

# MHC

MAKING HAPPY COUPLES

## WHY WE FAKE ORGASMS

And how to start talking  
about real pleasure

## LOVE BOMBING OR GENUINE INTEREST?

How to spot the  
difference early on

## TALK MONEY WITHOUT FIGHTING

Real strategies for calm,  
connected conversations

# A story of faith, and forgiveness

Meet: Joe & Krissy Angelo



VOL. 9





# PDA & the Magic of Mexico City

There's something so special about walking through the streets of Mexico City. Between the street tacos, the mariachi in the distance, and the buzz of everyday life, you'll find something else—something tender. Couples. **Everywhere.**

On park benches, sharing quiet moments. In plazas, holding hands. On shaded sidewalks, stealing kisses like they're extras in an old romantic movie from the '50s. It's not loud or performative—it's soft, natural, and almost cinematic.

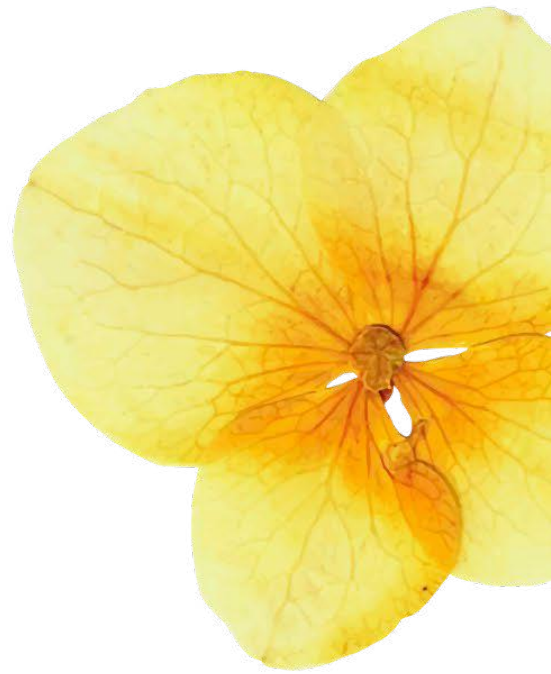
What struck me most is how normal it is here to see love in public. It's not hidden or saved for behind closed doors. It's present, woven into the rhythm of daily life. And that kind of visible affection does something to a place. It reminds people what connection looks like. It softens the city.

It made me realize how powerful it is for society to grow up and live surrounded by **everyday expressions of love**—how a little hand-holding here, a forehead kiss there, can normalize tenderness in a world that often rushes past it.

So here's to those couples in Mexico City—unknowingly reminding us that love isn't just for anniversaries or private moments. It can live on a park bench, in the middle of the day, with nothing to prove. Just two people, choosing each other again and again, in the open.

**With love, from a park bench**  
**— Daniel & Daniella**





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## The Social Media Minefield:

# How to Scroll Without the Drama

We live in a world where a “like” can spark a fight and an Instagram story can start a full-blown cold war. Social media can be a fun way to connect and share your life—but let’s be honest, it can also be a minefield for relationships. Whether it’s an ex popping up on the timeline, your partner’s “thirst trap” comments, or blurred boundaries with strangers in DMs, the digital world has a sneaky way of stirring up real-life tension. The good news? You can navigate social media as a couple without spiraling into arguments or insecurity. Here’s how to keep your relationship strong while staying scroll-savvy.

### Define Your Digital Boundaries —Together

Every couple has different comfort levels when it comes to social media. Maybe you’re fine with flirty comments, or maybe you’d rather not see your partner following every bikini model in existence. The key? Talk about it. Set clear, mutual boundaries. Think:

Are exes off-limits in the DMs?

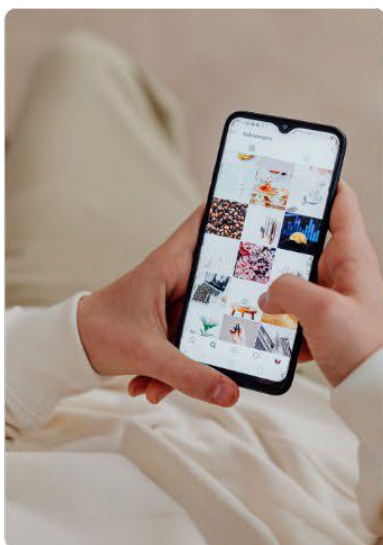
Are you tagging each other in couple pics—or keeping it lowkey?

What kind of interactions cross the line?

Boundaries aren’t about control—they’re about respect.

### Don’t Jump to Conclusions Over a ‘Like’

We’ve all been there: you see your partner liked someone’s photo and your stomach flips. But before you spiral, ask yourself—is this actually a red flag or are you reading too much into it? A like is not a love letter. If something makes you uncomfortable, bring it up calmly. Assume the best, talk it out, and don’t let the algorithm control your emotions.



### Normalize the “Ex Check-In” Talk

Still following an ex? Still being followed by an ex? It’s okay to ask questions—just don’t interrogate. Being open about past relationships doesn’t have to be awkward. If something makes you feel uneasy, say it. Respectfully. You might both agree to unfollow old flames—or you might decide it’s no big deal. The goal is transparency, not drama.

### Keep the PDA Real (and Realistic)

Posting each other online shouldn’t be a performance. If it’s authentic and it makes you both feel good—go for it. If one of you doesn’t post much or prefers to keep things private, that’s valid too. Just don’t use social media to prove something to the outside world. Real connection > digital perfection.

### Use Social Media to Build, Not Break

Believe it or not, social media can actually strengthen your relationship. Send each other memes that remind you of inside jokes. Hype each other up in the comments. Share posts about your love languages, attachment styles, or even spicy date ideas. Use the digital space to lift each other—not tear each other down.

Social media isn’t going anywhere, but the drama doesn’t have to stay either. With honest conversations, clear boundaries, and a little mutual trust, you can scroll, swipe, and double-tap your way through the internet without sacrificing your peace—or your partnership. And remember: the only thing worth posting about... is love that’s real—online and off.





# Love Bombing vs. Genuine Interest

## Spotting the Difference

Hey friends, let's talk about something that's been buzzing around the dating world lately—**love bombing**. It's all over TikTok, podcast convos, and relationship chats, but what is it, really? And how do you tell it apart from someone who's just genuinely, sincerely into you?

**Here's the truth:** when you're craving connection, affection can feel like a dream. But too much too soon—especially if it's intense, overwhelming, and a little too perfect—might be a red flag, not a fairytale.

Let's break it down so you can date smarter, protect your peace, and recognize the difference between manipulation and meaningful connection.

### What Is Love Bombing?

Love bombing is a form of emotional manipulation where someone overwhelms you with attention, compliments, gifts, and promises early on to gain control or fast-track the relationship.

At first, it feels amazing. You might think, "Wow, they really get me." But soon, it shifts. Once you're emotionally invested, the person may start withdrawing, criticizing, or trying to control you—leaving you confused, anxious, and doubting yourself.

It's common in toxic or narcissistic dynamics, but it can happen in any relationship when one person uses intensity as a tool to dominate emotionally.

### What Genuine Interest Looks Like

Genuine interest, on the other hand, is rooted in **respect, consistency, and pacing**. It feels good, but not chaotic. It gives you space to be yourself. The connection builds over time—like a slow burn, not a flash fire.

Someone who is genuinely interested in you **wants to learn about you without rushing** the emotional intimacy or labeling things too soon.



## Love Bombing vs. Genuine Interest

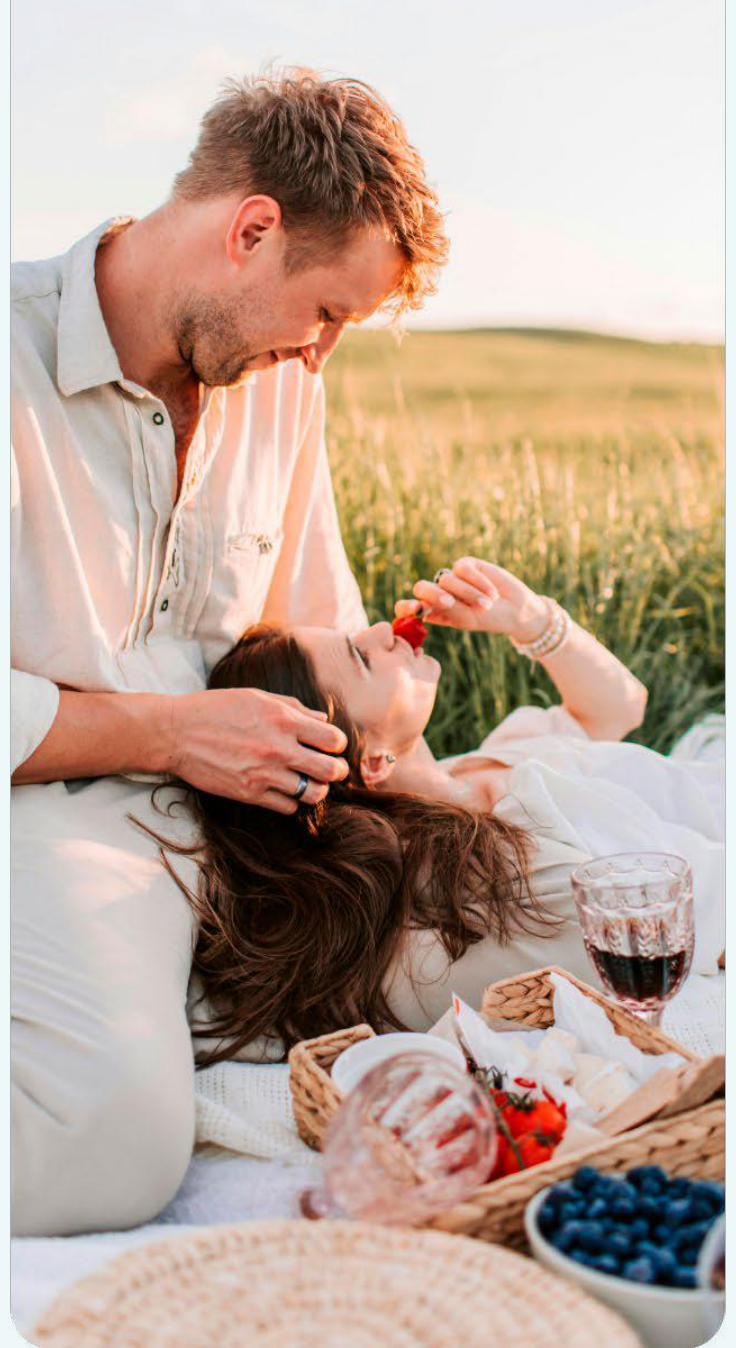
### Key Differences

#### Love Bombing

- Moves very fast—"You're my soulmate" on date two
- Excessive flattery—more than they could realistically know about you
- Pressures commitment early
- Wants constant contact and may get upset if you need space
- You feel overwhelmed, anxious, or like something's off beneath the flattery
- Grand gestures early on (lavish gifts, surprise trips)

#### Genuine Interest

- Paces the relationship, even if feelings are strong
- Compliments are thoughtful and grounded in real observations
- Allows things to develop naturally
- Respects your time, boundaries, and independence
- You feel safe, seen, and emotionally grounded
- Effort matches the stage of the relationship



#### How to Protect Yourself

- **Pause and reflect.** If it feels too good to be true, slow down. Check in with how you really feel, not just how they make you feel.
- **Set boundaries.** If they push back on your boundaries (time, space, pace), that's a red flag.
- **Talk to your circle.** Trusted friends can often spot manipulative patterns before you do.
- **Watch for consistency.** Anyone can say the right things. Pay attention to actions over time.

#### Signs you might be experiencing love bombing

- They say "I love you" super early
- They talk about marriage or moving in right away
- They isolate you from friends or make you feel guilty for setting boundaries
- They make you feel like you owe them for how much they've "invested"
- The affection is intense, then suddenly inconsistent

Being pursued and adored feels great—and you deserve that. But you also deserve a love that's safe, steady, and secure. One that grows with intention, not intensity. So take your time. Tune into your intuition. And remember: real love doesn't rush. It builds.



Lily's Love Lounge:

# Emotional vs. Physical Intimacy

## Why You Need Both

The difference between feeling close and just being close—and how to actually balance them. Welcome back to **Lily's Love Lounge**, the place where we get honest about modern relationships, minus the fluff. This month, we're getting into something that can make—or quietly break—your connection: **intimacy**. And no, it's not just about what happens between the sheets.

Let's break it down: **Emotional intimacy** is about feeling seen, safe, and supported. **Physical intimacy** is about touch, chemistry, and closeness. One without the other? You're either roommates or just really hot strangers. Here's why you need both—and how to make sure you're not dropping the ball on either side.



### Physical Intimacy: The Sizzle Factor

#### What it is:

Holding hands. Making out. Sex. That forehead kiss that melts your soul. Physical intimacy is the spark, the chemistry, the touch that says, "I'm into you."

#### Why it matters:

Physical touch boosts oxytocin (the love hormone), reduces stress, and increases relationship satisfaction. It's not just about sex—non-sexual touch is just as important. Cuddling, spontaneous hugs, or even a flirty butt tap can work wonders.

#### Red flag alert:

If your physical connection starts to feel like a routine, or worse, a chore, it's time to check in.

### Emotional Intimacy: The Soul Sync

#### What it is:

Late-night talks. Inside jokes. Crying on their shoulder after a rough day. Emotional intimacy is the feeling of being truly known and understood.

#### Why it matters:

It's the glue that keeps relationships grounded. When emotional intimacy is strong, you're more likely to handle conflict well, feel secure, and actually want to be physically close.

#### Red flag alert:

If your convos never go deeper than "How was your day?" and "What do you want for dinner?", you might be missing the emotional layer.





**A couple who shares everything emotionally but rarely touch? That's friendship with a hint of tension**

### So, Why Do You Need Both?

Imagine this:

- A couple with tons of sex but no deep convos? That's passion without connection. Eventually, the spark fizzles, and you're left feeling... empty.
- A couple who shares everything emotionally but rarely touch? That's friendship with a hint of tension.

True intimacy is the combo platter. Emotional depth makes physical intimacy more meaningful. And physical closeness reinforces emotional safety. It's a loop—and when you nurture one, the other often follows.

### Dr. Lovegood's Tips to Balance Both

Make time for talks—not just dates. Carve out time to talk about things deeper than work or what to binge-watch. (Try conversation cards, or even just a walk with no phones.)

- Don't underestimate the power of small touches. A hand on their back while they cook. A kiss on the forehead before leaving. It matters.
- Redefine intimacy. It's not just sex or heart-to-hearts. Intimacy can be laughing till you cry or folding laundry together while talking about your goals.
- Check in regularly. Ask: "Do you feel close to me lately?" It's not cheesy. It's emotional maturity.
- Don't fake one to get the other. Using physical closeness to avoid emotional depth—or vice versa—leads to imbalance. Be honest about what you're giving and what you need.

### Dr. Lily's Quick Intimacy Check-In

Ask yourselves these questions (yes, out loud):

1. When was the last time we had a real conversation—not just logistics?
2. How often do we intentionally touch each other (outside of sex)?
3. Do I feel safe bringing up tough emotions?
4. Do I feel desired by my partner—and do they feel desired by me?

Wherever the gaps are, that's your cue to start showing up for each other in new (or renewed) ways.

### Last, but not least

Intimacy is not one-size-fits-all—but one thing's universal: relationships thrive when emotional and physical intimacy work in harmony. You deserve to be known and touched, heard and held.

So this month, be bold. Start that convo, initiate that kiss, or open up about something real. That's how closeness is built—not in grand gestures, but in consistent connection. Until next time, lovers—go feel close, not just be close.



The Married Life:

# Joe & Krissy Angelo on Faith, Forgiveness, and Fighting for Connection

Joe and Krissy Angelo are more than a couple—they're a movement. As pastors and founders of The Married Life, they've turned their personal journey into a calling: helping couples grow stronger in faith, intimacy, and love. Married for 16 years and partners for 21, the Angelos lead Vivid Church in Orange County, California, and raise four beautiful children while empowering couples across the world to prioritize connection. With wisdom rooted in real-life challenges and the transformative power of Christ, they share what it means to fight for your marriage daily.

**Q: Let's start at the beginning! Can you share the story of how you two first met—and what was it about each other that immediately caught your attention?**

A: It wasn't exactly love at first sight—at least not for both of us. We met in 7th grade. Joe was instantly smitten, but Krissy took longer to come around. It wasn't until senior year of high school that our friendship deepened into something more.

**Q: Your relationship didn't exactly start on easy mode. Can you tell us about the early challenges you faced, and what helped you push through those rough patches?**

A: We were both selfish, controlling, and prideful. Not a great recipe for a relationship. We would go out to party, fight, break up, and get back together days later. It was a vicious cycle that lasted four long years. Honestly, we don't know how we stayed together during that time. It was so toxic that most of our friends didn't even want to hang out with us together anymore.

**Q: Faith seems to have played a big part in your journey as a couple. How has your spiritual path influenced the way you show up for each other in your marriage?**

A: It wasn't until we fully committed our lives to following Jesus and His ways for a relationship that things turned around. We were actually broken up, attending different colleges, when we separately encountered Jesus for the first time. Once we each began to build a stable relationship with Him, we started becoming friends again, then eventually dating. A lot of healing happened in a short amount of time, and we got married soon after. We haven't looked back since!



## In a nutshell

**How long have you been together?**

21 years together, 16 years married

**Do you have kids?**

Yes, 4 kids: Kara (27), Gwen (11), Vivi (8), Ellis (4)

**Where do you live?**

Orange County, California

**What do you do for work?**

Pastors and Founders of The Married Life

**A fun fact about you as a couple:**

We love snowboarding

**Unique rituals or dynamics:**

Daily check-ins, weekly dates, yearly getaways.

**What is the best way for our readers to follow or reach you?**

**IG:** @themarriedlife.us

**YouTube:** The Married Life with Joe and Krissy Angelo





**Q: Between The Married Life and leading Vivid Church, you pour so much into helping other couples thrive. How do you keep your own relationship strong while giving so much to others?**

A: We prioritize it and seek to grow closer to Jesus daily. Since our lives are so full, the first things on our calendar are our marriage and family times. We pour into others out of the overflow of our lives, not what's left over.

**Q: One of your videos talks about the 'rhythms' that keep a marriage healthy. What daily, weekly, or monthly habits have been game-changers for you two?**

A: Like we said earlier, prioritizing daily 10–30-minute check-ins, weekly dates, and yearly weekend getaways is so important. But the reality is that life doesn't revolve around us, and sometimes we need to adjust. The kids go through different phases, our church has different needs, and we personally go through seasons. We have to adapt.

When that happens, we over-communicate with each other and our kids. For example, when we planted the church, life was crazy.

We knew it would be intense for a while, but that it would calm down. After 6–9 months, we reevaluated everything, always returning to our true north—prioritizing our marriage and kids.

We also have a rule: we're only away from home three nights a week max. That's the goal. In certain seasons, the rhythm is different, but we're always working to get back to what matters most.

**Q: What's something you used to believe about marriage that completely changed once you lived it yourselves?**

A: Ha! That you would always feel in love! We've learned that it's more about honor and respect than about always feeling in love. That feeling comes and goes, but when we honor and respect each other at all times, we build something lasting.

**Q: Krissy, what's one thing about Joe that makes you feel the most loved and seen?**

A: I feel most loved and seen when he reads me. He can tell when I'm overstimulated or overwhelmed. He doesn't always ask—he just acts. He'll take the kids outside or to the park, or tell me to get a massage or go to the salon.





**“To solve our conflicts we always use the 3 T’s of communication: Touch, tone, and timing”**

After separate encounters with God, we both surrendered our lives to Christ. That’s when we began to understand true forgiveness. Even though we weren’t dating at the time, Krissy chose to forgive me. That moment changed everything. We rebuilt our friendship, which eventually became a healthier, more God-centered relationship.

**Q: So many couples struggle with conflict resolution. Do you have a go-to strategy when disagreements get heated?**

A: We have a few!

1. We avoid phrases like “You always...” or “You never...” because they exaggerate and aren’t true.

2. We stay respectful and don’t let emotions control the conversation. Feelings are like warning lights on a dashboard—they tell you something’s wrong, but they shouldn’t steer the wheel.

3. We use the 3 T’s of communication: Touch, Tone, and Timing.

- Touch: A gentle touch is a great indicator of openness. If they pull away, it’s not the right time to talk.

- Tone: Stay calm. If you can’t come into a conversation at a 3 out of 10 emotionally, you’re not ready.

- Timing: Avoid heavy talks when someone is tired, hungry, or just getting home. Wait until both of you are present and available.

**Q: If you could give one piece of advice to newlyweds who are just starting their journey, what would it be?**

A: Forgive fast. You’re both learning and growing. Give each other grace and space to grow. And never let divorce be an option—you’ll fight harder for the marriage.

**Q: Joe, what’s one thing about Krissy that inspires you the most?**

A: It’s hard to pick just one thing. Krissy embodies selflessness. She always puts others first—me, our kids, our church family, and friends. She’s servant-hearted and loves deeply. Her example challenges me to be a better servant and focus less on myself.

**Q: Marriage comes with its share of fights (and let’s be honest—sometimes over the silliest things!). What’s a recurring argument you’ve had that now just makes you laugh?**

A: Loading the dishwasher. Krissy is type A and believes every dish has a proper place. Joe just wants to get it done and throws them in. It’s our ongoing silly debate: do we want it done, or done “right”—according to Krissy!

**Q: You often talk about forgiveness being a powerful tool in marriage. Was there ever a moment when forgiveness truly transformed your relationship?**

A: Absolutely. Before we got married, I (Joe) was unfaithful to Krissy multiple times. I was selfish, immature, and unaware of the pain I was causing. I lacked empathy and wasn’t trustworthy.





**Q: What are the core values that you believe are non-negotiable for a healthy and lasting relationship?**

**A:** Jesus first. Your spouse second. Then your kids. You can't have a great marriage without Jesus, and you can't raise great kids without a great marriage.

**Q: We're all about helping couples break the routine and keep the spark alive—so tell us, what's your idea of the perfect date night?**

**A:** Sex first, then a great dinner and time together. You both get everything you want!

**Q: And finally, if you could change the world one happy couple at a time, how would you complete this phrase: Why Don't We \_\_\_\_\_?**

## WHY DON'T WE....

**"Go on a date"** — Because quality time isn't a luxury, it's a lifeline. Dating each other reminds us why we fell in love and helps us reconnect.

**"Start again"** — Sometimes all you need is a do-over.

**"Pray together"** — Inviting God into your relationship changes how you fight, how you forgive, and how you grow.

**"Put our phones down"** — Real connection starts when you're fully present with the person in front of you.

*Joe and Krissy Angelo's story is a powerful reminder that love isn't about perfection—it's about persistence, prayer, and putting in the work. From rocky beginnings to building a thriving marriage rooted in faith, their journey shows what's possible when two people commit to growth, grace, and God's guidance. Whether you're in the early stages of love or deep into the marathon of marriage, their wisdom offers a roadmap for creating connection that lasts a lifetime.*

# Stop Faking Orgasm

Like Immediately!

(No Really. Just Stop!)

By: Dr. Trina Read

## Faking Her Pleasure Makes Perfect Sense

With the orgasm-as-the-goal, she-cums-first, sexual script that the majority of couples follow it sets women up for orgasm failure.

Many women aren't able to consistently orgasm on command with every sexual encounter. Instead, a woman's ability to have an orgasm is sporadic and depends on a lot of factors.

She doesn't know from day to day where her body is at or if/ how it will gel with feeling desire and becoming progressively aroused enough to orgasm.

She isn't able to communicate with her partner where her body, arousal, and desire are on that particular day. If her body isn't going to orgasm, it becomes easier to pretend her pleasure. Unfortunately, faking once in a while can easily turn into a habit that turns into a trap.

You don't want that. Your partner certainly doesn't want you pretending to enjoy yourself.

If you currently fake orgasm sometime or a lot, it's time to climb out of this faking-it hellhole. Please stop teaching your partner what doesn't work for you while accumulating a lot of bad feelings about your sexual experience. You and your partner deserve so much more than resentfully waiting sex out, pretending to enjoy yourself, and being grateful when it's done.

"Studies find that between 53% and 85% of women say they faked an orgasm. They primarily fake during intercourse. Reasons given are to protect their partner's egos because they were bored or they wanted sex to end." Laura Mintz, author of *Becoming Clitorate* (<https://www.drlauriemintz.com/books-about-sexuality>)

When your partner asks, "Did you cum?" and you did NOT, are you able to tell them the truth? To respond with, "Are you in the right headspace to receive information that could possibly hurt your ego?"

Because most women aren't able to have that tricky conversation, the easy solution is to fake her pleasure. And she's not alone—millions (maybe billions) of women fake orgasms every single day.



**“Spectatoring is to watch yourself have sex. You evaluate the way your body looks and scrutinize your sexual performance as good or bad”**

### **Are You A Spectator In Your Own Pleasure?**

The technical term for faking orgasm is spectatoring.

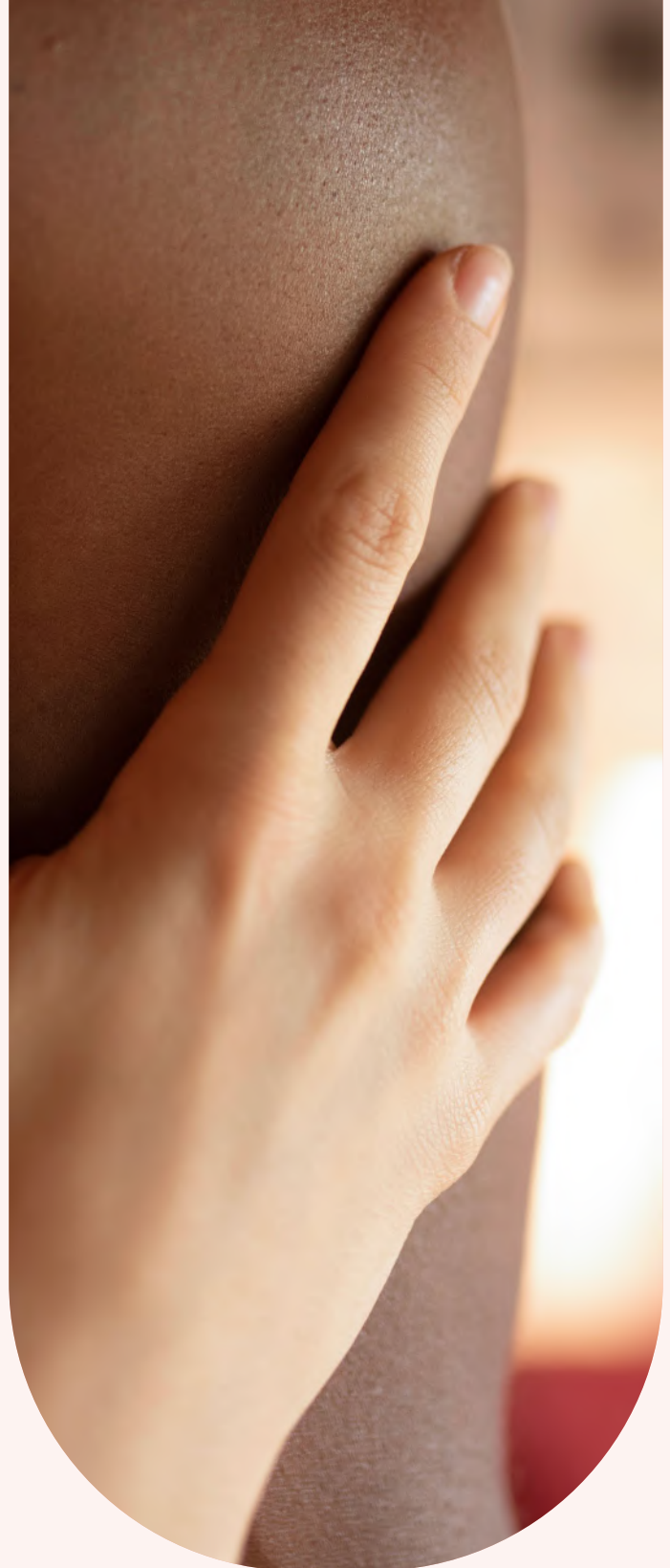
Spectatoring is to watch yourself have sex. You evaluate the way your body looks and scrutinize your sexual performance as good or bad. You give your partner the impression you're enjoying yourself when, in fact, you're disengaged from the sexual experience.

Women spectator for many reasons. Yet—here's the important part—the longer you're a spectator, the more detached you become from your pleasure and body. If it goes on long enough, you can stop orgasming.

Sex therapist Dr. Laura Berman gives four reasons why women fake orgasms.

- 1** She may offer a mercy fake when her partner is invested in getting her to orgasm, or sex won't end until she gets there.
- 2** She doesn't know how to orgasm. She hasn't learned what works for her, so orgasm is sporadic and random when her partner touches her in the right way. But she has no idea what she likes or how to ask for it.
- 3** She knows how to orgasm but is too self-conscious or inhibited to ask for what she wants.
- 4** She feels shame about not being able to orgasm and is scared her partner will reject her.

Did you see yourself for any of the four reasons? If so, is it possible to communicate this to your partner? When you bravely have that difficult conversation, you no longer let shame control your sexual experience.



**If you didn't see yourself in any of the four reasons, you need to re-learn how to feel your body's pleasure**

To re-learn how to feel your body's pleasure, start with the following two-part exercise.

### Faking Orgasm Exercise

There are two parts to this Faking Orgasm Exercise. The first part is becoming aware of your faking habits, and the second part is turning that habit into getting back into your body's arousal.

#### Part One

Think about when you're having sex, and you transition from participating to being a spectator. Now, narrate your behavior as if describing a character in a play.

"Jane is lying in bed. She is not turned on but doesn't know how to tell her partner. The way her partner is stimulating her clitoris doesn't feel good. Instead of saying something, she pretends to enjoy it."

Or, "Jane's partner is thrusting— and she is bored—but puts on an Academy award performance to get the sex over with quickly."

By doing this, you notice your faking patterns in real time. Often, seeing yourself from the outside can lead to an instant breakthrough.

#### Part Two

Rewrite this into something you want. For example, the next part of your story could be.

"Jane tells her partner how to stimulate her clitoris in a way that makes her feel good."

Or, "Jane tells her partner she needs clitoral stimulation, not just thrusting, to orgasm during intercourse."

**Full disclosure:** There will be awkwardness when you stop performing. Hold on to the belief that your future self deserves a robust desire. When you do something—anything—different to change your faking orgasm, you need to celebrate your achievement.

You will need all the self-encouragement you can get because stopping faking will be an awkward and bumpy ride. When you follow through, celebrate your breakthrough. Make sure to give yourself a lot of positive reinforcement as you reprogram your brain's responses. You are no longer faking is a freakin' big deal.

Hang in there because, in the not-so-distant future, you will be back in your body, experiencing your much-deserved pleasure.



**There will be awkwardness when you stop performing. Hold on to the belief that your future self deserves a robust desire.**





# Tech-Infused Fashion

## The Must-Have Smart Accessories for Stylish Couples in 2025

By Esmeralda C

In the ever-evolving world of fashion, technology is playing a bigger role than ever. Smart accessories are no longer just for tech enthusiasts—they have become a statement of style, functionality, and modern living. For couples who love to stay connected while keeping their looks on point, here's a guide to the best fashion-tech accessories to elevate your wardrobe in 2025.

### Smartwatches & Jewelry: Stay Stylish and Connected

Watches and jewelry have always been a symbol of elegance, but now they're smarter than ever.

**Apple Watch Series 9 & Samsung Galaxy Watch 6** – Perfect for couples who want to track their health, monitor notifications, and even match their watch bands for a coordinated look.

**Oura Ring** – A sleek, minimalist ring that tracks sleep, heart rate, and activity levels—ideal for partners who prioritize wellness.

**Ringly Smart Ring** – A fashion-forward ring that vibrates for calls, texts, and calendar alerts, blending technology with sophistication.

### Smart Glasses: The Future of Fashionable Eyewear

Smart glasses have evolved from bulky, futuristic prototypes to sleek, wearable fashion pieces.

**Ray-Ban Meta Smart Glasses** – These stylish shades come with built-in cameras, audio, and AI-powered voice assistance, making them perfect for capturing moments together.

**Vuzix Blade AR Glasses** – A sleek option that overlays notifications, maps, and messages right in your line of sight.

Ray-Ban Meta Smart Glasses





## Smart Shoes & Apparel: Wearable Tech That Moves with You

Clothing and footwear are getting smarter, blending convenience with fashion-forward designs.

**Nike Adapt BB** – Self-lacing sneakers that adjust to your foot's shape and can be controlled via smartphone.

**Levi's x Google Jacquard Jacket** – A denim jacket that lets you control music, answer calls, and access navigation with a simple touch on the sleeve.

**Under Armour HOVR Shoes** – Smart sneakers that track running data and sync with your fitness app.

**Couple's Trend Tip:** Rock matching sneakers with different colorways for a dynamic duo look.



## Smart Bags & Accessories: Fashion Meets Functionality

Your handbag or backpack isn't just for carrying essentials—it can now charge devices, track location, and even display digital designs.

**Swarovski Smart Handbag** – A luxury handbag featuring LED lights that can change colors to match your outfit.

**Nomad Charging Wallet** – A leather wallet with built-in wireless charging for your phone.

**Louis Vuitton Horizon Earphones Case** – A high-fashion earbud case with futuristic LED lighting.

## Audio & Wearable Sound: The Future of Listening

For couples who love music and hands-free connectivity, wearable audio devices provide both style and convenience.

**Bose Ultra Open Earbuds** – A revolutionary design that lets you hear music without blocking external sound, perfect for city walks together.

**Sony LinkBuds** – Ideal for staying connected to surroundings while enjoying a shared playlist.





# Love Under the Sun

## How to Take Care of Your Skin as a Couple and Prevent Photoaging

By: Itzel Vega

These hot days, especially during summer, come with intensified sun exposure and, with it, increased risks to your skin's health. This is the season when protecting yourselves twice as much becomes not just an act of self-care, but the perfect opportunity to strengthen your connection as a couple. Because taking care of each other means loving better—and what better way to do it than by staying sun-safe... with love!

The silent enemy of summer is photoaging: a type of premature skin aging caused by UV radiation, which can be prevented with simple, consistent habits. Here's everything you need to know to fight it off and enjoy the sun together.

### What is photoaging?

Photoaging refers to skin damage resulting from prolonged and cumulative exposure to ultraviolet rays (**UVA and UVB**), primarily from the sun. Unlike natural aging, this type of deterioration is avoidable and often appears earlier than expected, showing up as:

- \*Deep wrinkles and fine lines
- \*Sunspots (hyperpigmentation)
- \*Loss of skin firmness and elasticity
- \*Rough or thickened texture
- \*Visible small veins (telangiectasia)

### But.. How can you prevent it together?

Turning sun care into a shared ritual not only protects your skin, it also creates daily moments of connection, mutual attention, and wellness.

### Sunscreen: Your new LOVE language

Wearing sunscreen every single day, even indoors or on cloudy days, is your first line of defense. Select one with an SPF of 30 or higher and broad-spectrum protection.

Couples tip: Apply sunscreen together each morning. Keep it next to your toothbrushes and gently remind each other: "Did you protect yourself today?"







## Hats, shade & UV style

Avoid direct sun exposure between **10 a.m. and 4 p.m.** Wear wide-brimmed hats, UV-blocking sunglasses, and clothing with a high Ultraviolet Protection Factor (UPF). A walk in the park or a beach day can be just as romantic, with a touch of style and plenty of sun safety.

## Antioxidant-rich foods: Beauty starts from within

Skin is also protected from the inside out. Add fruits, vegetables, nuts, green tea, and omega-3 fatty acids to your meals to help combat UV-related cell damage.

**Why not?** Make antioxidant smoothies or a vitamin-packed Sunday brunch together, rich in vitamin C and E.

## Night time skincare = Spa mode on

After sun exposure, your skin needs to heal. Use products together with **retinol, hyaluronic acid, or niacinamide to repair and nourish.**

Romantic plan: Light some candles, play soft music, and enjoy a relaxing night in with a homemade mask. A gentle face massage can feel just as intimate as an "I love you."

## Skin Checks: Love is also prevention

Check your skin regularly and visit a dermatologist at least once a year to detect any unusual changes. Doing this as a couple is a shared promise of health and care.

This summer, protect each other twice as much—and love each other three times more.

Because when you shine together... the sun doesn't harm, it just lights you up.





# Kevin Bacon & Kyra Sedgwick

## A Harmonious Duo in Life and Love

Kevin Bacon and Kyra Sedgwick's marriage stands as a testament to enduring love and partnership in the entertainment industry. Their relationship, spanning over three decades, showcases a blend of mutual respect, shared values, and a deep understanding of each other's personal and professional lives.

## A Serendipitous Meeting

The couple first met on the set of the PBS adaptation of Lanford Wilson's play "Lemon Sky" in the late 1980s. Their connection was immediate, leading to a whirlwind romance and marriage in 1988. Reflecting on their meeting, Sedgwick once remarked on the instant chemistry they shared, setting the foundation for their enduring relationship.

## Balancing Careers and Family

Throughout their marriage, Bacon and Sedgwick have successfully balanced their thriving acting careers with family life. They have two children, Travis and Sosie, and have emphasized the importance of family time amidst busy schedules. Their ability to support each other's careers while prioritizing their family has been a cornerstone of their relationship.

## Collaborative Ventures

The duo has collaborated professionally on several occasions, most notably in the film "Loverboy," which Bacon directed and Sedgwick starred in. These collaborations have allowed them to merge their professional passions, further strengthening their bond.

## Secrets to Longevity

When asked about the secret to their lasting marriage, Bacon often credits their mutual respect and admiration. He has stated, "Kyra is the woman of my dreams. She is the person I admire most." Sedgwick echoes this sentiment, highlighting the importance of communication and shared values.

## A Love That Inspires

Kevin Bacon and Kyra Sedgwick's relationship serves as an inspiring example of enduring love in the public eye. Their commitment to each other, both personally and professionally, showcases the strength of a partnership built on mutual respect, shared goals, and unwavering support.

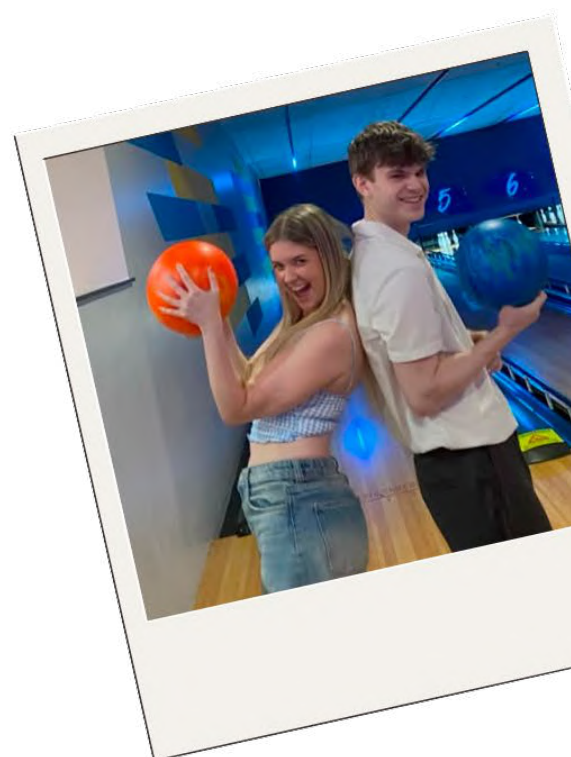






## Bowl, Drink & Dare – A New Kind of Bowling Night

Mix the classic fun of bowling with a little challenge! The catch? At every turn, add a fun dare or question. For example, "Sing your best karaoke song right in front of the lanes" or "Pretend to bowl with your non-dominant hand". It's a hilarious twist to a typical date, and you might just end up rolling in the laughs.





# Why don't we cook?



**Prep Time:**  
25 minutes



**Cook Time:** 20  
minutes (for rice)



**Total Time:** 45  
minutes



**Servings:** 2-3  
rolls per person

# Roll With Me: DIY Sushi Night for Two



## 1 **Make That Sticky Rice**

Rinse the sushi rice until the water runs clear. Cook with water (use a rice cooker or pot—your call). Once cooked, mix with rice vinegar, sugar, and salt. Let it cool to room temp (pro tip: spread it on a tray to speed up cooling).

## 2 **Set the Mood**

Light some candles, put on a lo-fi chill playlist or Japanese jazz fusion, and pour a little sake or wine. Sushi night = vibe night.

## 3 **Roll With It**

Place a sheet of nori, shiny side down, on a bamboo sushi mat (or parchment paper if you don't have one). With wet hands, press a thin layer of rice over 2/3 of the sheet.

Add your fave fillings in a horizontal line across the rice—don't overstuff. Roll it up gently but tightly, using the mat to guide you. Slice with a sharp knife (wet the blade for clean cuts).

## 4 **Plate & Impress**

Arrange the sushi on a cute plate, serve with soy sauce, ginger, and wasabi. Bonus points if you create a "his & hers" roll combo and vote for the best one.

### **Sushi Essentials**

- 1 cup sushi rice
- 1 1/4 cups water
- 2 tablespoons rice vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 4–6 sheets nori (seaweed)

### **Filling Ideas (Mix + Match)**

- 1/2 avocado, sliced
- 1/2 cucumber, julienned
- Imitation crab sticks or cooked shrimp
- Cream cheese
- Smoked salmon or raw sushi-grade tuna/salmon (if you're feeling fancy)
- Spicy mayo (mix mayo + sriracha)
- Soy sauce, pickled ginger, and wasabi (for serving)

### **Why It's the Perfect Date Night**

**Interactive & Fun:** You're building something together—literally and emotionally.

**Customizable:** Go traditional, fusion, vegan—whatever suits your taste.

**Playful Vibes:** Sushi night is naturally lighthearted and keeps the convo flowing.

**Instagrammable:** It's cute, colorful, and totally post-worthy.



# How to Talk About Money Without Fighting:

## Real Tips for Real Couples

Talking about money with your partner isn't always easy. In fact, it's one of the top reasons couples argue. Whether it's about spending habits, savings goals, or who pays for what, money talk can quickly turn into a heated debate. But it doesn't have to. With the right approach, you can turn financial conversations into opportunities for connection—not conflict. Here's how to keep your money talks calm, constructive, and maybe even a little bonding.

### 1 Tip 1: Schedule Money Talks — Don't Spring Them

Bringing up money randomly (especially during a stressful moment) almost guarantees defensiveness. Instead, plan your money conversations like you would a date.

#### How to Do It:

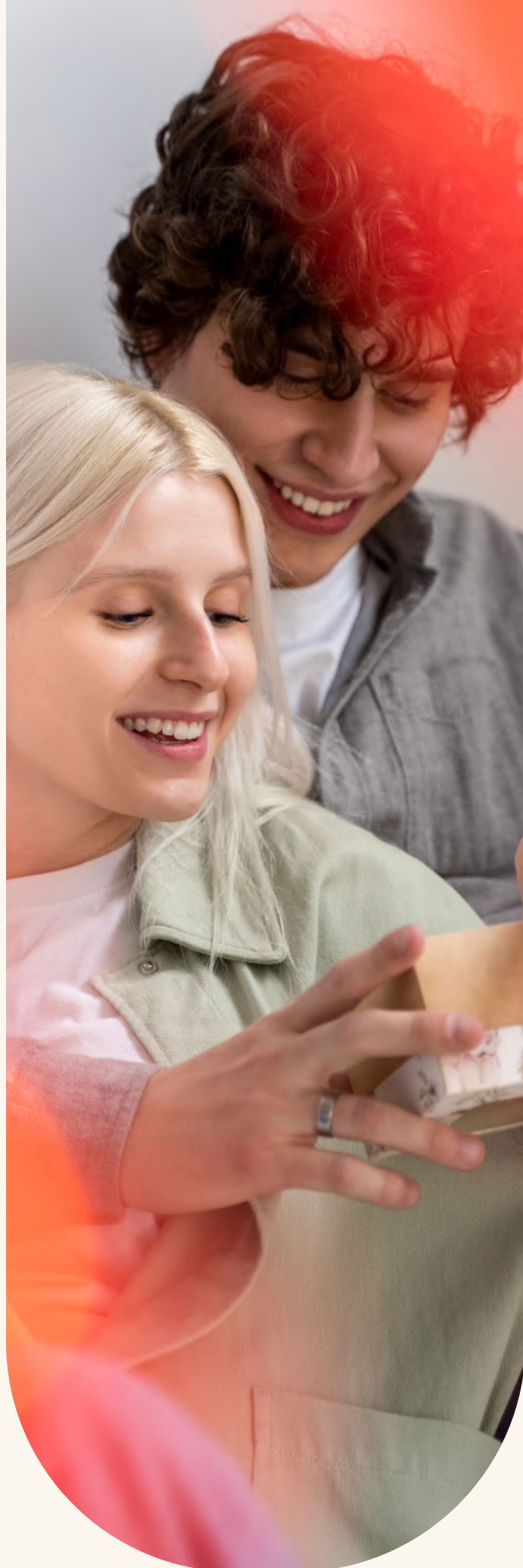
- Set a regular “money check-in” once or twice a month.
- Pick a time when you're both relaxed (hint: not after work or before bed).
- Make it casual—grab a coffee or wine and keep it low-pressure.

### 2 Tip 2: Start with Shared Goals, Not Problems

It's easy to jump into what's going wrong—overspending, missed bills, lack of savings—but that can make your partner feel attacked. Instead, open the conversation by focusing on what you're working toward together.

#### How to Do It:

- Say: “I'd love to talk about how we can save for that vacation we want,” instead of “We're spending way too much again.”
- Frame the talk as a team effort: “What can we tweak together?” instead of pointing fingers.



### 3 Tip 3: Use “I” Statements, Not “You” Accusations

When tensions rise, accusatory language only makes things worse. Stick to how you feel, not what they’re doing wrong.

#### How to Do It:

- Try: “I feel anxious when we don’t check our budget before making big purchases,” instead of “You never check the budget.”
- This simple shift lowers defenses and encourages collaboration over conflict.

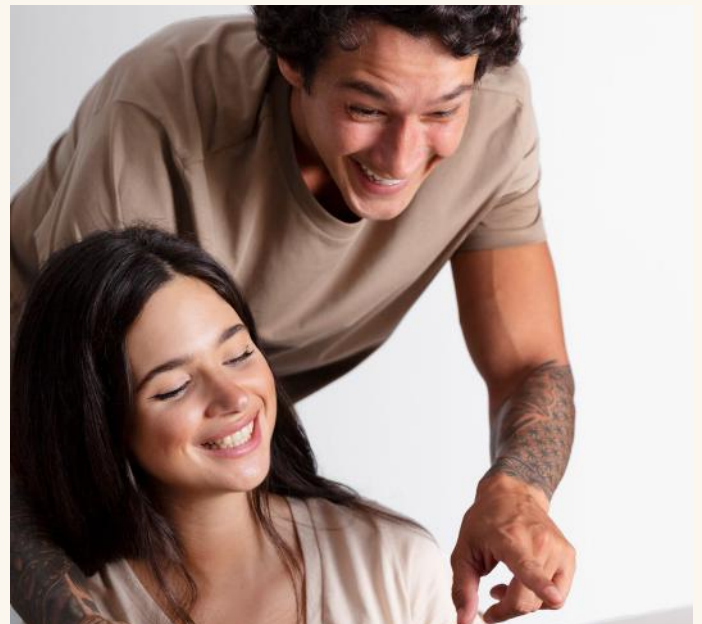


### 4 Tip 4: Understand Your Partner’s Money Story

We all come into relationships with different experiences around money. Maybe one of you grew up in a household where money was tight, while the other never worried about it. These histories affect how we save, spend, and stress over money.

#### How to Do It:

- Ask each other: “What was money like growing up for you?”
- Be curious, not judgmental. This builds empathy and explains where certain habits come from.



### 5 Don’t Aim to Win—Aim to Understand

Money fights often become power struggles. But in a relationship, no one wins unless you both feel heard and respected.

#### How to Do It:

- Pause the conversation if it gets too heated. Say: “Let’s take a break and come back when we’re both calm.”
- Practice active listening—repeat what your partner said to show you understand, even if you don’t agree.







## 5 Tip 6: Create a Financial Plan You Both Contribute To

Fights often happen when one person feels out of the loop or like decisions are being made without them. A shared plan creates shared responsibility—and shared wins.

### How to Do It:

- Sit down and create a budget or financial goal list together.
- Use shared tools (like budgeting apps or spreadsheets) where both can access and edit.
- Agree on personal spending limits so each person has freedom and accountability.

Money conversations don't have to be tense or dramatic. With the right timing, tone, and mindset, they can become one of the most productive parts of your relationship. Remember: you're not on opposite sides of the table—you're on the same team, building the same life. Talk often, talk openly, and most importantly, talk with kindness. Here's to fewer fights and more financial harmony.



### Bonus Tip: Let Tech Be Your Financial Teammate.

Using budgeting apps can take the pressure off and make money talks easier. Tools like **You Need a Budget (YNAB)**, **Goodbudget**, or **Honeydue** help you track spending, set goals, and stay in sync without constant check-ins. Pick one you both like and let it do some of the heavy lifting.



# Product of the month

## The clay date night kit!

Get your hands dirty—in the most romantic way. This pottery kit for two has everything you need for a cozy, creative night in: two bags of premium air-dry clay, sculpting tools, paint, sealant, and even a table cover to keep things tidy. No kiln needed—just love, laughter, and a little imagination.

Whether you make matching mugs or lopsided love bowls, the memories will last longer than the clay ever will.

**PRICE: \$39.99**

**A mess you'll actually enjoy making together**

**Ships in 1–2 business days**

**Find it at: [www.etsy.com/listing/1729477255](https://www.etsy.com/listing/1729477255)**



# Signs of connection

## How zodiac energy shapes our group dynamics

By: Mariamely Leoni

We have finally arrived at the last piece of the puzzle... the fifth element that defines each sign's characteristics. Don't worry—this doesn't mean you won't be getting more horoscouples! Trust me, I have a lot more to share with you.

When we talk about relationships, we often focus on chemistry and compatibility. But there's something even more fundamental that influences how we connect: the way we interact in groups. There are three primary interaction styles that shape our connections—Leadership, Self-Motivated (or Stubborn), and Adaptable (or Flexible). Knowing your style (or your partner's) doesn't just help with romantic relationships—it can also transform how you show up in friendships, family, and even at work.

Let's say you're trying to decide where to go for dinner. Here's how each style might respond:

- **The Leader:** "I found a new Italian place that looks amazing—let's go there tonight!" They jump in with a plan and expect everyone to rally around it.
- **The Self-Motivated or Stubborn:** "I already have a craving for sushi, so that's what I'm doing. You're welcome to join me!" They stick to their choice and don't budge easily.
- **The Adaptable or Flexible:** "I'm good with anything—what do you guys feel like eating?" They'll happily adjust to the group's mood and make sure everyone feels comfortable.

These styles are woven into the zodiac's energy and can reveal powerful insights about how we engage with our loved ones. Let's explore them:

### Leader: The One Who Sets the Tone

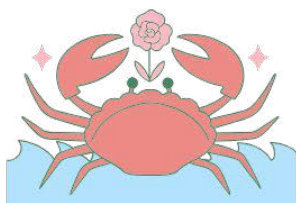
Leaders thrive when they're taking initiative and setting the direction. They're natural organizers and motivators, often stepping up to guide the group and make things happen. This energy can be inspiring and energizing, but if left unchecked, it can also overshadow others.

#### Signs with a leader's spirit:



#### Aries

Always ready to take the first step, Aries loves to be the spark that ignites new adventures.



#### Cancer

Cancer leads with care, creating safe and nurturing environments for everyone to flourish.



#### Libra

Libra's leadership comes through in their quest for harmony—they're always ready to smooth conflicts and bring balance.



#### Capricorn

Capricorn leads with a steady hand and an eye for long-term success, laying solid foundations for any group they're in.

**What it means in relationships:** If you're a leader, you're likely the planner, the doer, the one who says, "Let's try this!" Your partner or friends might appreciate your drive, but they'll also need space to share their ideas and participate in decision-making.



## Self-Motivated or Stubborn: The Independent Path

This style is all about autonomy. Self-motivated types don't need external validation—they're clear about what they want and aren't afraid to stand alone to get it. Their determination can be magnetic, but it can also create tension if there's no room for negotiation.

**Signs that embody this spirit:**



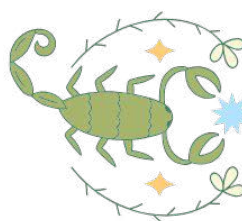
### Taurus

Unshakable in their desires, Taurus won't budge if they're set on something they love.



### Aquarius

Aquarius follows their own rules, even if it means going against the grain.



### Scorpio

With intense focus and an all-or-nothing mindset, Scorpio won't back down from their convictions.



### Leo

Leo's pride and self-assurance can make them seem stubborn—but also irresistibly confident.

### What it means in relationships:

If you're self-motivated, you'll always stay true to yourself—which is a gift! Just remember that healthy compromise can make your connections even stronger.

## Adaptable or Flexible: The Harmony Seekers

Adaptable types are the social glue, the ones who intuitively read the room and adjust to create harmony. They're easygoing and cooperative, smoothing over conflicts and making sure everyone feels heard. However, they can lose sight of their own needs and identity if they're not careful.

**Signs that carry this energy:**



### Gemini

Gemini's curiosity and quick wit make them natural chameleons in any group.



### Sagittarius:

Sagittarius brings a lighthearted openness that makes it easy for them to go with the flow.



### Pisces

With deep empathy and a love for connection, Pisces knows how to merge their energy with others.

### What it means in relationships:

If you're adaptable, you're probably the one who says, "I'm good with anything—what do you feel like doing?" Just make sure you're not neglecting your own voice and identity in the process.



### Virgo

Virgo's helpful nature shines in their willingness to support and adapt to those they care about.

Just like everything we explored before, these interaction styles aren't "good" or "bad." Each one adds richness to our relationships and group dynamics. The key is awareness—knowing your natural style and learning how to honor others'. This understanding can turn challenges into opportunities and differences into sources of growth.





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