

# Expert Dating Advice: Three Reasons Why My Worst Relationship Brought Me to My Best Relationship



By [Tori Autumn](#)

Over the course of a year and a half, the previous relationship I was in affected me mentally and emotionally. It kept me in a lot of stress, anxiety, and embarrassment. I felt like I became a different person to my friends, family, and even co-workers; however, if I hadn't gotten in that drama-filled relationship, I wouldn't have appreciated the current relationship I'm in.

# [Expert Dating Advice](#) on How to Use a Bad Relationship for Personal and Romantic Growth

**1. Going through something publicly gave me strength to move forward.** After letting my friends and family know for the tenth time that I was ready to leave this guy for good, it felt as if a weight was lifted from my shoulders and I was ready to accept healthy love in my life.

My public breakup seems most similar to R&B singer Ciara. Back in 2014, Ciara called off the engagement with her fiance, rapper Future, after he was hit with cheating allegations. The [celebrity couple](#) was constantly in the headlines for their son's custody battle.

Things did get better for Ciara. Following the tumultuous breakup, she was seen with Seahawks' Quarterback Russell Wilson at the White House Correspondents' Dinner in April 2015. The new couple married June 2016 and then welcomed their daughter in April 2017.

Like Ciara, I have found success with my new love. When I entered into this new relationship, I knew it was for me because it was a better reflection of who I was, who I am, and who I need.

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**2. My values in a relationship changed.** At first, it made sense to be with my ex. We clicked personality-wise and he was the kind of guy I was used to.

Similarly, Ciara might have felt comfortable dating someone in her industry. With her career as an R&B singer, she had dated rapper Bow Wow before falling for rapper Future, having a

child with him, and getting engaged to him.

When I first met the guy I'm in a relationship with now, he was nothing like I was used to. Similar to Russell Wilson, my boyfriend had just gotten out of a serious relationship but knew exactly what he wanted out of life. From the start, there weren't any mind games and I started valuing positive mindset, encouragement, and long-term commitment.

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**3. Instead of regretting love, I started to feel the power of celebrating it.** Ci-Ci and Russell quickly became known as #RelationshipGoals because of their open love for each other, their successful careers, drama-free living, and how happy the pair became together.

Instead of complaining about my ex, I became happier knowing that there was no drama in my relationship and that it was a constant reminder of how things can change for the better. I became ready for this relationship when I realized I wanted to change certain behaviors, old ways of thinking that no longer served me, and that I wanted serious commitment.

I always find Ciara and Russell's love story to be interesting in particular because at first the public's view of Russell Wilson's persona was that he was corny, soft, and the polar opposite of Ciara and the men we've seen her with in the past. However, the public also began to see Ciara change as a person for the better and saw the love for the two grow stronger because of that. The power of love is real when you can learn from your past mistakes, be open to accepting new love, and stand in the new values you want for yourself.

**How have you used harmful relationships to inspire growth? Share your advice below!**

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# Ask the Guys' Guy: Dirty Talk for Beginners



By [Robert Manni](#)

Question from Megan S: I'm not opposed to dirty talk, but I think I am terrible at it. Help!

## [Expert Dating Advice](#): How to Get Verbal in Bed

Hi Megan: Thank you for this provocative question. It gets me hot just thinking about it. Just kidding, but that ties into



my response. Men and women get turned on by different things and every individual has his or her own set of turn-ons. Although there are generalities (men tend to be more visual and women are usually attracted to confidence and emotional intelligence) love and sex is often a crap shoot when it comes to what gets a particular partner hot.

**Related Link:** [Ask the Guys' Guy: How To Pick Up the Man You Like](#)

I was at a movie and my date swooned over the length of Daniel Day-Lewis's fingers. Go figure. When it comes to dirty talk, what might feel dirty and sexy to you might be bland or too tame for a guy or another woman. You just never know what is going to light up the scoreboard. But you have to be in the game to win, so take a deep breath and get ready to cut loose.

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Most guys like the direct approach and I would not be concerned about being too graphic. When it comes to dirty talk, the golden rule is to let your freak flag fly, hope for the best reaction, and, while you're at it, make sure you're rocking his world like no one else. Attitude goes a long way, so if you want to talk the dirty talk, make sure to walk the walk. You don't need to confine your sexy talk to the bedroom. Nothing turns a guy on more than when he is out on a date and his partner whispers in his ear what's in store for him when they get home. He'll probably immediately shoot up his hand and call out, "Check, please!".

The bottom line is to be confident and cool about your sexuality and not be concerned about the exact words you say. Get his attention, then relax and make things happen. If he does not respond to your dirty talk, don't take it personally. You can give it a shot another time. If he does not take the bait again, laugh it off and consider looking for a guy who

craves everything about you, especially your sexy talk.

Good luck, and play safe.

Robert Manni

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

### **More about the Guy's Guy:**

image:

<http://cupidspulse.com/wp-content/uploads/2018/11/Robert-Manni-300x200.jpg>



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

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

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## Ask the Guys' Guy: How Much Is Too Much On Exes?





By [Robert Manni](#)

Question from Mia B: Talking about exes with a new partner is important. How do you know when it's the right time to bring up your past and how much information should you share?

## **Dating Advice: What You Should Tell Your New Partner About Your Ex**

I have a theory about exes. By definition, they are no longer involved in your love life and there are reasons why. Every relationship is different, but if you see a pattern of the same issues cropping up relationship after relationship, it's time to look inside and ask yourself if you are doing something to invite the same circumstances into your life. There is nothing wrong with a relationship that does not work out long-term. Breaking things off does not mean it was a failure. The way I looked at breakups is we had our time together and we moved on. In the long run, when you look back, it's almost always a good thing that you moved on.



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The point is, exes are exes for a reason. It is not necessary to discuss them and past relationships in detail. It's always better to start a new relationship or even a first date as a fresh start without baggage. If for whatever reason you need to discuss or rehash details of past relationships and why things did not work out, keep it short, be positive, and don't play the blame game. There is no bigger buzz kill to potential suitors than listening to a new partner trash their ex. Everyone who hears this will put themselves in the position of the ex and wonder if they will be judged the same way.

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Of course we all have a past, but my advice is to tread carefully when discussing former partners. You'll get better results by focusing on your new thing and the lessons learned from past relationships that went south.

Good luck.

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# Ask the Guys' Guy: How to Pick Up the Man You Like



By [Robert Manni](#)

Question from Shaylin R: I'm all for making the first move on a guy I like. What are some tactics men like when a woman tries to pick him up?

# Best Ways to Make the First Move on the Guy You Like

Hi Shaylin:

Your question and suggestion is music to the ears of most of the men I know. Maybe it's because guys today are not sure how to make a real connection with a woman once they get past texting and swiping. Some guys are just plain lazy. Whatever the reasons are, most guys love it when women are proactive and make the first move and "pick them up." I'm not sure this is necessarily a good thing for women, but if you make the first move you will get a reaction, so it's worth a shot.

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Women send subtle signals to guys they are interested in. The problem is, most men don't pay attention and therefore do not know how to read the signals of an interested woman unless those signals are overt. I am not suggesting that women simply take over the dating dance and ask the guys out. I believe in romance, seduction, and a man behaving like a man in the very best sense of the word. Guys need to put themselves on the line more, ask women out more, and plan the specifics of a date. If women let guys off the hook on these basics and do all the work, IMHO, guys will sit back and let you. So, be careful of what you wish for.

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That said, times are a-changing and no one wants to wait around until a guy finally gets the message that you are interested. If the guy you set your sights on is not responding to your subtle overtures, it's okay to make a move,



Here's an example: he's always talking about the Yankees. If you have a connection, you could say, "My company has a season box at Yankee Stadium. I have them next Thursday." If he does not take the bait, maybe you want to rethink the situation. You can also offer to meet up casually for beers to discuss an issue he's facing or meet up for some much needed post-workout hydration after spin class. The point is, make it feel organic and not like you are chasing him. Leave bread crumbs on the path and make him work.

If you don't feel like playing it that way, ask him out without an organic connection. This could be coffee, drinks, or whatever. If he's into you, he'll jump at the chance. Once things get underway though, I suggest putting the onus back on him to pursue you. After all, do you really want to chase the guy around? He should be chasing you. You're worth it, right?

Good luck.

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## Love & Libations: Tequila

# Cocktails To Sip Like a Celebrity



By [Yolanda Shoshana](#)

While everyone talks about Champagne being sexy, the seduction of tequila is starting to be known. It's been said that women who drink tequila make fabulous lovers. Being a tequila drinker, I won't confirm or deny these claims. You will have to do your own field research to see it if it's true.

## Tequila: a Seductive Spirit for Date Night

It makes sense that celebrities keep selecting tequila as a

business they want to get into; the rich and famous always want to be a part of the hottest and sexiest thing. From [Justin Timberlake](#), to Dwayne “The Rock” Johnson, Toby Keith, Carlos Santana, and on and on, tequila is the hottest trend. It would be nice to see a few female celebrities come out with a tequila, as well. Imagine if Cardi B. got into the tequila game; it would be lit.

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

If you want to sip tequila like a celebrity, be ready for National Tequila Day on July 24<sup>th</sup>. Below are suggestions for cocktails made with two hot brands to help you celebrate the day. Either rock it with your friends or just the one you love. Stay strong and get your tequila on.

At this point everybody knows that [George Clooney](#) and Rande Gerber are a part of Casamigos Tequila. They made so much money selling it, Clooney has boasted that he never has to work again. The main reason they got into tequila was so they could have one to drink while hanging out. Clooney is legendary for entertaining with food and drinks. I’m still waiting on my invite, it must be lost in the mail.

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Casamigos is the go-to tequila when you are having your friends and family over. Since Clooney married Amal, his tequila soirees are now filled with deep conversations of politics and economics. You don’t have to aim for that, unless that’s how you want to spend the night. Maybe just a night of tacos and tequila. Who wouldn’t love that for their next [date night](#)?

### **Smoky Casa Margarita**

#### **Ingredients:**

2 oz. Casamigos Tequila



1 oz. Fresh Lime Juice

.75 oz. Agave Nectar

2 Dashes Orange Bitters

Flamed Orange Peel

### **Instructions:**

Combine all ingredients into tin shaker. Add ice. Shake well. Strain into rocks glass. Add fresh ice. Garnish with a flamed orange peel.

Two well-known crooners, [Adam Levine](#) and Sammy Hager, created a unique libation by mixing tequila and mezcal together for the world's first "mezquila," called Santo Puro Mezquila. The spirit came to life after Levine and Hager were drinking together in Cabo San Lucas, Mexico. They were probably a tad tipsy when they decided to mix tequila and mezcal, but they both liked the taste so much they decided to make mezquila a real thing. Leave it to one of the sexiest men alive to come up with a libation that features not one, but two sensuous spirits in a bottle. Santo is the drink that is perfect for a relaxing evening at home while listening to a playlist with a little Maroon 5.

### **Santo Revelation**

#### **Ingredients:**

- 1.5 oz. Santo Mezquila
- 1 oz. Passion Fruit Nectar
- 2 ea. Thin Slices of Fresh Ginger Root
- 1 ea. Lime Wedge
- 2 oz. Ginger Beer
- 0.25 oz. Pomegranate Syrup (sub: Premium Grenadine)

## Instructions:

Muddle ginger root, lime wedge, and passion fruit purée in shaker glass. Add Santo and ice. Shake well and strain over fresh ice. Top with ginger beer and sink pomegranate syrup. Garnish with a ginger slice (optional).

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# Ask the Guys' Guy: Online Dating for Beginners



By [Robert Manni](#)

Question from Samantha W: I'm new to the digital dating world and my friends keep recommending Tinder, but this app has the reputation for hook-ups. How can I find something more serious and filter out the booty calls?

## **Serious Online Dating for Beginners**

Hi Samantha,

Congratulations on entering the digital dating world. When it comes to dating, technology can be a blessing or a curse. It's up to you and how you play the online dating game. One key to success is always being yourself, the same person you are online as offline. That means maintaining your values and criteria for potential online dates just as you would when meeting someone in person. If you're not into booty calls, don't waste your energy on apps that have a reputation for hook ups.

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There is a wide variety of dating websites and apps to choose from. Many are specific about the type of clientele they seek and who they cater to. When getting your feet wet in online dating, it's easy to dive into the deep end of the pool and find yourself treading water due to the amount of offers you'll receive. On most sites and apps, new people get lots of attention and it can be quite overwhelming if you are a smart and attractive woman.

**Related Link:** [Relationship Advice: Four Types of Men You'll Meet Online](#)

Before signing up or downloading an app, do your own research and talk to your friends, both female and male. When you have a clear sense of what the apps and sites are all about, I suggest choosing between one and three apps or websites to sample on a trial basis. That way you'll see the differences

in what each service has to offer without spreading yourself so thin that you're constantly juggling dates instead of qualifying potential partners and making a real connection. I also strongly recommend looking inside and determining what experience you want to get out of the online dating game before signing up. If your goal is simply dating, you're in luck. If you want to go deeper, you'll need to set your personal parameters for qualifying the type of guy you're looking for and then stick to your plan.

The good way of managing the online dating process is by starting slow and keeping things simple until you get your bearings and a feel for how the online dating game is played. Remember, never lower your standards to match a service or an app that does not represent the real you.

I hope this helps. Good luck!

Robert Manni

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# Dating Advice: 3 Coping Strategies for Widowers that Work



People who have never experienced tremendous loss can never relate to what it's like to be a widower and frankly wouldn't know anything about [dating a widower](#) either. Moving on and accepting the fact that the world won't stop turning just because it feels like your life has come to an end is quite challenging, but doable when the time is right. Below, you'll find our top three coping strategies for widowers not sure how to deal with the stress of getting back to dating following their spouse's death.

# Dating Advice: How to Heal After the Death of a Spouse

The death of a significant other is much harder to overcome than a divorce or a break-up. Here is some [dating advice](#) on how to begin to heal and move on.

**Dip Your Toes Into it:** How will you ever know if you're ready to date again if you don't try it? It's only natural you're overwhelmed with feelings of guilt, and grief itself isn't that far behind on the list of things you feel the most, but that doesn't mean you shouldn't at least give it a shot. Nobody expects you to go out to a bar and meet people six months following your spouse's death; however, online dating provides you with a perfect opportunity to test the waters and see how you feel about talking to someone you find interesting. Open up a profile and check out what's out there. Simple companionship might do the trick at first before you meet someone truly worthy of your time.

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**Keep it to Yourself:** If you have kids, it's unlikely they'll understand that you're trying to move on. Rest assured the same goes with your spouse's family. Nonetheless, you should try to get your life back on track when you feel you're ready and nobody in the world can say when that is but you. There will be people who'll think it's too soon, but don't blame them. Everyone deals with loss in a different way. This is precisely why you should keep the fact you're going back to dating under wraps until you meet someone you'd like by your side at a family dinner or a camping trip with friends. Wait until the opportune moment to let your inner circle know there is someone new in your life and take it from there without making too much of a fuss.

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

**Cherish the Memory:** The fact that you're trying to move on doesn't mean you can't cherish the memory of your late spouse. Having someone to watch a movie with, go out to dinner or to confide in will be fulfilling enough, so that you don't feel like a burden to your kids, family, or friends. In time, they'll understand that it's good for everyone that you're not alone and will come to terms with a new person sitting across from them at your birthday party. The most important thing you need to remember is that you can talk about your late spouse whenever you feel the need to do so, regardless of the fact that life goes on. Visit their grave with your kids, openly talk about them, and keep letting your kids know you're not forgetting about their mom or dad.

*What suggestions do you have for dating after the death of an S.O.? Offer advice below!*

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## **Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships**







By Dr. Jane Greer

Coming out of a toxic relationship can be difficult in and of itself, and often requires an emotional detox. Even though the relationship is clearly over, you may find that you still have issues to work through. You might be experiencing not only the sadness and loss, but also pain and anxiety. If you got to this point after a tremendous betrayal or a chronic problem the magnitude of which you were not able to surmount, you probably have many questions and concerns about how you got into that situation in the first place, and how someone you loved could treat you so poorly. Sandra Bullock had a public breakup with her ex-husband Jesse James who [admittedly](#) cheated on her multiple times. Despite that, Sandra has finally [found love again](#) with a person whom she calls “the one,” Bryan Randall, and the couple reportedly couldn’t be happier. How, then, when you finally do find yourself on the other side and are ready to think about dating again, can you trust another person as well as your own judgement as you, like Sandra, move past the bad and attempt to find the good? How can you make sure you don’t allow yourself to fall into a toxic relationship again?



# Dr. Greer's Relationship Advice Teaches Us How to Date Again After a Toxic Relationship

One thing to keep in mind is that it is natural to be more guarded and question everything when you begin something new after what you have been through. And that is a good thing. Take your time as you get to know someone who has caught your eye. Even if the connection feels comfortable right away, and you experience the temptation to slip into an immediate closeness of constant texting, talking, and even spending the night together, try to resist that at first. Remain your "me" for as long as you can before you jump into being a "we," so you don't shoot past any warning signals. Take inventory: do they call when they say they will? Do they keep the plans you have made? Do they generally seem to be telling you the truth about things, or have you caught them in any lies? Do they have friends, or do they appear to have many past relationships – friendly and romantic – that have ended with all ties cut? Take the time you need to read all the road signs, so to speak, and to stop at all the caution lights so you can get a sense of what's coming down the road. Give yourself a chance to learn who this person really is, instead of making excuses when necessary and allowing them to form in your mind as who you hope they will be. Along these lines, be more selective about who you might let in, let them show you they are worthy of your love. Sit back a little, possibly more than you usually have, and instead of being an open book and freely sharing your past and your hopes for the future, let them take the lead and reveal those things first. That way, you will have a better sense of what you are getting into before you open yourself up to them.

**Related Link:** [Relationship Advice: Talking Through the Tough Times](#)

By doing this and taking any red flags that might come up seriously, you can work to head off future betrayals and strengthen your own self-confidence as you evaluate your new potential love interest and decide how much you want to share with them. It will also give you more control. The goal here is to find someone who you can believe in, who has your best interest in mind, and who, ultimately, will not stamp on your heart. Proceed with this expectation, that this is what you deserve and what you will get, and this will help give you more clarity and insight as you begin to date. If you feel secure in yourself, you are much more likely to find someone who will support you rather than undermine you.

**Related Link:** [Relationship Advice: Working Through Your Heartbreak](#)

Moving on after a toxic relationship isn't easy, but it is possible, as we saw with Sandra and Bryan. The experience, however terrible it might have been, can be a lesson for you to learn from. Once you can stop thinking of it as a recovery process, and more of a moving beyond process, taking with you all that you now know, you can be stronger and better placed to have a healthier relationship than ever before.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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# Exclusive Interview: Celebrity Fashion Stylist Brad Goreski Shares Secrets for the Perfect Sunglasses

**Cupid's Pulse**  
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Interview by [Lori Bizzoco](#). Written by [Rachel Sparks](#).

Brad Goreski, a prominent L.A. [celebrity fashion stylist](#), has

worked with the likes of [Jessica Alba](#), [Demi Moore](#), and Rashida Jones. Currently the Exclusive Brand Stylist for Kate Spade New York, Goreski spares some time for an [exclusive celebrity interview](#) with Cupid's Pulse just in time for National Sunglasses Day. In our Exclusive Celebrity Interview Goreski shares his secrets for finding the perfect pair of sunglasses for your face shape and your style.

## **Celebrity Interview with Brad Goreski: National Sunglasses Day and Relationship Advice**

Goreski loves sunglasses. They're important in protecting our eyes from UVB and UVA rays and are an important part of our summer wardrobe. "They are a great way to express where our style is at for the season," said the fashion guru. Goreski is a huge advocate for wearing sunglasses as an accessory to dress up an outfit, but he is also a strong believer that they should be worn to protect your eyes.

**Related Link:** [Celebrity Video Interview: Brad Goreski Says, "I Think We're Going to See an Explosion of Glamour" at the Oscars](#)

Styles have become so diverse that there is a sunglass style for everyone. Goreski's stylist experience takes us through the trends he sees. With the resurgence of the eighties' style, neon has made a comeback. If you don't like bold-colored frames, have fun with the colors of the lenses. For example, you can try a metallic or mirror finish, a smokey grey, or tinted lens. A simple outfit, like jeans and a T-shirt, can be dressed up with a stellar pair of sunglasses too. "Accessories like sunglasses help you look like you put the effort in," said Goreski.

In addition to colors, Goreski says that frame shapes are

becoming more diverse. “My favorite trend right now is the cat eye,” he says. “It’s a little futuristic.” If you’re wary of trying a bold new look, check out the discounted aisles. “Try cheaper sunglasses so you can try trends before committing to expensive glasses,” he advises.

**Related Link:** [Brad Goreski Shares Breakup Drama Details After Split with Rachel Zoe](#)

Goreski has four tips for finding the perfect pair of sunglasses and he says that opposites attract. “If you have a round face, go for square frames,” he offers as a tip to our followers. And when it comes to style, if you lean towards a more classic look then go for an aviator. And if you are bold and futuristic try micro-glasses.

What interview is complete without some [relationship advice](#)? Goreski shares the secret that has held him and Gary Janetti together for eighteen years. “Always dress up for each other. Take pride on the inside and the outside. Putting in the effort after so many years together makes for a whole different experience.” For your next [date night](#), dress in a way that “makes you feel beautiful and excited. That energy attracts people.”

What’s coming up next for this stylist? Award season! While waiting for the summer lull to end, Goreski is excited for National Sunglasses Day, June 27th, and encourages everyone to take a selfie in their favorite pair of sunglasses.

*Interested in following Brad Goreski? Check out his website, [MrBradGoreski.com](#) or follow him on [Twitter](#)!*

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# Ask the Guy's Guy: How Can I Support My Man's Mental Health?



By [Robert Manni](#)

Question from Alyssa B: “My relationship has gotten pretty rocky ever since my man’s mental health has started to decline. He’s always upset, but won’t ever talk to me. How can I help him past this?”

## Helping a Partner Through Tough Mental Times is Hard

Hi Alyssa:

Thanks for this question. When a guy is “struggling with his mental health,” it casts a wide net of reasons why, especially

these days. Every situation is different and I want avoid generalizing. Regardless of the issue, your support is needed and appreciated, even if your man may not seem to be responding to your efforts.

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

The key here, as with most relationship issues, is being present and keeping the lines of communications open at all times. Men are protective of their feelings and often hold things inside, rather than sharing with their partners. Some guys still think that talking about their problems is a sign weakness. We know this is the furthest thing from the truth, so you have some work to do.

The challenge is getting him to open up and tell you what's going on. After all, how can you be supportive if you don't know what's up with your man? Find a time to get him to talk and do it in a non-threatening way. If he has issues, he probably does not want you to know how much he's hurting. He may even be embarrassed or ashamed.

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

I've found that the casual, not too serious approach works best with guys. Take him to dinner, a movie, a ball game, a round of golf, a walk, or whatever you think will put him at ease. Afterwards, look him in the eyes, tell him he seems preoccupied, and ask if there is something he wants to talk about. Make sure he knows you are there for him in a non-judgmental way, whatever the issue. See how he responds. At this point, you've let him know that you're aware something's troubling him. As your partner, it's up to him to share his feelings and perspective. Go slowly, but don't let it pass without a response. And be gentle. Things could get worse if he clams up.

Again, every situation is different when it comes to “struggles with a man’s mental health,” so no one size or solution fits all. It could be something benign or he may have done something harmful to himself or the relationship. You’ll never know if you don’t take the time and put in the effort to find out what’s going on.

I hope this helps. Good luck.

Robert Manni

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

**More about the Guy’s Guy:**



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

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

Robert has appeared on broadcast television (NBC’s Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington

Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by [DatingAdvice.com](http://DatingAdvice.com).

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

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

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## Love & Libations: The Love Of The Negroni







By [Yolanda Shoshana](#)

When you ask someone which cocktail they love, the Negroni may be the first thing that comes to mind. It's such a phenomenon that you can find one on pretty much any menu, or simply request it at a bar. As I mentioned in an earlier column, Anthony Bourdain loved this drink so much that he called it "the perfect cocktail". There's even a Bubbly Negroni that was invited for Valentine's Day; the sex appeal can't be denied. This drink is perfect for [date night!](#)

## **The Sexiest Drink for Date Night: Negroni**

This year, the cocktail turns 100 years old. We have two guys to thank for the libation with a love story at the heart of it all.

The Negroni is named after Count Camillo Negroni, who was known for being quite a character. The Count went into his favorite cafe and wanted an Americano (created by Gaspare



Campari) with a bit more alcohol. That's when a bartender replaced the soda for gin, and just like that a famous cocktail was born. There are three main ingredients to make a Negroni: Campari, gin, and vermouth. While you can use any gin or vermouth, there is only one Campari.

**Related Link:** [Love & Libations: Celebrity Pink Sips for the Summer](#)

Most people know the liqueur because it's in almost every bar and restaurant around the world. Did you know that behind it all is a love story? As you know back in the day, people named everything after themselves, which is why you probably won't be surprised to find out that in 1860 a man named Gaspare Campari started a small family business to make aperitifs. When he died, his two sons took over the business. It was David Campari who started using celebrities in the Campari posters. Basically, Campari was rocking with celebs before it was cool.

**Related Link:** [Love & Libations: What to Sip & Binge, That Is the Question](#)

In the midst of it all, Davide Campari fell in love with a famous Italian opera singer, Lina Cavalleri. She was also known as the "greatest beauty in the world". She was definitely a lovely lady; in regard to singing, let's just say her looks probably got her hired. Davide fell madly in love with Lina and followed her on a world tour. Today, we might call that stalking, whereas during their time it was thought of as "charming". As they traveled to Milan, Moscow, and New York, Davide started selling his families products to bars and restaurants. The small family business grew into a worldwide sensation. While the business became a success, it's sad to say that Lina wasn't really feeling Davide. She married someone else, while he would pine for her until the day he died.

The love story started off between a man and woman, but grew into the world's love for a bitter liqueur. I guess that's what makes the story so bittersweet.

May your love story turn out much better. Enjoy a Negroni or two with your boo during Negroni Week. If you are rocking the single life, get together with your squad and celebrate the single life.

### Classic Negroni

1 oz. gin

1 oz. Campari

1 oz. sweet vermouth

Orange twist

Stir ingredients in a mixing glass with ice, then strain into a chilled cocktail glass, and garnish with an orange twist.

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## Product Review: Colored Contacts is the Next Best Dating Advice





What does your eye color say about you and who you are attracted to? It's often said that the eyes are the windows to the soul. They are the first thing we notice in another person and there is much more to eye color than simple genetic pigmentation. Eyes can reveal a lot about your personality and your health. Most shocking, however, is that eye color can also determine who you're most attracted to! Evaluating eye color could be the best [dating advice](#)!

## **Product Review: SmartBuyGlasses Offer Dating Advice!**

It may be no surprise to you that many romantic couples share a few physical traits, but attractiveness to a certain eye color could come from a surprising source. According to a paper published by Lisa DeBruine and her colleagues at the University of Glasgow, people tend to prefer romantic partners whose eye color matches that of their parents. To demonstrate how eye color affects one's attraction to another, the research team recruited 300 heterosexual and homeosexual men and women and made records of their eye color, as well as

their parents' and lovers' eye color. The eye colors were then categorized into light (covering blue, green, blue-green, grey and hazel) and dark (covering light brown, dark brown and black).

**Related Link:** [Product Review: The Essentials for a Night In](#)

The researchers found that overall, heterosexual women and homosexual men were twice as likely to have a lover with similar eye color to their father's, while homosexual women and heterosexual men were more likely to have a lover matching their mother's eye color. While dreaming about your next [date night](#), consider changing your eye color to boost the attraction.

**Related Link:** [Product Review: Your Date Night Secret Weapon](#)

In general, the eyes are what many people describe to be the most important facial feature in a potential partner, according to another study by FastLife.com. The survey stated that the majority of male and female participants found blue to be the most attractive eye color. Other than blue, they found men preferred women with green eyes over brown, whereas women were more attracted to brown eyes over green in men.

While it's true that there can be many reasons behind why you may be attracted to a certain physical quality, beauty is in the eye of the beholder, so what people find attractive is totally subjective. Nonetheless, if you've always wondered how you might look with a different eye color, colored contact lenses are a popular bet. There are numerous sources for colored contact lenses; however, finding good quality, affordable and comfortable choices can be tough!

**Check out [SmartBuyGlasses](#) to get your own colored contact lenses!**

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# Product Review: Beauty Products to Revitalize Your Sun-Kissed Skin



By [Rachel Sparks](#)

Summer feels like deeply tanned skin and sand in *everything*. Summer also feels like tight skin, dry from endless afternoons basking outside. You want to repair your



skin before seasons change, when cold air devoid of moisture is more likely to make you and your skin crack. Check out this [product review](#) for the best [beauty products](#) to bring the lively shine back into your skin!

## Product Review: Beauty Products to Reinvigorate Your Skin!



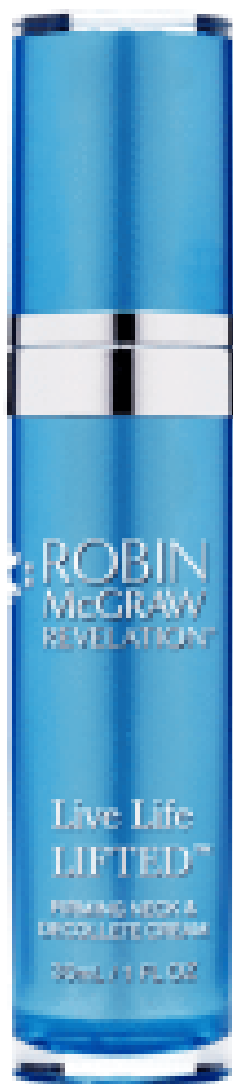
Robin McGraw Revelation. Photo courtesy of RobinMcGrawRevelation.com

[OMG! Is This Really Me? Instant Face Shaper, \\$34](#)

The best way to care for others, according to Revelations

founder Robin McGraw, is to love yourself first. How better to love yourself than to invest in your face, the place you show the most emotion and the place you might feel the most insecure about. Made free of parabens, mineral oils, sulfates, or chemicals, this face shaper not only helps you look your best, but feel your best, too. OMG! Is This Really Me? works by counteracting fine lines, wrinkles, and the sagging effects of gravity by saturating your skin with Omega-3 and an agent similar to Botox, known as Argireline. Added glow provides the youthful sheen you've been missing.

**Related Link:** [Product Review: Make a Splash this Summer with Snow Fox Skincare](#)



Robin McGraw Revelation. Photo courtesy of RobinMcGrawRevelation.com

## [Live Life LIFTED, \\$42](#)

It's been awhile since you and your love have had a sultry [date night](#), so when you do go out you want to look as tantalizing as possible. Don't be afraid to wear a plunging neckline. Your décolleté will look stunning when you use Live Life LIFTED. Designed without chemicals, parabens, sulfates, or mineral oils, this lifter erases crepey, sagging skin, wrinkles, and dark spots. The Dynamic Infusion Technology uses peptides and hyaluronic acid to delve deep into the skin and reinvigorate it. With Sunflower oil and Jojoba Esters, it sounds almost as delicious as you're going to look.

**Related Link:** [Beauty Trend: Why Korean Beauty Products Are So Popular](#)



Robin McGraw Revelation. Photo courtesy:  
RobinMcGrawRevelation.com

## [DOT YOUR EYES, \\$40](#)

You're out on your [romantic getaway](#), a weekend with just you and your love, the soft sounds of nature outside the window to your all-inclusive resort. The late nights are showing under your eyes, but you want to look better leaving than when you arrived. Combining cutting-edge skincare science with botanical ingredients, this eye cream will revitalize your skin at the cellular level. A five peptide complex encourages collagen growth to tighten puffy and sagging skin and lighten those dark circles. As if glowing eyes didn't make you feel great, no Robin McGraw products are tested on animals, so you can have a clear face and a clear conscience.

If you are looking for new skincare products that will give you beautiful, hydrated skin without any chemicals or animal testing, then Robin McGraw Revelation is for you. Check out their [website](#), [Facebook](#), or [Twitter](#)!

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# Dating Advice: How to Make Summer Love Last





By [Joshua Pompey](#)

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

## Dating Advice to Help You Hold Onto Your Summer Crush!

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



that is conducive to this type of setting.

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

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

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

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

**4. Catch a ball game:** You know what my wife finds to be the most boring thing in the world? Baseball. Seriously. When I turn on a game she goes comatose within ten seconds. But guess what? We have a ton of fun at baseball games. The fresh air, the food, and the energy of a stadium is enough to put a smile on most people's faces, regardless of whether or not they are sports fans.

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

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

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# Dating Advice: Fearless Flirting Formula



By [Rachel Sparks](#)

In this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to master flirting! Watch the video above and read the article below for some feel-good tips to improve your dating life!

# Dating Advice to Help You Flirt Fearlessly!

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

**1. Chemistry through charisma:** Successful flirting is all about creating chemistry between you and someone else. A lot of times, flirting is intimidating because it may encourage unwanted sexual attention. “We all want to be respected for our minds and not our bodies,” Contenta admits. Charisma, or the ability to verbally connect with someone, is a fun way to boost both your confidence and that of the person on the receiving end.

The foundation of charisma is ACES. A: appreciation, C: commonalities, E: elevation, S: self-expression. When you appreciate a specific detail about someone, you show that you both pay attention and admire a trait about them. Sharing something in common is the foundation of any relationship, friendly or romantic. To be able to elevate the mood means that people will naturally want to be around you, so break out your sense of humor or share what you love about the present moment. And always, be yourself. When you bring your true self to a conversation and express your quirks, people are more likely to find you charming.

**Related Link:** [Dating Advice: How to Flirt with a Little Touch](#)

**2. Chemistry through sensuality:** Embrace your feminine energy ladies! If you feel connected with someone on an intellectual level, take it up a notch with your body language. Sensuality is physical expression, but it doesn't have to be risqué or involve touching. How you sit or lean into a conversation can show the other person you're interested and they will subconsciously lean in as well. Touching yourself, such as your hair, arms, or neck, opens up a new playing field for your person of interest. “Women need to take responsibility,”

Contenta says. She mentions the #MeToo movement and says, “Men are becoming more careful about flirting and touching. Give him permission!”

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

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

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







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

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

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

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



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

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

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

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

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

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

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

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## Relationship Advice: You're Scaring Men Off!



By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stiletto's [dating advice video](#) will stop you from scaring off any more men! [Relationship expert](#) Suzanne Oshima interviews

Bex Burton on ways that women run men off. Watch the video above to learn more!

## Relationship Advice to Stop Scaring Men Off!

**1. Stop future pacing:** Women tend to think farther ahead than men when it comes to relationships. On the first date, you shouldn't be thinking about whether or not he's husband material; you should invest your energy in the present moment so you can get to know your date. "When we communicate from this place...we base our beliefs on our pasts," Burton says. We don't make expectations for the future based on the person in front of us, but rather on what we've experienced before. Men can see through this and they often run. Think about it; it's intimidating to have your whole life planned out already when you don't even know your date's last name.

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

**2. Stop shape-shifting:** "When the images, words, and ideals that we use both online and in person aren't representative of who we are in that moment, how is a man supposed to know who he is facing?" Burton asks. No one is the same person every day, but we do allow ourselves to act a certain way based on what we think the other person wants. When it comes to being a strong and independent woman, you don't want to seem sheepish to placate a man's ego, but you also don't want to be so dominating that the man doesn't feel like he will be valued. Flopping between the two personas is confusing; strive to find balance.

**Related Link:** [Relationship Advice: The Secret to Attract a Commitment-Minded Man](#)

**3. Stop criticizing:** Here's a scenario: you're in the car with

your date and he asks what you want for dinner. How many of you have said you don't care, but then get annoyed when he chooses a burger joint? "Don't criticize a man for the choice you just empowered him to make," Burton advises. If you do have preferences, state so. Phrasing your desires as a question will give your date direction and make him feel valued that he can care for you. Try saying something like, "I want healthy and fresh, what would you recommend?" Oshima adds, "Men hate women who don't have an opinion." It's great to share your desires, but if you really don't have an opinion, appreciate what your date does choose.

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

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







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

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

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

## **Expert Relationship Advice to Cultivate Positivity**

**1. It controls stress:** Nobody would deny that stress is real,



but sometimes the way we view various stresses in our life makes a big difference in how we manage it.

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

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

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

**2. Reduces recovery time:** Healthcare providers witness the power of a positive attitude daily. "Our therapists are experts at providing care, but they also recognize that a positive attitude enhances those services," said [Karissa Ly](#), director of rehabilitation at St. Francis Heights Convalescent Hospital. "Attitude makes the body more receptive to recovery, and it can heighten a patient's belief in themselves to get better." Ly added that the physical work is important in recovery, but it also requires a mental toughness that needs positivity to support it.

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

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

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

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

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## Dating Advice: Thriving After

# Divorce



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you move on and enjoy dating after divorce. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Tanya Marie Dubé, for dating advice!

## Dating Advice on How to Thrive After Divorce!

**1. Accept the emotional cycle:** Any loss, whether it be a death or a separation, entails an expected emotional cycle. Don't be surprised if you are in denial, become angry, try to bargain,

or enter depression. But hope prevails! “You wake up one day and a light bulb goes off,” Dubé says. She admits that during her own separation, she would “pull up the big girl panties and go on to the next thing without thinking about it.” The problem with avoiding the grief cycle is that, because you didn’t allow yourself time to process, you end up repeating previous mistakes in future relationships.

**Related Link:** [Expert Dating Advice: What’s Blocking Me From Finding Love?](#)

**2. Re-learn yourself:** After a long relationship, you’re a different person. You’ve spent your time thinking about you and your partner and, if relevant, your kids. Now, as a single woman, you have time to yourself and you should use that to explore what it is that you enjoy. Because you’ve changed, you need to relearn who you are and what makes you happy. “Right after a breakup, you have a low vibe and will attract someone with a low vibe,” Dubé says. Not taking the time to relearn who you are and build happiness risks landing you in a relationship similar to the one you just left. Take the time for yourself, and your next relationship will reap the rewards.

**Related Link:** [Dating Advice: How to Fall in Love with Dating](#)

**3. Practice optimism and mindfulness:** “Before I attract people, I want to attract happiness,” Dubé says. If you notice that you have a negative world view, you’ll never be happy, and no relationship can change that. You need to focus on the “triad of emotion,” as Dubé calls it. Fix any negative self-talk, adopt powerful body, and shift your focus on to the bigger picture. Divorce is painful and takes a toll on your mental health, but paying attention to the verbal and physical language you use and where your focus is can help you practice a positive mindset, which will make you happy with your life before you start dating again!



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

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# Product Review: Summer Vacation Essentials for the Whole Family



By [Rachel Sparks](#)

With gorgeous sunny days and cooling, sea-blown breezes,



summer is the perfect time for [travel](#). Whether you're planning your annual family adventure or a [romantic getaway](#), read Cupid's [product review](#) below for your travel must-haves for the perfect, stress-free vacation.

## Product Review: Summer Travel Must-Haves for a Stress-Free Vacation for the Whole Family

### 1. [Kwilt Shoebox Mini Photo Aggregator/Personal Cloud, \\$59](#)



Kwilt Shoebox Mini. Photo courtesy of [kwiltshoebox.com](http://kwiltshoebox.com)

Similar to an external hard drive for your home computer, the Kwilt Shoebox is a storage device for all those family vacation photos you take on your phone. If you lose your phone or just run out of space, you never have to worry about losing artifacts of your memories. Portable and easy to charge, the

Kwilt Shoebox has the versatility to attach to a TV or a free mobile app for multiple methods of viewing. With 512 megabytes of storage and the ability to attach to tandem external hard drives, the Shoebox has unlimited space without those extra charges for using the cloud.

**Related Link:** [Product Review: Travel in Style with These Glam Bags](#)

## 2. [BuddyPhones PLAY, \\$49.99](#)

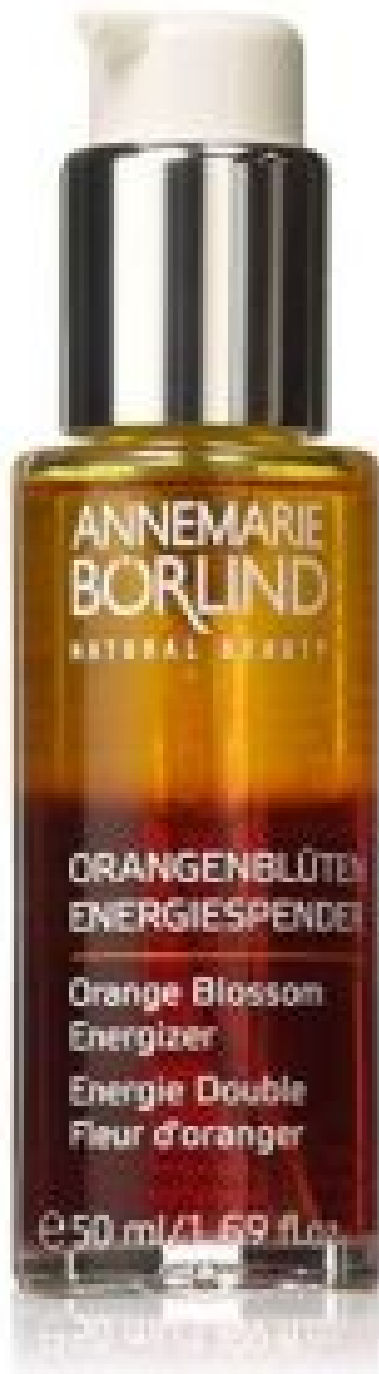


BuddyPhones. Photo courtesy of [buddyphones.com](http://buddyphones.com)

BuddyPhones PLAY are the perfect travel accessory for your kids. Specially designed headphones with four safety sound levels to minimize hearing loss, parents don't have to worry about their kids during long car rides. The four travel modes

fit every need: Toddler Mode, Kids Mode, Travel Mode, and Study Mode. The headband is made to withstand strong little hands so it won't snap when it's bent or pulled on. Made to fit tiny heads, the BuddyPhones PLAY are easy to adjust, with earmuffs made from hypoallergenic material to aid your child in every way. The BuddyCable sharing system allows BuddyPhones to be linked so that all your kids can watch and listen from the same device.

**3. [Annemarie Borlind Orange Blossom Energizer, \\$38](#)**



Orange Blossom Energizer. Photo:  
Amazon.com

It doesn't matter if you're sitting on the beach tanning or getting whipped by the wind on roller coasters, your skin still pays the price. Summer vacations can do some damage, but this orange blossom energizer's formula uses ingredient to bring life back into your skin. The potent antioxidant orange blossom serum mixes with carrot oil, infused with vitamins B5,

C, and E to stimulate collagen production. Combine the Orange Blossom Energizer with Annemarie Borlind's other products for a glowing, fresh look.

**Related Link:** [Product Review: Make Relaxation a Reality While Traveling with Your Baby This Summer](#)

#### 4. [Mixology, \\$7](#)



My Drink Bomb. Photo courtesy of [mydrinkbomb.com](http://mydrinkbomb.com)

For your drinking fancies, My Drink Bomb has a delightful drink bomb for every palette. Just like bath bombs, drink bombs fizz into your drink for an extra explosion of flavor. Made from all natural ingredients, organic herbs, and the occasional 24K gold, these bombs are nonalcoholic and great for any person and any age. With low sugar, sugar-free, and gluten-free options, anybody can drop one of these drink bombs into a glass of water, soda, or alcohol for an extra fun punch.

**Have your best summer vacation yet with these travel essentials!**

For more product reviews from Cupid's Pulse, click [here](#).



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# Love & Libations: Celebrity Sips on Tequila Day



By [Yolanda Shoshana](#)

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

mysterious and sexy. On your next [date night](#), maybe pour a little tequila on the rocks to knock off their socks.

## Read for More Tequila Tips from Relationship Expert Yolanda Shoshana!

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

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

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

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

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

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

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

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

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## Product Review: His & Her’s Outfits for Date Night





By [Rachel Sparks](#)

No date is complete without the perfect outfit. Whether you're planning a [romantic getaway](#) or a fancy [date night](#), these cashmere wardrobe staples will have you and your date rocking the latest [celebrity fashion](#).

## **Product Review: Cashmere Wardrobe Staples Perfect for Every Date**

**Related Link:** [Product Review: Try New, Natural Beauty Products](#)

[Pure Cashmere Shawl, \\$99](#)



Pure Cashmere Shawl. Photo courtesy of [cashmereboutique.com](http://cashmereboutique.com)

What can make you feel more attractive than cashmere? Each shawl is made from 100% cashmere wool in three ply. Measuring 36" by 80", they're long yet delicate enough to be versatile for any outfit. Whether you want to wear this shawl with a classic little black dress or a rock-inspired pantsuit, the 29 available colors will meet every need. Buy one, or several, while they're on sale to have as thoughtful gifts or for fashionable nights out.

**Related Link:** [Product Review: Get Fit with Gaiam's New Versatile Spring Workout Attire!](#)

[Men's V-Neck Cashmere Sweater, \\$119](#)





Men's V-Neck Cashmere Sweater. Photo courtesy of [cashmereboutique.com](http://cashmereboutique.com)

Made from A-grade, 3 ply pure cashmere, there is nothing more luxurious for your man than this v-neck sweater. What better way to give a man self-confidence and make him feel appreciated than by giving him a sweater of such high-quality? Available in six colors, from a dapper black to a dusk blue, there is nothing sexier for a man to wear on a date than this v-neck.

For more product reviews from Cupid's Pulse, click [here.](#)

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# Relationship Advice: The Secret to Attract a Commitment-Minded Man



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you attract the man who wants to stay in your life. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis, for dating advice!

## Relationship Advice to Help You

# Attract a Commitment-Minded Man

**1. Discover your core beliefs:** “There are certain things that you pick up throughout life that shape your reality,” Fidelis says in her relationship advice. “When it comes to love, whatever you believe is possible for yourself is what you will attract.” If you don’t believe that you are worthy of a long-term relationship where a man is committed to you alone, then you won’t attract someone of this mindset. Core beliefs don’t just mean what you believe about the world; they very often relate to what you believe about yourself.

**Related Link:** [Single in Stiletto Show: He’s Great, But...](#)

**2. Discover what you want:** Once you discover your core beliefs, you have the power to change them. “What you believe is what you create,” Fidelis says. Focus on what it is that you want out of a relationship. Fidelis advises, “When searching, focus on the energy of the relationship you want to create together.” Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, “You limit yourself when you focus on superficial wants.” What is more important: how tall a man is or how he makes you feel?

**Related Link:** [Single in Stiletto Show: Do You Push for Commitment Too Soon?](#)

**3. Open your channels:** Now that you’ve identified what you want, how do you bring that into your life? You have to put yourself in situations where the person you want to attract could be. That means you need to mix up your routine! “You need to put yourself in front of the type of guys you want to attract,” Fidelis states. Open up the opportunities to meet new people. Try online dating if you haven’t before. Waiting around for someone to come into your life is ineffective and just won’t happen. Get out there and have fun!

For more dating advice videos and additional information about the Single in Stiletto's show, click [here](#).

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## Dating Advice: Secrets to Letting Go of the Outcome of a Relationship



By [Rachel Sparks](#)

In this week's Single in Stiletto's [dating advice video](#),



founder and [relationship expert Suzanne Oshima](#) talks to spiritpreneur Abiola Abrams about letting go of expectations and staying present while dating. Don't miss this great [relationship advice](#); watch the video above!

## The Dating Advice You Need to Stop Worrying About Outcomes and Enjoy Dating

**1. Practice mindfulness:** Mindfulness is a “mind, body, and spirit principle [about] being radically present,” Abrams says. Our society is structured around distractions. Our phones chime and we drop everything to answer an email or respond to a text. Because our attention span isn't a muscle we train often, our dates are effected. “We're thinking on our first date what our kids would like or what their last name sounds like,” Abram says with a laugh. To stop “faturizing,” focus on what to be grateful for in that person. This exercise in gratitude will bring you to the present moment, help you calm first-date jitters, and enjoy the other person more.

**Related Link:** [Dating Advice: How to Stop Self-Sabotaging in Love](#)

**2. Bring a little gift:** Women are used to being impressed while men are used to being the ones impressing. Abrams advices, “We always assume that masculine energy doesn't appreciate gifts, but they eat it up.” Bring something small, like a rock or twig from an area they've mentioned or their favorite candy bar. “You don't have to spend money,” Oshima says, “In this case, it really is the thought that counts.” Small gifts, especially early in a relationship, show that you pay attention. It forces you to be present in a conversation and think about what someone would want or need.

**Related Link:** [Single of Stilettoes: Dating Advice About](#)



## Mindfulness

**3. Be vulnerable:** A large percentage of relationship advice emphasizes the importance of vulnerability. People appreciate it, yet we're all too scared to do it. You don't always have to reveal your secrets to be vulnerable; instead, share a personal story. Share a memory you rarely do, a tale you hadn't thought about in awhile, an anecdote that will reveal a trait about yourself that you want the other person to know. "When you shield yourself like you're Wonder Woman, you prevent yourself from being seen and felt." When you open up to someone, it grounds you in the present, and the other person feels valued for connecting with you on a more intimate level.

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