

MHC

MAKING HAPPY COUPLES

SMOOTH AS A
BUTTER!

*Setting up your
finances as a team*

LET'S TALK
ABOUT SEX,
BABY!

*5 tips to
open up
about
sex*

FINDING
THE RIGHT
MATCH!

*What a Dating
Coach can do
for you*



APRIL 2024

The story *behind the Magazine*

Hey there!,

We're **Daniel and Daniella**, and we've been on quite the journey. Hailing from the vibrant shores of Miami, Florida, we've spent the past seven years living life to the fullest – jet-setting across the globe, savoring the finest coffee and cocktails, and chasing adventures wherever they may lead.

But when the world came to a screeching halt with the onset of the pandemic, like many, we found ourselves facing new challenges. Suddenly, our once bustling lives were confined to the four walls of our home. We realized that amidst the chaos of work, family, and everything in between, our relationship deserved more than just a spot on the back burner.

And thus, **Why Don't We** was born. We wanted to create something special – a space where couples could find inspiration, support, and a little sprinkle of magic to keep their connection alive and thriving, no matter what life throws their way.

Introducing **Making Happy Couples** – our love letter to couples everywhere. Inside these digital pages, you'll discover everything from fashion tips for your next beach date to expert advice on mastering the art of communication. But more than just articles, **this magazine is a community – a network of professionals and fellow adventurers ready to walk alongside you on your journey to love and happiness.**

So, whether you're cuddled up on the couch or exploring the world hand in hand, we invite you to join us on this adventure. **Here's to love, laughter, and the beautiful chaos of life together.**

With love,

Daniel and Daniella



If you have ideas, questions, or would like to collaborate, please email us at:
info@makinghappycouples.com



1st
edition

Content

Editor's note **2**

Tips & tricks **4**

What a Dating Coach
can do for you! **5**

Product of the month **8**

Comic **8**

Setting Financial
Goals as a team **9**

The Relationship Couch with
Dr. Lily Lovegood **10**

Let's talk about sex, baby! **12**

#OutfitOfTheDate **14**

Beyoncé & Jay-Z **17**

Why Don't We Date? **19**

Horoscouple **20**



TIPS & TRICKS



Keeping the Spark alive Beyond Valentine's Day!

Hey lovebirds!

So, Valentine's Day has come and gone, but who says the romance has to fizzle out with the last of the heart-shaped chocolates? Not us! **Welcome to your ultimate guide on how to keep that fiery passion ablaze throughout the year**, because let's face it, love should be celebrated every darn day!

1

Mix It Up, Spice It Up

First things first, let's talk about shaking things up! Routine can be the ultimate romance killer, so why not surprise your partner with spontaneous date nights? Try a cooking class together, embark on a spontaneous road trip, or even have a picnic in your living room – whatever floats your love boat!



Tech Detox, Love Connect

In a world buzzing with notifications and distractions, it's easy to forget to give your partner undivided attention. Make it a habit to unplug and reconnect daily. Put those phones away during dinner, engage in meaningful conversations, and truly listen to each other. Trust us, it's the little moments that make the biggest impact!

2

3

Keep the Flirtation Alive

Remember those butterflies you felt when you first met? Well, guess what? They don't have to flutter away! Keep the flirtation alive by sending cute texts throughout the day, leaving love notes in unexpected places, or even planning a surprise romantic getaway. Let your partner know they still give you all the feels!



Quality Time is Key

We get it, life can get crazy busy with work, social obligations, and Netflix marathons. But amidst the chaos, make sure to carve out quality time for just the two of you. Schedule regular date nights, whether it's a fancy dinner or a cozy movie night at home. Remember, investing in your relationship is always worth it!

4

5

Adventure Awaits!

They say couples who play together, stay together! So, why not embark on new adventures together? Try out a new hobby, explore a new city, or challenge each other to step out of your comfort zones. Sharing new experiences not only strengthens your bond but also keeps the excitement alive!



FIND OUT WHAT A DATING COACH CAN DO FOR YOU!

MEET SABRINA VISCONTI

Meet Sabrina Visconti, an incredibly talented dating coach who is on a mission to help you find **genuine love and build long-lasting relationships**. We recently had the pleasure of sitting down with Sabrina and learning all about her expertise in effective communication and emotional intelligence. She's a true inspiration and has a proven track record of helping her clients navigate the complex world of modern dating.

So, if you're ready to find love and fulfillment, Sabrina is the coach you've been looking for! Keep reading to discover how she can transform your dating life.

Q: Sabrina, we are so glad to sit with you today! Please tell us a bit about yourself and what got you into being a Dating Coach. What's your story?

A: My journey as a Dating Coach began with a deep fascination for human relationships and the complexities of dating. Through my own experiences and past heartbreaks, I gained valuable insights into the importance of self-awareness, communication, and emotional intelligence in fostering meaningful connections. Motivated by a desire to help others overcome similar challenges, I explored understanding human behavior and the dynamics of relationships, which ultimately led me to discover my passion for coaching. Today, I'm passionate about empowering individuals to navigate the dating world with confidence and authenticity, helping them build fulfilling relationships along the way.

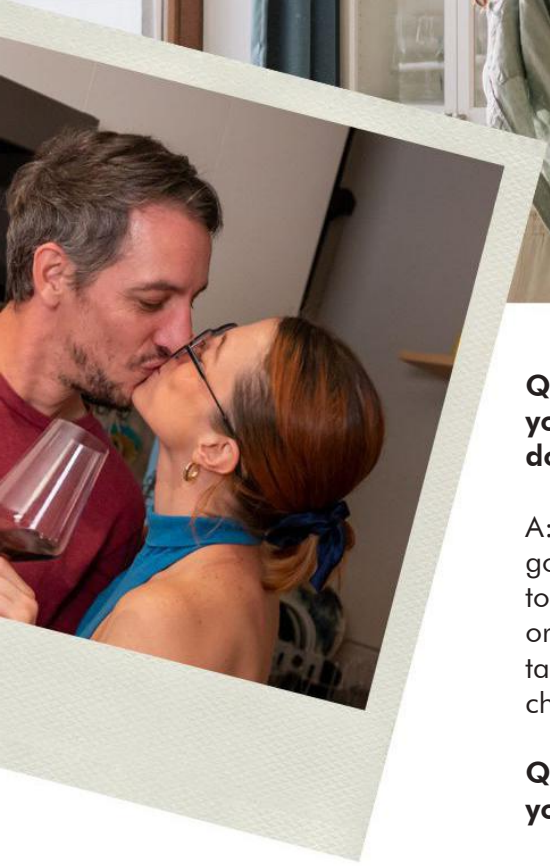
Q: Wow, that sounds really interesting! So, how do you see the role of a Dating Coach, and what's your main goal when you work with clients?

A: As a Dating Coach, I empower individuals to navigate the complexities of dating and relationships with confidence and authenticity. My main goal is to help clients develop a deeper understanding of themselves, their desires, and their relationship patterns, ultimately leading to fulfilling and meaningful connections.



Q: Everyone could benefit from that, regardless of their dating status. LOL! So, what are some common issues or challenges people come to you for help with?

A: Clients often seek assistance with various challenges, such as overcoming dating anxiety, improving communication skills, navigating online dating, overcoming past heartbreaks, and building confidence and self-esteem in the dating realm.



Q: That sounds like a wide range of topics, so how do you begin? Can you take us through a typical session with one of your clients? What does it look like?

A: A typical session begins with an open discussion to understand the client's goals, challenges, and experiences. From there, we may delve into specific topics such as exploring limiting beliefs, practicing communication techniques, or creating an action plan for approaching potential partners. Each session is tailored to the individual client's needs and may involve a combination of coaching exercises, role-playing scenarios, and actionable advice.

Q. So, once you've done the initial assessment, how do you personalize your advice and tips to fit each client's unique personality and needs?

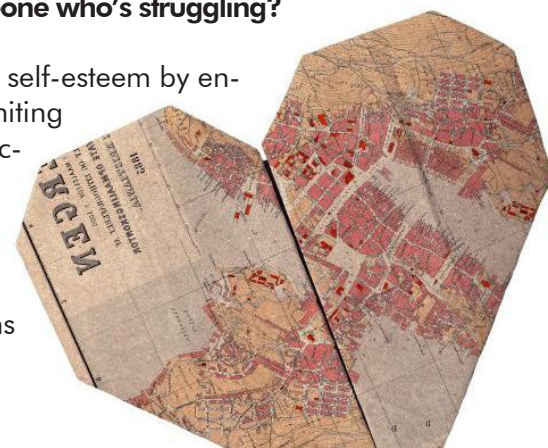
A: I believe in taking a holistic approach by considering each client's personality, past experiences, and specific goals. Through active listening and empathetic understanding, I adapt my coaching style and advice to resonate with each client's individuality, ensuring that the guidance provided is relevant and actionable for their unique circumstances.

Q: I understand your services are very personalized for each client, but you must have some general pieces of advice. Can you share some key tips you always make sure to give your clients looking to improve their dating lives?

A: Some key tips I emphasize include practicing self-love and self-care, setting clear intentions and boundaries, honing communication skills, being authentic and genuine, and maintaining a positive mindset throughout the dating journey.

Q: That's great! So, when it comes to confidence and self-esteem in dating, how do you help someone who's struggling?

A: I help clients cultivate confidence and self-esteem by encouraging self-reflection, challenging limiting beliefs, celebrating their strengths and accomplishments, and fostering a supportive and empowering environment for growth. Additionally, I provide practical strategies and exercises to build confidence and resilience in social interactions and dating scenarios.



“Practicing self-love and self-care, setting clear intentions and boundaries is the key”

Q: This all sounds really helpful! Can you share any cool success stories or memorable moments from your experience as a Dating Coach? We'd love to hear one!

Absolutely! One memorable success story involves a client who had struggled with low self-esteem and fear of rejection in the dating world. Through our coaching sessions, she gained a newfound sense of self-worth, learned to embrace vulnerability, and developed the confidence to put herself out there. Eventually, she met someone who cherished her for who she truly was, leading to a fulfilling and loving relationship.

Q: A happy ending indeed!

So, how do you manage online dating, which is so big these days, and how do you help your clients navigate all the digital stuff?

I help clients navigate online dating by providing guidance on creating an authentic and compelling profile, selecting appropriate dating platforms, understanding online communication etiquette, and managing expectations. Additionally, I offer strategies for staying safe and maintaining a healthy balance between online interactions and real-life connections.

Q: Switching to real-life interaction can surely be a game changer, so when it comes to communication and setting boundaries, what do you tell your clients?



A: I emphasize the importance of clear and honest communication in dating and relationships. I encourage clients to assert their needs and boundaries confidently while also being receptive to their partner's perspective. I provide practical tools for effective communication, active listening, and conflict resolution to foster healthy and mutually respectful connections.

Q. That sounds great! So, when clients start their dating journey, what are some green flags to look out for when you're getting to know someone new? And what are some red

“green flags include shared values and goals”

flags that should make you think twice?

A: Green flags include mutual respect, open communication, emotional intelligence, shared values and goals, willingness to compromise, and consistent effort in building the relationship. Red flags may include lack of accountability, controlling behavior, disrespect, inconsistency, and disregard for boundaries or consent.

Q: Thank you so much for all these insights for our readers. Lastly, what's the best part about being a Dating Coach, and what advice would you give someone jumping into the dating scene?

The best part about being a Dating Coach is witnessing the transformative journey of my clients as they gain confidence, find clarity, and ultimately, discover the love and connection they desire. My advice for someone entering the dating scene is to embrace authenticity, practice self-love and resilience, stay open to new experiences, and trust in the process of finding the right match. Remember to enjoy the journey and cherish the lessons learned along the way.

PRODUCT OF THE MONTH

Discover Heartfelt Keepsakes at **Specialplaceart on Etsy!**

- Starting at \$45.00
- Custom hand-drawn coordinates maps.
- immortalize your first date, engagement location, wedding venue... It's up to you what makes your place special!

Looking for a gift that tugs at the heartstrings? We stumbled upon **Specialplaceart**, an enchanting **Etsy shop** where custom hand-drawn maps and minimalist drawings come to life.

What began as a heartfelt wedding gift for friends has blossomed into a thriving **Etsy shop**. Clara's meticulous hand-drawn designs, crafted with ink on paper, stand out in a sea of digital creations.

From commemorating special dates to celebrating shared moments, each piece from **Specialplaceart** radiates authenticity and sentimentality. With over **1,650 sales and glowing reviews**, Clara's creations have captured hearts worldwide.

Ready to immortalize your special place? Explore Specialplaceart on Etsy today and turn your memories into cherished keepsakes! **Visit [Etsy.com/shop/specialplaceart](https://www.etsy.com/shop/specialplaceart) now.**



LIFE IN COLORS



It happens in life, it happens here...

Setting Financial Goals as a team

A Practical Guide for Couples

Let's talk about the big stuff – setting financial goals together. It might sound daunting, but trust us, it's not rocket science. We're here to break it down into bite-sized pieces and make it as **smooth as butter**.

1

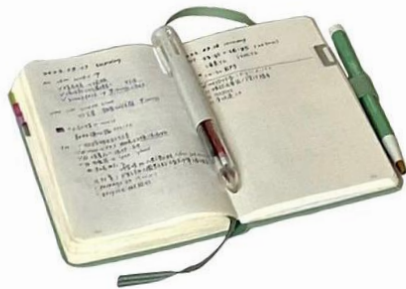
Dream Together, Plan Together

Imagine sitting on your worn-out couch, sipping your favorite brew, and dreaming big with your partner. From owning a cozy home to planning that dream vacation, let your imaginations run wild. Once you've got your wishlist, it's time to put pen to paper and craft a game plan together.

2

Sort Out Your Priorities

Now, let's get real. Not all dreams are created equal, and that's okay! Take a moment to sort out what matters most to both of you. Whether it's paying off student loans or splurging on a new gadget, make sure your goals align like two puzzle pieces fitting snugly together.



4

Flexibility is Key

Life's full of surprises – some good, some not-so-good. Stay flexible! Be prepared to adjust your plans as life throws its curveballs. Remember, it's not about sticking to the plan religiously but adapting together as a team.

3

Crunch the Numbers

Alright, time to get nerdy with numbers. Break down your goals into smaller, manageable chunks. How much do you need to save each month? When do you want to achieve your goals? Crunch those numbers together and create a roadmap that's as clear as day.



**IT DOESN'T HAVE TO BE A
HEADACHE**

5

Celebrate Every Win

Last but not least, don't forget to celebrate your victories, no matter how small. Did you stick to your budget this month? High-five! Did you reach a savings milestone? Treat yourselves to a cheap date night. Celebrate those wins together – you've earned it!

With a dash of teamwork, a sprinkle of flexibility, and a whole lot of love, you'll be well on your way to achieving your dreams together. Cheers to that!

The relationship couch with Dr. Lily Lovegood



Mastering Communication in Relationships

We interviewed Dr. Lily Lovegood for advice on strengthening communication in relationships. This is what she had to say!

Q: Why is effective communication so essential in relationships, especially in today's fast-paced world?

A: Communication is the cornerstone of any healthy relationship. Effective communication becomes even more crucial in today's fast-paced world, where distractions are everywhere. It's not just about talking; it's about truly listening to your partner, understanding their needs, and expressing your own clearly and respectfully. Without effective communication, misunderstandings can arise, leading to conflicts and resentment. By prioritizing communication, couples can strengthen their connection and navigate challenges more easily.

Q: Many people struggle with expressing their needs and desires in a relationship. What advice do you have for individuals who struggle to communicate openly with their partners?

A: It's common for people to feel hesitant or vulnerable when expressing their needs and desires in a relationship. My advice is to start by creating a safe and supportive environment where both partners feel comfortable sharing their thoughts and feelings without fear of judgment. Practice active listening and empathy, validating your partner's perspective even if you disagree. And remember, communication is a skill that can be learned and improved over time. Be patient with yourself and your partner as you navigate this journey together.

“Communication is the corner stone of every healthy relationship”.



Q: Conflict is inevitable in any relationship. How can couples effectively communicate during times of disagreement or conflict?

A: Conflict can be an opportunity for growth and deeper connection if approached with the right mindset. During times of disagreement or conflict, it's important to remain calm and composed, avoiding blame or defensiveness. Strive to understand your partner's point of view, even if you disagree with it. Use "I" statements to express your feelings and needs without blaming your partner. And don't forget to validate your partner's feelings, even if you don't necessarily agree with them. By approaching conflict with empathy and respect, couples can work through challenges together and emerge stronger than ever.

Q: In today's digital age, technology plays a significant role in how we communicate. How can couples maintain healthy communication habits in the face of constant digital distractions?

A: Technology has undoubtedly changed how we communicate, but couples must set boundaries and prioritize quality time together. Designate specific times to disconnect from screens and focus on each other, whether it's during dinner or a weekend getaway. Give each other your full attention without the distractions of phones or social media. Don't be afraid to have open and honest conversations about your digital habits and how they impact your relationship. Couples can strengthen their bond and build a more fulfilling relationship by fostering a healthy balance between technology and face-to-face communication.

Q: Thank you, Dr. Lily Lovegood, for sharing your valuable insights on communication in relationships. Before we wrap up, do you have any final thoughts or advice for our readers?

A: Remember that communication is the key to a happy and healthy relationship. Take the time to listen to your partner, express your needs openly and honestly, and prioritize quality time together. And don't forget to have fun and laugh together along the way! By cultivating strong communication skills, you can create a relationship that's built to last.



5 TIPS FOR COUPLES TO OPEN UP ABOUT SEX

By Amy Rowan



Amy Rowan

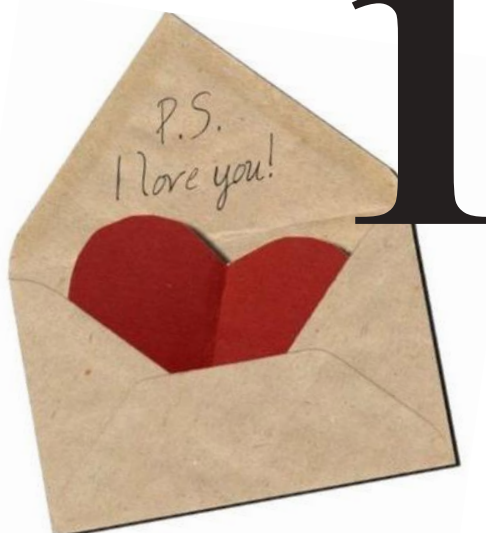
I'm a Clinical Sexologist and certified Intimacy Coach. I'm passionate about helping you unlock all the pleasure potential within you. I provide the adult sex education you never received, bust the myths that are preventing you from enjoying sexual experiences, help you overcome shame and fear, and experience connection and confidence in the bedroom!

Let's talk about the real-deal stuff: sex. Yep, the big, bold, and sometimes awkward topic that deserves a spot on your communication radar. Whether you're newlyweds or seasoned partners, keeping the conversation open about your desires and preferences can truly spice up your relationship. So, grab your partner's hand, and let's dive into five tips for more candid and fun chats about intimacy.



1 Emphasize the Positive!

Picture this: a compliment sandwich. No, it's not a new menu item; it's a communication technique that works like a charm. Start by showering your partner with praise for the things you love about your intimate moments. Then, sprinkle in a dash of constructive feedback. Finally, seal it with another compliment. It's like a love letter with a touch of improvement suggestions—sweet and effective!



2

Use Movies to Open Communication and Explore!

Lights, camera, action! When it comes to spicing things up, why not turn to the silver screen for inspiration? Swap out your regular Netflix lineup for something a little steamier. Whether it's a classic rom-com or a sultry indie flick, movies can serve as the perfect icebreaker to discuss your deepest desires. And hey, if you're feeling adventurous, maybe even delve into some well-curated adult content. Just remember, it's all about sparking conversation and exploring together.



3

When Matters!

Timing is everything, especially when it comes to discussing matters of the bedroom. Rule number one: avoid conversations about sex when your partner is walking in the door, feeling hungry, tired, or stressed. Instead, pick a peaceful moment when you're both relaxed and in good spirits. Trust us; it'll lead to a much more fruitful conversation (and potentially some exciting outcomes).

4

Navigate Differences

Let's face it; no two people are exactly alike, especially when it comes to preferences in the bedroom. Embrace the differences, folks! Remember, it's not about being right; it's about being happy together. Respect each other's boundaries and desires, and be open to compromise. After all, finding common ground is part of the adventure.



Use "I" Statements

Repeat after me: "I statements are my new best friend." Seriously, though, using "I" statements can work wonders in fostering open and honest communication. Instead of pointing fingers or assigning blame, focus on expressing your feelings, concerns, and needs. Whether it's a gentle nudge towards more foreplay or a request for a specific position, framing your desires with "I" statements keeps the conversation constructive and drama-free.

Don't Let the Waves Wash Away Your First Date At The Beach



Riley Cream High Waisted Bikini by Soah Riley

High-waisted bikini: This style elongates your torso and flatters your curves.

Kim One-Piece Swimsuit by Montce



One-piece swimsuit with ruching: This style provides coverage and support while still looking stylish. Choose a dark color to slim down your silhouette.

Curvier figures



by Esmeralda Chavez

The ultimate Fashion guide to leave your date charmed with your style!

Ahhh, the beach: a seemingly idyllic setting for a first or second date. Sun-kissed skin, gentle waves lapping the shore, the salty breeze carrying whispers of romance. But hold on, amidst the picturesque backdrop lurks a hidden truth: beach first dates can be surprisingly challenging!

It's understandable that body image concerns can arise for both women and men on a beach first date. The beach can be a place where we feel exposed and vulnerable, leading to self-consciousness about our bodies.

To navigate the sand, sun, and surf in style, here's your beach first date fashion survival guide:

First of all choosing the perfect swimsuit for a beach date can be tricky, as you want to find something that's both stylish and comfortable. Here are a few suggestions based on different body types and preferences.

For slimmer figures



Bandeau bikini: This style shows off your shoulders and décolletage. Choose a bright color or pattern to make a statement.

Luna Bikini by Amuse Society

Remember

Accessorize strategically: Hats, sunglasses, and jewelry can add personality and protect you from the sun.

Choose sun-protective fabrics and SPF: Prioritize your health and comfort. Pack a change of clothes: Be prepared for post-beach activities.



Pombeline Linen Bias Slip Midi Dress

Another great option for a casual beach date. Look for a dress with a flattering silhouette and fun details like ruffles or embroidery.



Florence Set by Free The Label

A linen shirt and short set can be a great choice for a first date at the beach, as it's both stylish



Sara Crochet Cover-Up Maxi Dress by Capittana

Cover-up dress for a sexy look: If you plan on swimming or doing any other activities in the water, a sexy cover-up dress is a must-have.

DRESSES FOR HER



FOR HIM

Choose outfits that make you feel good, regardless of trends or societal expectations. Confidence is always the most attractive accessory.

Classic Board Shorts: These boardshorts are made from a durable and quick-drying nylon fabric and feature a classic fit with a drawstring waist.



Swim trunks are a more fitted option than boardshorts, and they're a good choice if you're looking for a swimsuit that provides more support.

**SHORTS TORTUES
MULTICOLOR**
By Vilebrequin



Vacation Trunk by Tan Earth

Perfume for a beach date

We know that your look and appearance are important on a first date at the beach. But a rich perfume scent can be a game changer. Here we give you ideas for her and him for perfect perfumes for a beach day.



FOR HER
Aqua Allegoria by Guerlain

This coconut fizz fragrance is light and refreshing, and is sure to make you feel like summer

FOR HIM
Acqua di Parma Colonia

Colonia By Acqua Di Parma: The top notes of bergamot, lemon, and orange are fresh and invigorating, while the middle notes of lavender, rosemary, and jasmine are floral and masculine. Your date will love it.



BEACH OUTFITS



Trehil Orange Swimwear and white classic T-shirt by Ted Bake

Solid-colored t-shirt in a neutral color like white, navy, or grey is always a safe bet. You can also try a t-shirt with a beachy vibe, like stripes or a nautical print.



Men's linen cargo go shorts and shirt by Magic Linen Relaxed Look

Tailored linen shirt and Linen shorts in a neutral color The combination of tailored lines and natural fabric creates a sophisticated yet relaxed look, perfect for a casual beach setting.

Beyoncé *and Jay-Z*



The Dynamic Duo of Love and Redemption

In the glittering constellation of celebrity power couples, there's one pair that outshines them all: Beyoncé and Jay-Z.

Theirs is a saga of love, betrayal, and, ultimately, redemption — a rollercoaster ride through the highs and lows of fame and fortune.

Picture this: a music industry titan and a fierce diva entwined in a romance that captivates the world. But behind the glamorous façade lies a story of struggle and triumph, beautifully depicted for an entire world to witness, so let's see what glue holds their love together.



Beyoncé and Jay-Z, two titans of the music industry, have captivated audiences not only with their individual talents but also with their enduring relationship. Their love story is not just about glitz and glamour but also about resilience, perseverance, and a deep commitment to each other.

From the outside, their journey seems like a fairy tale. However, like any other couple, they have faced their fair share of challenges. Infidelity rumors, personal struggles, and professional pressures could have torn them apart, but instead, they emerged stronger than ever.

In an interview, Beyoncé once shared, “Every relationship goes through its ups and downs, and we’re no exception. What’s important is how you navigate through those tough times together.” This sentiment echoes the couple’s approach to their relationship—communication, trust, and mutual respect have been their guiding principles.

Jay-Z has also been vocal about their journey, stating, “We’ve learned that no matter what happens, our bond is unbreakable. We’ve grown together, evolved together, and that’s what makes us stronger as a couple.” Their ability to prioritize their relationship amidst their demanding careers sets them apart. Despite their individual successes, they always find time for each other and their family. Beyoncé once said, “Family is everything to us. No matter where life takes us, our foundation is built on love and unity.”

Over the years, Beyoncé and Jay-Z have not only conquered the music industry but have also become advocates for love, equality, and empowerment. They use their platform to inspire others to prioritize their relationships and work through challenges.

In a world where celebrity relationships often crumble under the spotlight, Beyoncé and Jay-Z stand as a beacon of hope. They have shown that with love, dedication, and a willingness to grow together, any obstacle can be overcome. As they continue to inspire millions with their music and their love, their legacy as a power couple remains unmatched.

WHY DON'T WE COOK TOGETHER?

Chicken Parmigiana

This chicken parmigiana is a very nice dinner for two. Serve it with your favorite pasta and tossed greens.

Ingredients

- 1 egg, beaten
- 2 ounces dry bread crumbs
- 2 skinless, boneless chicken breast halves
- $\frac{3}{4}$ (16 ounce) jar spaghetti sauce
- 2 ounces shredded mozzarella cheese
- $\frac{1}{4}$ cup grated Parmesan cheese

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a medium baking sheet.
2. Pour egg into a small shallow bowl. Place bread crumbs in a separate shallow bowl. Dip chicken into egg, then into bread crumbs. Place coated chicken on the prepared baking sheet.
3. Bake in the preheated oven until no longer pink and juices run clear, about 40 minutes. Remove from the oven.
4. Pour $\frac{1}{2}$ of the spaghetti sauce into a 7x11-inch baking dish. Place chicken breasts over the sauce, then cover with remaining sauce. Sprinkle mozzarella and Parmesan cheeses on top. Continue baking until heated through and cheeses have melted, about 20 more minutes.



Prep Time: 30 mins
Cook Time: 1 hr
Total Time: 1 hr 30 mins
Servings: 2

Nutrition Facts

calories 528, total fat 18g, saturated fat 8g, cholesterol 184mg, sodium 1310mg, total carbohydrate 45g, dietary fiber 6g, total sugars 17g, protein 44g, vitamin c 3mg, calcium 445mg, iron 4mg, potassium 804mg



WHY DON'T WE DATE EACH OTHER?

Cultural Exchange Night

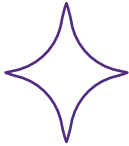
Expand your horizons without leaving home by hosting a cultural exchange night. Each of you picks a country you're curious about and prepares a presentation. Dive into the history, music, dance, and cuisine of your chosen destinations. Don't forget to dress the part and maybe even attempt a few words in the native language. It's like traveling the world without the jet lag!



HOROSCOUPLE

by Mariamely Leoni

Conscious Coach, Certified in Natal
Chart Reading



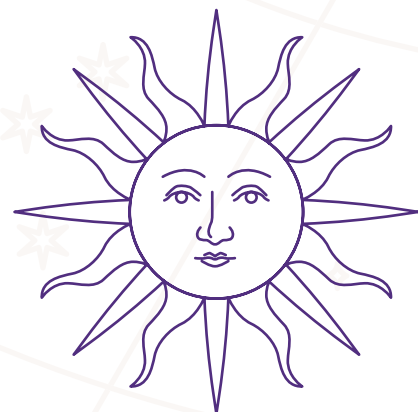
If you are into psychology, you might have heard the term “name it to tame it”, psychologists usually use this phrase to refer to emotions, but I like to use it to refer to the features of my personality that were imprinted in me by the stars. Studying my natal chart unblocked another level of self-consciousness and free will, it allowed me to “name” the not so attractive features of my innate behaviors and allowed me to change or transform them into more sexy and favorable ones.

Astrology has been a game changer for me as it allowed me to finally find a reason to why sometimes I feel the need to do an x-ray on my husband’s phone (it is just my Scorpio side taking over), but I don’t use that as an excuse; instead, I tame that little scorpion down by pausing and having an inner talk with it. Owning my emotions and allowing myself to feel those emotions without automatically reacting to the outside trigger has been a true antidote for divorce.

Now, also knowing and understanding MY partner’s astrological nature unblocked another level in our relationship which I call “radical acceptance” and once you reach this level you have no option but to respect each other’s nature and sit down and work on some agreements (boundary setting) on how you are going to make these two crazy wheels of nature work out (or not).

I call it “radical acceptance” some other people may call it “unconditional love”, either way respecting each other’s astrological nature has been one out of many ways to stay together.

Let’s start simple...



Unlocking your sign

Explore the top five features of your star sign!



Aries

1. **Fiery, vibrant, trailblazer.** You like to stand out and be noticed.
2. **Fearless.** You charge headfirst with passion and grit.
3. **Dynamic, bold, spontaneous,** and always ready for adventure.
4. Unstoppable energy.
5. Lead others with **confidence** and a dash of impulsiveness.

BIGGEST CHALLENGE: PATIENCE



Taurus

1. **Steady, grounded, reliable** and full of sensual delights.
2. Earthy. Stands firm.
3. **Patient, practical,** and a lover of life's luxuries.
4. Solid as a rock, yet soft as spring blossoms, **loves cuddling and physical contact.**
5. Determined, devoted, and always ready to indulge.

BIGGEST CHALLENGE: SPONTANEITY



Gemini

1. **Fun, playful, curious,** versatile, and flexible.
2. **Adaptable, expressive,** and ready for endless conversations.
3. Duality Master. **Ability to see both sides of the coin.**
4. Agile multitasker.
5. **Values friendship.** Makes decisions based on them.

BIGGEST CHALLENGE: BOREDOM



Cancer

1. **Emotional, intuitive,** and wrapped in compassion.
2. Nurturing.
3. **Sensitive, imaginative,** and ever-flowing with empathy.
4. **Moonlit.** Reflective, protective, and deeply rooted in family bonds.
5. Homebody with a heart of gold, embracing with gentle care.

BIGGEST CHALLENGE: NOT TAKING THINGS PERSONAL



Leo

1. Majestic like the lion, you **roar with pride and passion.**
2. Confident, charismatic, and **radiating with royal energy.**
3. Bold, dramatic, and always center stage.
4. **Generous, loyal, caring,** and leads with creativity.
5. Bold, courageous, and loves in abundance.

BIGGEST CHALLENGE: HUMILITY



Virgo

1. **Perfectionist.** Organizes with precision.
2. Analytical, **detail-oriented, practical,** and always striving for excellence.
3. Meticulous, modest, and **infused with earthly wisdom.**
4. Discerning, diligent, and crafting beauty in the details.
5. Sees the world through a lens of **order, grace, and service.**

BIGGEST CHALLENGE: SELF CRITICISM



Libra

1. Seeks **harmony, balance, and beauty** in all aspects of life.
2. Charmin, diplomatic, social, **enchanting, and elegant leader.**
3. Fair-minded middleman.
4. Peaceful and poised.
5. **Stylish and fashion-forward.**

BIGGEST CHALLENGE: CONFLICT



Scorpio

1. **Passionate, determined,** and veiled in enigmatic charisma.
2. **Powerful,** perceptive, and courageous.
3. Master detective unravels mysteries and discovers truths.
4. **Fearless.** Transforms pain into strength.
5. **Extremists.** No gray areas are allowed.

BIGGEST CHALLENGE: FLEXIBILITY



Sagittarius

1. **Free-spirited and optimistic** explorer.
2. **Adventurous.** Chases dreams with untamed zeal and wanderlust.
3. **Restless,** joyful, and enthusiastic.
4. Seeker of justice and fairness.
5. **Social, friendly,** and enchanting.

BIGGEST CHALLENGE: CONNECTING WITH THE PRESENT MOMENT.



Capricornus

1. **Ambitious.** Scales the highest peaks with tenacity.
2. **Drive, practical,** disciplined, and able to build empires with wisdom.
3. **Patient, determined,** and crafts success with steadfast resolve.
4. Goal-oriented and reliable.
5. Cold on the outside, **warm, and soft on the inside.**

BIGGEST CHALLENGE: ASKING FOR HELP



Aquarius

1. **Visionary,** always looking for innovation and improvement.
2. **Unique, intellectual,** and unconventional.
3. **Humanitarian,** progressive thinker.
4. Eccentric, friendly, and shaping the future with **radical brilliance.**
5. Freedom seeker, rule breaker.

BIGGEST CHALLENGE: FOLLOWING THE RULES / AUTHORITY



Pisces

1. **Mystical dreamers.**
2. **Imaginative, compassionate,** and intuitive.
3. Sensitive and artistic, overflowing with love.
4. **Serene souls with boundless empathy.**
5. Humanitarian. Always ready to serve.

BIGGEST CHALLENGE: EMOTIONAL REGULATION

DIRECTORY

Amy Rowan

Sexologist

@amyrowanintimacycoach

amy.rowan.intimacy@gmail.com

Mariamely Leoni

Conscious Coach Certified

in Natal Chart Readings

info@elevatethem.com

Sabrina Visconti

Dating Coach

www.visecure.net

Esmeralda Chavez

Jewelry Designer

@crystaldustdesigns

If you would like to be featured or want to collaborate, please contact:

info@makinghappycouples.com

MHC
MAKING HAPPY COUPLES

BY



www.makinghappycouples.com

DISCLAIMER:

While we strive to provide helpful and insightful content, it's important to note that Making Happy Couples is not intended to be a substitute for professional advice. The articles, tips, and recommendations featured in our magazine are based on personal experiences, research, and expert opinions, but they should not be construed as professional or therapeutic advice.