and entertainment, consider

attending a local film festival or night spot with live music. Or, take a class in martial arts, spinning, wine tasting, film, yoga, or learning a language. The key is getting yourself out there and doing things you like to do, while being open to new activities where guys congregate.

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

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

The key to meeting guys is doing what suits you and being in the same place as your target market. If you can find activities that meet both these criteria, you will be a happy camper, and happy campers often attract other happy campers. Finally, always love yourself, keep a positive attitude, and smile.

Hope this helps. Good luck,

Robert Manni

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



By Tori Autumn

At some point, many people have to say, “We need to talk,” to their partner, a phrase that could affect the relationship moving forward. Some examples of sensitive topics include [moving in](#), talking about [marriage](#), having children, being

committed, financial responsibilities, arguments with family members, unresolved conflict, or the decision to separate.

How to make that tough talk with your partner easier!

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

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

Here are some tips for nailing those difficult talks:

1. Make the Setting a Place You Feel Most Comfortable

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

2. Practice Detaching From the Outcome

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

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

In an [interview](#) actor Will Smith's wife, Jada Pinkett-Smith

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

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

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

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

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

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

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

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

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

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



By [Robert Manni](#)

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

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

Hi Claudia:

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

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

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

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

And what about you? Ask yourself what is making your love life feel predictable. Think of things you'd like to do to shake things up and make you feel alive. Consider taking a vacation together to an exotic destination or doing different things that come with a little risk, like deep water diving,

traveling off the grid, or renting an airstream and driving west. Sometimes planning a trip together is all it takes in the short term. Often the symptoms of relationships feeling humdrum are because partners are moving in different directions and the relationship may have run its course. If you value your relationship and want to keep it going strong, take the initiative to think things through and take the necessary steps that will rekindle the passion for both of you.

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

Hope this helps. Good luck.

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