

# MHC

MAKING HAPPY COUPLES

SWIPE RIGHT  
SUCCESSFULLY.  
Tips for dating apps

ROM-COM YOUR  
VALENTINE'S DAY  
OUTFIT!

UNLOCKING  
THE SECRETS TO  
BETTER SEX!

LAUGHTER,  
LOVE, & CALORIES

Meet Sophie & Thor



VOL. 7



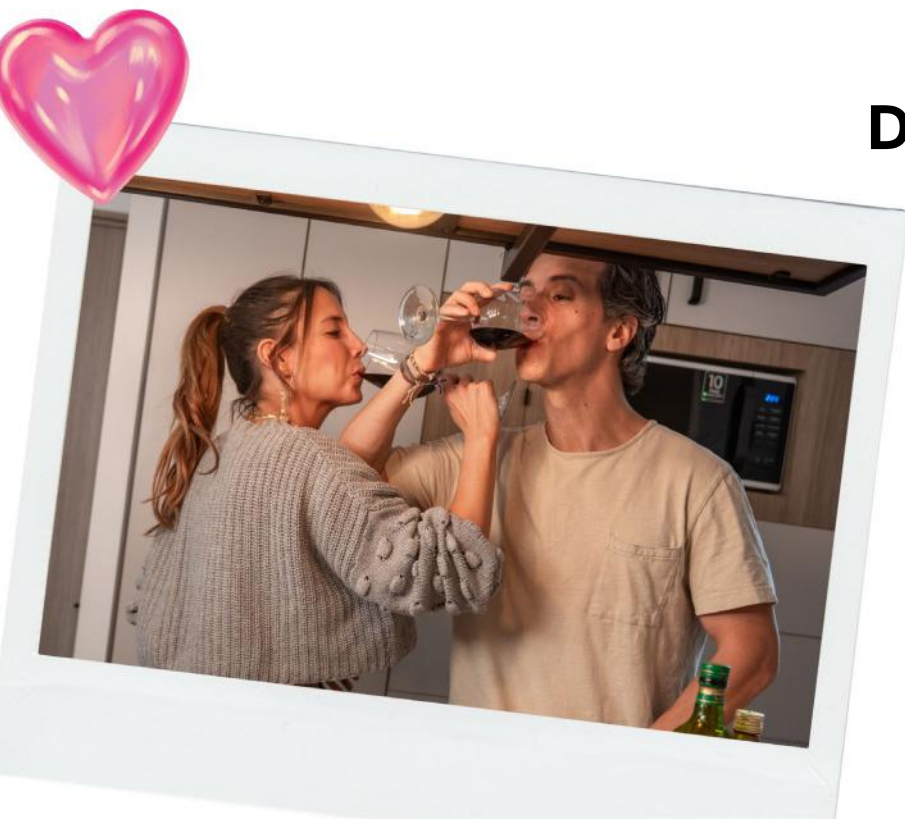
## *Valentine's day?*

Here's a little ironic truth—Daniel and I don't celebrate Valentine's Day. Surprising, right? Especially since we've built an entire brand around relationships. But the thing is, we're just not into the over-the-top, mushy stuff. It's always amused us how people wait all year to pull off grand gestures when, for us, it's the small, everyday moments that truly matter.

One thing we've kept constant in our relationship is our weekly date ritual. No matter how busy life gets, we carve out time dedicated solely to each other. It's not about fancy dinners or extravagant surprises—it's about connection, presence, and making each other feel valued, day in and day out.

That said, we've got nothing against Valentine's Day. Love deserves to be celebrated! But why save it for just one day when you can live it every day? After all, what would life be without love? Consistency beats intensity every time—and that's the real secret to healthier, stronger, and happier relationships. So whether it's February 14th or any random Tuesday, find ways to keep the spark alive—because love isn't a date on the calendar; it's a way of life.

**With Love,  
Daniel and Daniella**





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## All in the Family (Drama):

# How to keep your cool and your bond strong

The holidays came and went, and during this time, I learned a significant lesson about family dynamics. It's no wonder why psychologists have such busy schedules during the holidays! LOL.

Every family has its complexities, and this year, each gathering ended with the same realization: no family is perfect. Everyone carries their own baggage and has unique challenges to face. The best way to navigate these dynamics is by supporting one another.

Whether it's blending families, managing different expectations, or dealing with those inevitable moments of tension, navigating family dynamics can test your patience and your relationships. Here are five ways to keep calm, stay connected, and come out stronger—together.

### 1 Accept That Perfection Doesn't Exist

The sooner you embrace the reality that no family is without quirks or conflicts, the easier it becomes to focus on what truly matters: love and connection. Stop trying to fit everyone into a "perfect family" mold. Instead, laugh at the imperfections and appreciate the people you love for who they are—even if they drive you a little crazy.



### 3 Find the Balance Between Inclusion and Boundaries

Blending families or accommodating extended relatives often involves juggling multiple traditions, expectations, and opinions. While inclusion is important, setting boundaries is just as crucial. It's okay to say no to certain gatherings or activities if they don't align with your values or well-being. Remember, healthy boundaries protect relationships—they don't weaken them.

### 4 Lead with Empathy, Not Assumptions

Everyone has their reasons for acting the way they do, especially during the holidays. Aunt Jane's unsolicited advice? Maybe it comes from her own struggles or insecurities. Uncle Bob's tendency to dominate the conversation? Perhaps he's craving attention he doesn't get elsewhere. Instead of letting frustration take over, try to approach family members with empathy. Often, a little understanding can defuse tense situations.

### 5 Debrief and Reflect Together

After the hustle and bustle, set aside time to reflect with your partner. What went well? What didn't? How did you feel supported, and where could things improve? This isn't about blaming each other but about growing as a couple and finding better ways to tackle similar situations in the future.

The holidays have a way of highlighting both the best and most challenging parts of family dynamics. But within these moments lie opportunities to learn, grow, and strengthen your relationships—with your partner and your extended family. By accepting imperfection, setting boundaries, and prioritizing empathy, you can navigate these complexities with grace—and maybe even a little humor.

### 2 Unite as a Team with Your Partner

When navigating family gatherings, having your partner by your side as an ally is invaluable. Discuss situations beforehand: What topics might trigger conflict? How can you both support one another? If things get overwhelming, establish a signal for a quick escape or a moment to regroup. When you show up as a united front, you're better equipped to handle the ups and downs.



Words that Work:

# Transforming Your Relationship One Conversation at a Time

By: Marisela Torrealba

Communication is a cornerstone of every successful relationship. It's through communication that we reveal who we are, share knowledge and culture, express emotions, connect with others, and exchange ideas and perspectives. However, communication is also one of the leading causes of conflicts, emotional ruptures, and family issues. For couples, the way they communicate can make or break their relationship.

Without clear, honest, and open communication, any topic of discussion can become a source of tension. Psychotherapy sessions often highlight this issue. Misunderstandings frequently arise from unclear messages, personal interpretations that don't match the sender's intentions, or unresolved issues left unspoken. Common habits that lead to conflict include avoiding difficult conversations to keep the peace, speaking impulsively without consideration for the other person's boundaries, or addressing sensitive topics at inappropriate times.

Effective communication isn't just about speaking; it's about how you speak. It requires clarity, respect, and emotional intelligence. Assertive communication—the ability to express ideas, emotions, and opinions in an honest, direct, and respectful way—is essential. It ensures that messages are delivered without ambiguity, misunderstandings, or unnecessary tension. This involves choosing the right time, place, and manner to communicate, so that the message is received as intended.

Assertiveness is more than a skill; it's a mindset. It strikes a balance between passivity (avoiding conflict by staying silent) and aggression (expressing thoughts in a confrontational way). Assertiveness fosters active listening, mutual respect, and understanding. Empathy, openness, spontaneity, and patience are all behaviors that enhance communication, but assertiveness remains the most crucial.

Practicing assertive communication can be challenging, but it's a skill worth mastering. It's not just about speaking effectively; it's also about becoming a better listener. By observing and correcting unhelpful habits, couples can cultivate a healthier dynamic where both partners feel heard and valued. The journey toward effective communication requires patience and consistency, but it's an investment in the strength and longevity of your relationship.



## Tips for Better Communication

- Be honest, clear, and respectful when expressing your thoughts.
- Choose the right time and place for sensitive discussions.
- Practice active listening to truly understand your partner.
- Avoid passive or aggressive communication; aim for assertiveness.
- Respect boundaries and remain patient during conversations.
- Continuously observe and correct unhelpful communication habits.

By incorporating these tips into your daily interactions, you can strengthen your connection, resolve conflicts more effectively, and build a foundation of mutual understanding and respect.

# Dating in the Digital Age:

In today's world, dating has taken on a whole new dimension thanks to the rise of social media and dating apps. These platforms have transformed the way we meet, connect, and build relationships, bringing endless possibilities and also unique challenges. As a dating coach, I've seen how these tools can either enhance or complicate modern romance. In fact, I met my current boyfriend through a dating app, and this personal experience has given me valuable insights into how we can effectively navigate these digital spaces.

## The Influence of Social Media on Dating Culture

Social media has blurred the lines between our public and private lives. What used to be shared only within close circles can now be broadcast to the world, influencing the way we perceive others and how we portray ourselves. Profiles, photos, and posts have become curated highlights that shape first impressions. This creates a certain pressure to present a "perfect" image, which can sometimes lead to superficial judgments and unrealistic expectations in relationships.

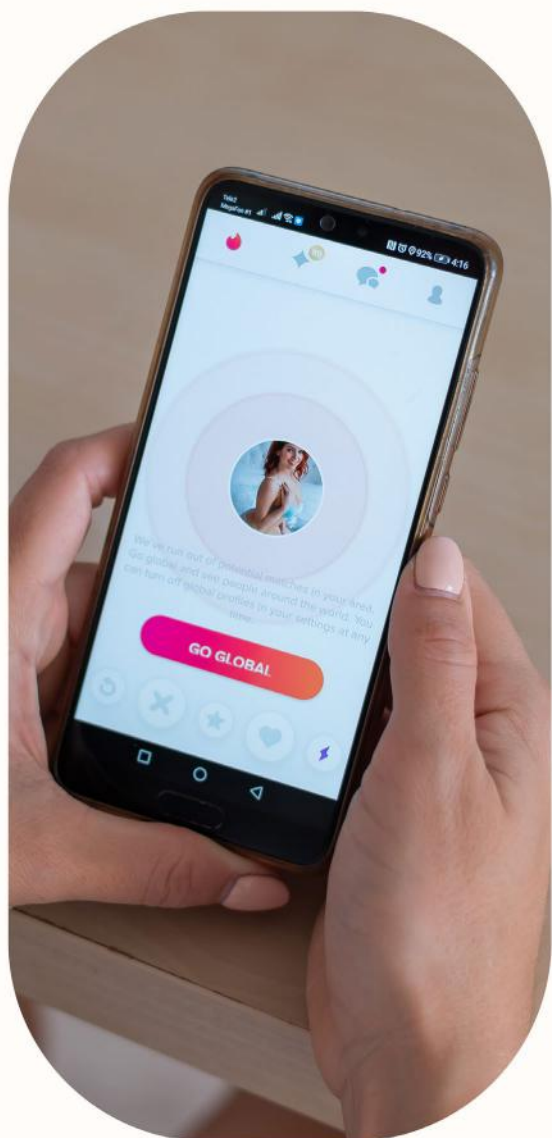
On the other hand, social media offers an incredible opportunity to connect with people you might never meet otherwise. It allows us to stay in touch, share moments, and build connections, even across distances. But with great connectivity comes the potential for miscommunication, misunderstandings, and distractions from genuine interactions.

## Navigating Dating Apps: Tips for Success

When it comes to dating apps, the stakes can feel high. These platforms open up a world of potential matches but also present some challenges. Here are some practical tips for navigating them:

**1 Be Authentic**  
Authenticity is key to forming meaningful connections. When you're swiping through profiles, it's tempting to put your best foot forward by only showing your most flattering photos or highlighting your most impressive qualities. But remember, the goal is to find someone who likes you for who you truly are. Be honest about your interests, values, and what you're looking for.

**2 Set Clear Intentions**  
Before diving into the world of dating apps, take a moment to reflect on what you want. Are you looking for something casual, or are you hoping for a long-term relationship? Clear intentions will not only help you find the right match but also filter out connections that don't align with your goals.







### 3 Engage Mindfully

It's easy to get caught up in the gamified experience of swiping, but it's important to approach online dating mindfully. Take your time to read profiles, ask thoughtful questions, and engage with intention. Building rapport through online conversations can pave the way for a more meaningful connection when you finally meet in person.

### 4 Prioritize Safety

While dating apps offer convenience, they also come with risks. Always prioritize your safety by being cautious about the personal information you share early on. When meeting someone in person, choose public places and let a friend or family member know where you'll be.

### 5 Manage Expectations

Not every match will lead to a fairytale romance, and that's okay. Instead of focusing on finding "the one" immediately, enjoy the process of meeting new people, learning about yourself, and refining what you're looking for in a partner. Patience and an open mind can lead to more rewarding outcomes.

### My Experience: Love in the Digital World

When I first downloaded a dating app, I wasn't sure what to expect. Like many, I was wary of the risks and unsure if a meaningful connection could really come from swiping on a screen.

But, after a few conversations and a couple of dates, I found myself forming a genuine connection with someone who is now my boyfriend. Our relationship has been a testament to the fact that dating apps, when used thoughtfully, can foster real and lasting love.

While it may not always be easy to navigate the complexities of online dating, it's possible to find someone special by staying true to yourself and embracing the opportunities these platforms provide.

As we continue to embrace digital spaces, dating apps and social media will undoubtedly play an even larger role in how we meet and connect. By approaching them with authenticity, clear intentions, and a mindful attitude, we can successfully navigate the digital dating landscape and find meaningful relationships in this modern age.





# Love, laughter, adventure & calories

## Meet Sophie & Thor

Sophie and Thor are the kind of couple who make life look like an exciting adventure. Sophie, a lifelong dancer with a passion for musical theater, brings creativity and movement into everything she does. Thor, an entrepreneur with successful ventures in marketing, real estate, and music, thrives on building and creating. Together, they have turned their shared love for exploration, food, and new experiences into a thriving project that resonates with thousands. But beyond their success, their bond is built on laughter, support, and a deep understanding of each other. In this interview, they share their story, the lessons they've learned, and their vision for the future.

### **We all love a beautiful love story. Can you tell us how you met and what you liked about each other?**

We had friends in common, so we met a few times on different occasions. However, we were both in different relationships and didn't really become close then. Months passed, and we met again, but this time as single individuals. It was so easy to talk with each other that we quickly became friends and started doing different activities together. Eventually, feelings developed, and our hangout turned into actual dates. After a few months of dating, Thor asked Sophie to be his girlfriend at a festival where we made a floating lantern and set it on a lake. It was very romantic and unique.

### **In a nutshell**

**How long have you been together?**  
5 years

**Do you have kids?**  
No.

**Where do you live?**  
Mexico City

**What do you do for work?**  
We have a social media channel where we share content about food, travel, board games and being a couple.

**A fun fact about you as a couple:**  
We dated for 4 months before becoming an official couple. Thor says that is a long time and Sophie says that it isn't.

**What dynamics or rituals make you unique as a couple and that you would recommend to others?**  
We say YES to every new experience that comes our way and that allows us to create fun memories together.

**For our readers who might be interested in your programs, what is the best way for them to follow or reach you?**

@SeTeAntojaMX on FB, IG, TT, and YT.



**“We always make each other laugh. We can be as goofy as it gets, but at the same time, we are very serious and professional.”**

**What do you admire about each other that would be difficult to find in another partner?**

That we can balance a business and a relationship without it ever being a conflict. We know that for a lot of couples, it can be a challenge, and it is, but for us, it has been very easygoing. It has ups and downs, of course, but we work hard without forgetting to nurture our relationship.

**How did the idea of starting a project together come about?**

Originally, it was just a hobby we had as a couple. Every time we went on a date, it had to be to a different place—whether a restaurant, an experience, a museum, a trip, etc. The rule was not to repeat any. We didn’t even think about creating content until Sophie started receiving messages asking for recommendations on where to go. Then, a friend suggested we should post everything on social media, so we did. We both took it seriously, and the rest is history.

**Why food? Why share recommendations with the world?**

Our most recurring activity for leisure is eating out at restaurants. Sophie is a picky eater, and Thor loves trying the weirdest things on the menu. Perfectly balanced.

**What do you think makes you unique as a couple?**

We always make each other laugh. We can be as goofy as it gets, but at the same time, we are very serious and professional when it comes to work. Also, we always support each other and help when needed, giving a feeling of safety and stability. We are also very communicative and mature with our emotions. This makes it very easy to share our feelings and find solutions when we don’t agree on something.

**What has been the best experience you have ever had? It could be food or travel, perhaps.**

In 2023, we traveled to NYC, and one night, we went to Times Square with a friend. Suddenly, Thor asked me to look at one of the giant screens, and there was my name on it. I figured it would be an ad or something, but then a montage with different clips of Thor and me started playing. I was in shock and didn’t understand what was going on, but when I turned to Thor, he was on one knee asking me to marry him.



**What’s the funniest situation you’ve experienced that helped you get to know each other better?**

We moved in together after a year and a half of dating. Some might say that’s very early, and we totally agree. However, what made us confident in the decision was that months before, we traveled to Norway—where some of Thor’s family is from—and stayed for two months. That time helped us get to know each other on a much deeper level, and it was a great preview of what living together would be like. Travel with your partner as much as you can. If you’re happy with the outcome, that’s a green flag!

**If you had to define your relationship in three words, what would they be?**

Spontaneous, honest, team.

**What has been your biggest challenge and your biggest success in your long-lasting relationship?**

Probably, the biggest challenge for both of us was leaving the safety of living with our parents to pursue a life together. The main reason was that we wanted to make sure we were improving our quality of life. So, our biggest success must be that we achieved that.



**Why Don't We ....  
share our fears, our goals, our  
past, and our future?  
You get the chocolate, and  
I'll get the wine.**

**As a young couple, we understand that each has their own dreams. How do you manage to combine them to grow together?**

I think it all comes down to the big picture being similar for each of us. And this is a conversation everyone should have early in a relationship. Dreams will never be exactly the same, but the outcome must be aligned. That, combined with supporting each other no matter what.

**What advice would you offer to couples aspiring to become entrepreneurs or starting their own business?**

Believe in your idea, don't invest money you're not willing to lose, be constant and disciplined with your work, define who will be responsible for what, learn how to make a business plan, understand that you will have to sacrifice certain things for your project to work, and be sure to separate work from your relationship.

**What is the most fun date you have ever been on? The one you consider the best experience.**

We've had quite a few! We've gone skydiving, camping, and on hot-air balloons... but one of our dearest dates must be the time we hiked up a mountain in the snow. We were agonizing and silent on the way to the top, but once we got there, we felt full of joy. It was one of our earliest adventures, and I think it brought us closer together.

**If you wanted to change the world one happy couple at a time, how would you complete the following phrase?**

*Why Don't We share our fears, our goals, our past, and our future? You get the chocolate, and I'll get the wine.*

Sophie and Thor's story is a reminder that the best relationships are built on laughter, trust, and shared dreams. Whether they're exploring new restaurants, embarking on adventures, or growing their business, they do it as a team—one spontaneous and exciting step at a time.





# Unlocking the Secrets to better sex!

**By: Amy Rowan and Dr. Trina Read**

Have you ever stopped to consider the role your mindset plays in your sex life? Believe it or not, good sex starts in the mind. A positive sexual mindset is the foundation for cultivating desire, enhancing pleasure, and finding joy in intimacy.

If you've ever felt disconnected, uninterested, or even discouraged when it comes to sex, you're not alone. Roughly half of all women experience some kind of sexual difficulty at some point in their lives, with a lack of interest being the most common issue. But there's good news: shifting your perspective can completely transform how you experience intimacy.

## What Is a Positive Sexual Mindset?

A positive sexual mindset is all about how you view sex and the attitudes you bring to the table. It shapes how you respond to intimacy, interpret your experiences, and, ultimately, enjoy your connection with a partner.

This isn't about pretending sex will always be perfect—it won't be. Life has a way of throwing challenges our way: kids, career changes, menopause, or health issues. These can easily sideline your sexuality and lead to a negative sexual mindset, where doubts and insecurities take over.

But here's the key: a positive sexual mindset focuses on what's going right rather than what's going wrong. Dr. Lori Brotto, Director of UBC's Sexual Health Laboratory, says it best: "Satisfying sex is quite simply not possible without mindfulness."





### Signs of a Negative Sexual Mindset

Many women unknowingly fall into patterns of negative self-talk and avoidance when it comes to sex. Studies show that this is not only common but incredibly distressing, as struggles with sexuality often spill over into other areas of life.

If you find yourself stuck in a loop of dread or disconnection, it might be time to take a closer look at your mindset.

### Why Mindset Is the “Magic Bullet” for Better Sex

A positive sexual mindset doesn't just improve your sex life—it benefits your overall well-being. Here's what cultivating this outlook can do for you:

- Reduce stress and boost resilience
- Strengthen your relationship
- Improve self-esteem and mental health
- Enhance productivity and even longevity

Sounds like a win, right? But despite these benefits, many women **struggle to shake negative beliefs about their sexuality**, keeping them from fully embracing the sex life they deserve.

## Six Simple Steps to Shift Your Mindset

### 1- Reframe Negative Thoughts

Pay attention to your internal dialogue around sex. Are your thoughts critical or self-defeating? Interrupt them with affirmations like, “I deserve to enjoy this experience.”

### 2- Practice Gratitude

Focus on the positives in your life and relationship. Write down three specific things you're grateful for every day to train your mind to see the good.

### 3- Be Kind to Yourself

Self-compassion is key. Do activities that bring you joy, whether it's a bubble bath a nature walk, or curling up with a good book.

### 4- Show Kindness to Your Partner

Strengthen your bond with small acts of affection or thoughtfulness. These gestures can reignite intimacy in unexpected ways.

### 5- Laugh Often

Humor has a way of lightening the mood and breaking down barriers. Find the funny moments in your life and embrace them as victories over negativity.

### 6- Follow Through on Your Intentions

Avoid procrastination and commit to taking small steps. Your progress depends on your willingness to show up for yourself and your desires.

## Make the shift

Building a positive sexual mindset takes time, but the rewards are worth the effort. Start small by identifying one area to focus on. For example:

- Are past experiences clouding your present?
- Do you notice recurring negative thoughts about sex?
- How can you close the gap between where you are and where you want to be?

## You've got this

When you embrace a positive sexual mindset, you're not just improving your sex life—you're empowering yourself and raising the bar for women's sexuality as a whole. That makes you a force to be reckoned with.

If you're ready to start your journey, follow us on social media at [@SensationalSxPodcast](#) or email your questions to [sensationalsexpodcast@gmail.com](mailto:sensationalsexpodcast@gmail.com). Because when you succeed, we all win.



# Classic & Lovely: Inspiring looks from your favorite Rom-Coms for Valentine's

By: Itzel Vega

Sexy? Cute? Sporty? Have you tried every style for each Valentine's Day, and you're not sure how to surprise your loved one this year? Whether celebrating with the game Why Not? or planning to go out for dinner, dancing, and more, this is the perfect opportunity to look fabulous, surprise your partner, and, most importantly, feel comfortable with your true essence! To help you, we've put together some inspiration based on the most iconic love movies ever. And why not? You could even get into character and have a magical, fun night worthy of an Oscar! Are you in?

Ready? Lights, camera, action!



## For her!

### Valentine's Day

Our inspiration comes from Jennifer Garner's romantic look: a red polka dot cardigan with an A-line skirt. It's a super cute, girly style that's easy to recreate and charming. You probably already have a dotted sweater and a white blouse in your closet, and if you don't have a skirt, you can easily swap it for some jeans!



Meshki -  
Julianna  
Cotton Pleated  
Mini Skirt -  
Navy



#Outfitoftheday



## For him

### Valentine's Day

Bradley Cooper's laid-back yet sharp style is perfect if you want to impress. We see him in a shirt with a slightly disheveled tie for a relaxed vibe and a buttoned vest for that added sophistication. It's a party-ready look that'll win hearts on any occasion, especially this one.

If you're a fan of 80s classics, **When Harry Met Sally** is the perfect choice.

With mom jeans back in style, why not pair them with a high-neck sweater and a blazer? It's casual but stylish, perfect for a dinner date or a stroll around the city. Add some booties or sneakers, and finish with a retro hairstyle for that complete 80s vibe.



Cider - tweed Americana & She in red turtle neck sweater

## For her



## For him

Billy Crystal gave us various memorable looks —shirts, jackets, sweaters, and blazers, all with great style. For this special occasion, a thin sweater paired with a jacket is the perfect combo, whether with dress pants or jeans.

Extra: The colors in this film are spot on with this year's trends, so now you've got the perfect excuse to watch it again and steal some ideas!



## 50 Dates

If you're into something more casual, our following recommendation is for you: **50 First Dates**.

Drew Barrymore showed us how to mix pink and white in the cutest way, perfect for a cozy dinner at home. To add a little twist, add some pink pumps for a chic touch.



We get it—comfort is key, but that doesn't mean you'll wear a Hawaiian shirt. So, we're swapping that for another look from Adam Sandler that's perfect for the vibe. You'll need a polo shirt, a bomber jacket, and pants that aren't jeans. And, of course, don't forget your favorite comfy sneakers to complete the look!





# For her!

## Clueless

Lastly, let's go with a 90s fashion classic that still holds up whether you're watching alone, with friends, or with your partner: **Clueless**.

Nothing beats the timeless red mini dress that made Alicia Silverstone look sexy but classy. It's the perfect outfit for a dinner date, a round of Spice it up, or Why Not?. Remember, accessories are key to elevating the look.



Shein - Red sexy dress



# For him

A light-colored jeans, a T-shirt, and a light jacket (or a thick shirt left open) will perfectly complement your girl's outfit. You'll look great and stylish no matter where the night takes you.

There you go! With these recommendations, you've got everything you need to make this Valentine's Day one to remember, all while drawing inspiration from some of the most iconic looks in film.



Itzel Vega

A communication specialist passionate about fashion, pop culture, and makeup. She holds a Diploma in Beauty Architecture with a focus on skincare and is the co-creator of a platform that promotes free expression and sustainable fashion. @itzelmua





# Oprah Winfrey & Stedman Graham

Oprah Winfrey and Stedman Graham have shared a remarkable bond for nearly four decades, defying traditional relationship norms and exemplifying a partnership rooted in mutual respect and individual growth. Their journey together offers profound insights into maintaining a healthy and enduring relationship without adhering to societal expectations.

## A Serendipitous Meeting

The couple first crossed paths in 1986 at a charity event, the same year Oprah launched her iconic talk show. Their connection was immediate, blossoming from friendship into a deep romantic relationship. Reflecting on their early days, Oprah has often emphasized the importance of building a relationship on a foundation of friendship and shared values.

## Navigating Public Scrutiny

Despite their long-standing commitment, Oprah and Stedman have chosen not to marry, a decision that has intrigued many. In interviews, Oprah has candidly shared that their choice stems from a mutual understanding of each other's needs and the desire to maintain personal freedom within the relationship. She once remarked, "Our relationship works because we both know who we are, and we are committed to the same goals." This unconventional approach has allowed them to thrive both individually and as a couple.

## Embracing Individuality Within Unity

A key aspect of their enduring relationship is the respect they have for each other's individuality. Both have pursued their careers passionately, understanding that personal fulfillment contributes to the strength of their partnership. Stedman has authored several self-help books and is a sought-after public speaker, while Oprah's media empire continues to expand. Their ability to support each other's personal growth has been a cornerstone of their relationship.



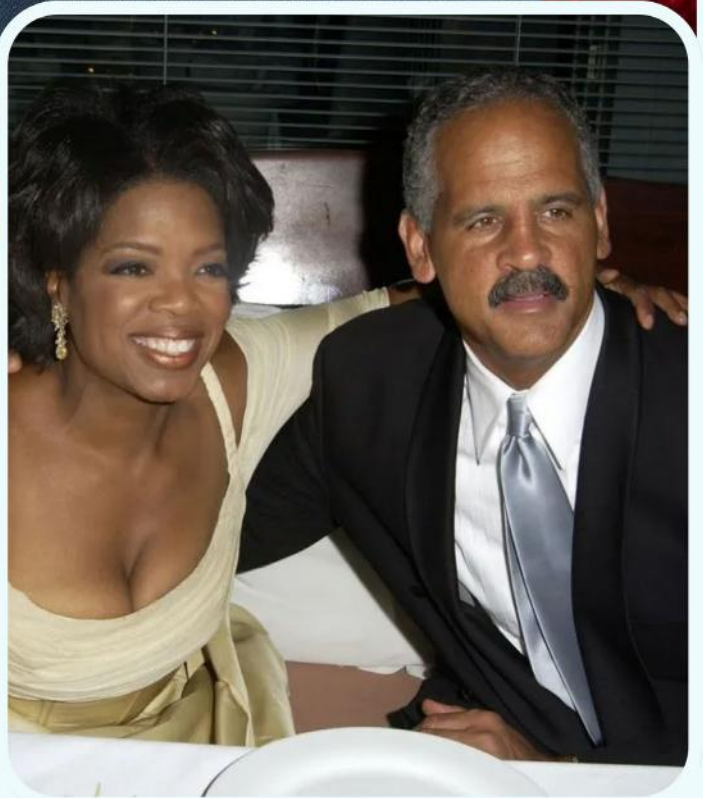




### Insights into a Lasting Relationship

Oprah and Stedman's relationship offers valuable lessons on maintaining a healthy partnership:

- **Mutual Respect:** Recognizing and honoring each other's individuality has allowed them to grow both together and separately.
- **Open Communication:** They have emphasized the importance of honest conversations in understanding each other's needs and aspirations.
- **Defying Societal Norms:** By choosing a path that suits their unique bond, they demonstrate that traditional milestones like marriage are not prerequisites for a fulfilling relationship.
- **Maintaining Privacy:** Keeping their personal life away from public scrutiny has enabled them to nurture their relationship without external pressures.



In a world where relationships are often subjected to societal expectations, Oprah Winfrey and Stedman Graham exemplify the beauty of crafting a partnership that aligns with personal values and mutual understanding. Their story is a testament to the power of love that transcends conventional boundaries, inspiring others to define their relationships on their own terms.





# Cook Up Love

## A Thai-Inspired Valentine's Three-Course Meal for Two



They say the way to someone's heart is through their stomach—and nothing says romance like creating something delicious together. This Valentine's Day, skip the crowded restaurants and treat yourselves to an unforgettable culinary experience at home. With this Thai-inspired three-course meal, you'll share laughs, flavors, and maybe even a little heat in the kitchen. 😊

### Ingredients

- 1/2 lb shrimp, peeled, deveined, and roughly chopped
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 2 tablespoons lime juice
- 1 tablespoon fish sauce
- 1 teaspoon sugar
- 1 small shallot, thinly sliced
- 1 red chili, finely chopped (adjust to taste)
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons fresh mint leaves, chopped
- Butter lettuce leaves (for serving)

### Appetizer

## Tangy Shrimp Lettuce Cups (Larb Goong)

Light, refreshing, and bursting with flavor, these lettuce cups are the perfect way to kick off your Thai adventure.

### Instructions

- 1 Heat oil in a skillet over medium heat. Add garlic and cook until fragrant. Toss in shrimp and cook until pink and tender, about 3 minutes.
- 2 In a bowl, mix lime juice, fish sauce, sugar, and chili. Pour over shrimp and toss to coat.
- 3 Stir in shallots, cilantro, and mint.
- 4 Spoon the mixture into lettuce leaves. Serve as bite-sized appetizers to start your romantic meal.





## Main Course

# Creamy Red Curry with Chicken (Gaeng Phed Gai)

A little spicy, a little sweet, and absolutely irresistible—this red curry will heat things up. Serve with steamed jasmine rice to soak up the flavors.

## Instructions

- 1 Heat oil in a large pan or wok over medium heat. Add red curry paste and cook until fragrant, about 1 minute.
- 2 Stir in coconut milk, fish sauce, and sugar. Bring to a gentle simmer.
- 3 Add chicken and cook for 5 minutes. Toss in bamboo shoots, bell pepper, and green beans. Simmer for another 5 minutes, or until vegetables are tender and chicken is cooked through.
- 4 Serve hot with jasmine rice, garnished with fresh basil leaves.

## Ingredients

- 1 tablespoon vegetable oil
- 2 tablespoons red curry paste
- 1 can (13.5 oz) coconut milk
- 1 cup chicken breast, sliced into thin strips
- 1/2 cup bamboo shoots (optional)
- 1 red bell pepper, sliced
- 1/2 cup green beans, trimmed
- 2 teaspoons fish sauce
- 1 teaspoon sugar
- Fresh basil leaves, for garnish

## Cooking tips for 2 ♡

- **Split the Tasks:** One chops, the other stirs. Cooking together is all about teamwork (and a little playful banter).
- **Set the Mood:** Play some romantic tunes and light candles in the kitchen. It's Valentine's Day—go all out!
- **Sip & Cook:** Pair the meal with a crisp white wine or a refreshing Thai iced tea. You'll love sipping as you stir.





### Ingredients

- 1 cup sticky (glutinous) rice
- 1 can (13.5 oz) coconut milk
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1 ripe mango, peeled and sliced
- Sesame seeds, for garnish



With this Thai-inspired three-course meal, you'll not only create something delicious but also make memories to savor long after Valentine's Day. So grab your aprons, spice things up, and let the flavors of Thailand bring you closer together. ♡



### Dessert

## Mango Sticky Rice (Khao Niew Mamuang)

End your night on a sweet note with this classic Thai dessert. The creamy coconut rice and juicy mangoes are a match made in heaven—just like you two.

### Instructions

- 1** Soak sticky rice in water for 30 minutes, then steam until tender (about 20 minutes).
- 2** In a small saucepan, combine coconut milk, sugar, and salt. Heat gently, stirring, until sugar dissolves. Reserve 1/4 cup of this mixture for topping.
- 3** Pour the remaining coconut milk over the hot rice and stir well. Let it sit for 10 minutes to absorb the flavors.
- 4** Plate the rice alongside mango slices. Drizzle with the reserved coconut sauce and sprinkle with sesame seeds.



Balancing Act:

# How to Manage Joint and Individual Finances as a Couple

When it comes to finances, every couple needs to find the right balance between “yours,” “mine,” and “ours.” Some prefer to pool everything together, while others like to keep separate accounts. There’s no one-size-fits-all, but a balanced approach can lead to a healthier financial partnership. Here’s how to find that balance, maintain independence, and work toward shared goals, all while keeping any money-related tension at bay.

## Tip 1: Choose a Joint-and-Individual Approach That Works for You

A mix of joint and individual finances works well for many couples. For example, you might open a shared account for major expenses like rent, groceries, and utilities, while maintaining individual accounts for personal spending.

**Strategy:** Decide on a fair percentage or amount to contribute to the joint account based on each person’s income. For instance, each of you might contribute 50% of your income, or an agreed-upon dollar amount.

## Tip 2: Set Clear Financial Goals—Together

Having shared goals can make balancing finances much easier. Discuss your financial dreams together—whether it’s a new home, a vacation, or an emergency fund. Knowing where you’re headed as a team can keep both of you motivated.

**Strategy:** Set aside time to have “money dates” where you update each other on progress toward these goals. It’s a simple way to stay aligned and adjust plans if necessary.



## Tip 3: Keep Some Financial Independence

Maintaining individual accounts allows each partner a sense of autonomy. This freedom can help both of you feel comfortable making purchases without needing approval or feeling judged.

**Strategy:** Set a monthly amount for “fun money” that each person can spend as they like, no questions asked. This can reduce friction and make budgeting more enjoyable for both partners.



### Tip 4: Tackle Financial Inequality with an Open Mind

In most relationships, income or wealth differences exist. The key is to handle these differences with transparency and respect. Avoid resentment by creating an arrangement where both partners feel they're contributing fairly, regardless of income level.

**Strategy:** Instead of splitting expenses equally, consider dividing them proportionally based on each partner's income. This way, contributions feel equitable, and one partner doesn't bear more of the financial weight than the other.

### Tip 5: Address Power Dynamics with Regular Check-Ins

Money can sometimes create unintentional power dynamics, especially if one partner contributes more financially. It's important to have open conversations about financial decisions to avoid a situation where one person feels they hold more "control" due to income.

**Strategy:** Keep financial decision making transparent. Use tools or budgeting apps that both partners have access to, so you're on the same page. Agree to consult each other on major purchases, even if one partner earns more than the other.

### Tip 6: Plan for Future Changes Together

Life changes like career shifts, new family members, or big investments can alter your financial landscape. Staying adaptable and regularly revisiting your financial strategy as a couple helps you tackle challenges without creating stress.

**Strategy:** Re-evaluate your joint and individual accounts whenever there's a major life shift. Adjust contributions, budgets, and goals so that your approach still makes sense for where you are in life.



**Balancing joint and individual finances is about creating a system that respects both independence and teamwork.**

**With open communication, fairness, and mutual respect, you can manage your money in a way that feels right for both of you—without sacrificing your individual goals. Finding the balance may take time, but it'll be worth it for the financial peace and harmony it brings to your relationship.**





# PRODUCT OF THE MONTH

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# The Anatomy of Love

## What Your Zodiac Sign's Body Part Says About Romance

By: Mariamely Leoni

Did you know that your zodiac sign is linked to a specific body part? And no, we're not just talking about physical traits —this connection reveals how you move through life, **how you love, and the role you naturally play in relationships.**

Think about it: every part of the body has a job. The head makes decisions (hello, Aries!), the hands create and connect (Gemini vibes, anyone?), and the feet keep us grounded or guide us into the unknown (looking at you, Pisces!). Just like in the body, each zodiac sign has a **unique function in the grand scheme of love and life.**

So why does this matter for relationships? Well...

- **It reveals your natural love style.** Do you lead with your head or your heart? Are you a passionate risk-taker, a steady support system, or an emotional deep diver?
- **It helps you understand your partner.** Knowing their zodiac body part gives insight into their needs, instincts, and how they express love.
- **It improves compatibility.** Just like the body, some parts work together effortlessly, while others need extra effort (because let's face it, not all signs are a perfect match at first sight!).

Ready to uncover how your zodiac body part shapes the way you connect, support, and move through love and relationships? Let's dive in!

**Leads & initiates** – The head moves the body forward, just like Aries takes the lead in love.

**Identity & recognition** – They love with a bold, direct presence, making their affection unmistakable.

**Quick reactions** – Aries falls fast and acts on impulse, wearing their heart on their sleeve.



### Aries – The Head



### Taurus – Neck & Shoulders

**Supports & stabilizes** – Taurus provides a deep, steady love, always holding their partner close.

**Holds tension & stress** – They carry the emotional weight of relationships, showing love through responsibility.

**Controls movement** – Taurus takes their time in love, making careful, intentional choices in their devotion.

**Brings inner to outer** – Their love is expressed through words, touch, and endless conversation.

**Constant motion** – Gemini thrives on playful, ever-changing connections, keeping love exciting.

**Dual function** – They can be both romantic and independent, needing variety and stimulation in love.



### Gemini – Hands & Lungs



### Cancer – Stomach

**Processes & digests** – They feel love deeply, processing emotions in an intuitive, nurturing way.

**Sensitive to environment** – Cancer absorbs their partner's emotions, loving with deep empathy and care.

**Nourishes & protects** – Their love is about creating emotional security, like a warm, comforting embrace.





## Leo – The Heart

**Keeps us alive** – Leo's love is grand, passionate, and full of life, bringing warmth to relationships.

**Pumps energy** – They give love generously, fueling their partner with affection and admiration.

**Needs love & care** – Leo thrives when appreciated, craving devotion just as the heart needs steady beats.



## Virgo – Intestines

**Sorts & organizes** – Virgo's love is thoughtful and intentional, filtering out what doesn't serve their relationship.

**Absorbs what's useful** – They focus on acts of service, ensuring their partner feels truly cared for.

**Works quietly** – Virgo expresses love in subtle, meaningful ways, often behind the scenes.

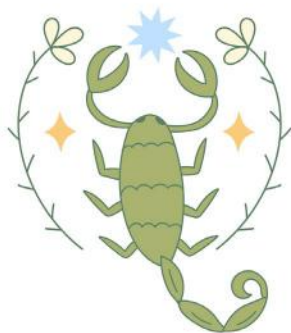


## Libra – The Liver

**Balances & detoxifies** – Libra's love brings harmony, always smoothing over rough edges in relationships.

**Regenerates & adapts** – They adjust to their partner's needs, striving for a deep, balanced connection.

**Processes everything** – Libra weighs every word and action, ensuring fairness and emotional equilibrium.



## Scorpio – The Genitals

**Creates & transforms** – Scorpio's love is deeply transformative, intense, and soul-connecting.

**Hidden power** – Their emotions run deep, often loving with unshakable loyalty and passion.

**Survival instinct** – Love for Scorpio is all-consuming, an all-or-nothing bond that leaves a lasting mark.



## Sagittarius – The Hips

**Supports movement** – Love must be an adventure, filled with new experiences and discoveries.

**Expands possibilities** – They bring excitement to relationships, always pushing boundaries.

**Connects upper & lower body** – Sagittarius balances wisdom with spontaneity, keeping love dynamic.



## Capricorn – The Knees

**Carries weight** – Capricorn's love is steady, enduring, and built on deep commitment.

**Enables climbing** – They slowly but surely build a love that stands the test of time.

**Requires patience & endurance** – Capricorn believes in effort and loyalty, proving love through action.



## Aquarius – The Calves

**Defies gravity** – Love for Aquarius is unconventional, free-spirited, and always evolving.

**Keeps us moving** – They thrive in intellectual and forward-thinking connections.

**Shock absorbers** – They handle emotional intensity with logic, often challenging traditional love norms.



## Pisces – The Feet

**Grounds & guides us** – Pisces' love is spiritual, deep, and full of intuitive connection.

**Adapts to any terrain** – They mold to their partner's needs, flowing with emotion.

**Absorbs energy** – Pisces feels every nuance of love, carrying their partner's emotions like their own.





# Directory

## Amy Rowan

Clinical Sexologist

@amyrowanintimacycoach  
amy.rowan.intimacy@gmail.com

## Mariamely Leoni

Conscious Coach Certified  
in Natal Chart Readings

@masquemama.club

## Dr. Trina Read

Sexologist

@drtrinaread  
trinaread.com

## Sabrina Visconti

Dating Coach

www.visecure.net

## Itzel Vega

MUA

@itzelvmua

## Marisela Torrealba

Psychologist

If you would like to be featured or  
want to collaborate, please contact:  
info@makinghappy couples.com



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