

MHC

MAKING HAPPY COUPLES

FROM HOMELESS
TO HOTTIE
What to wear
around the house



BE SELFISH!

How to prioritize
self-care in a
relationship.

THIS ONE IS MINE!

How to recognize
a keeper.

FROM WAKE TO WEDDING CAKE

Meet Carla & Daniel





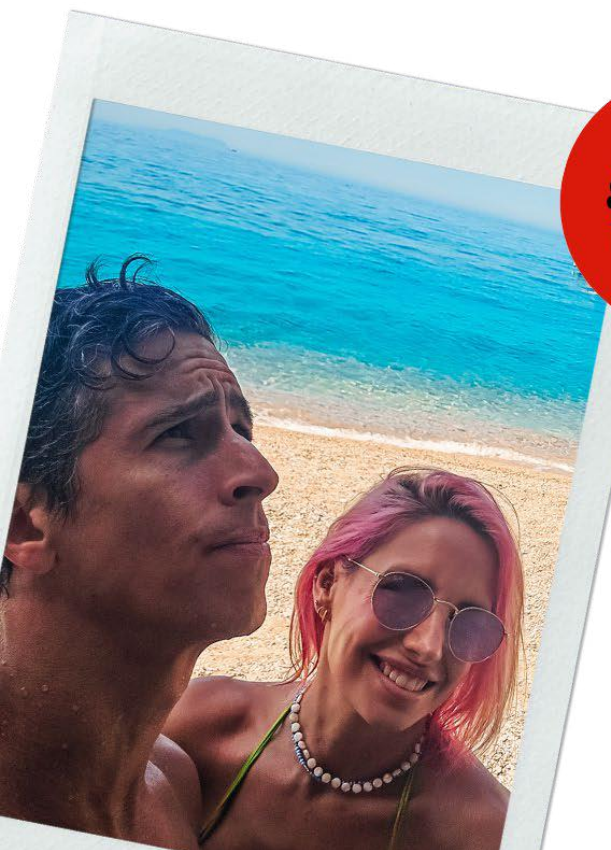
Marrëdhënie!

We just found out that in Albanian, the word for “**relationship**” is “**MARRËDHËNIE**.” But here’s the really cool part: this word is made up of two other words, “**MARRË**” (to give) and “**DHËNIE**” (to receive). So, in a nutshell, they sum up a relationship as the art of giving and receiving.

In many cultures, the concept of a relationship often leans towards what one can receive – love, support, companionship, etc. However, the Albanian perspective enriches this notion by emphasizing the importance of giving as much as receiving. It suggests a dynamic flow where both partners actively contribute to each other’s well-being and growth.

The cool thing about “**MARRËDHËNIE**” is that it is super practical for everyday relationships. **It’s all about being mindful of our roles, which helps create a balance and fosters mutual respect and harmony.**

When you think about your own relationship, do you give as much as you receive?



Tell us your story!

With Love,
Daniel and Daniella



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Traveling tips for couples

Hey adventurous couples!

Traveling together is an incredible way to bond and create unforgettable memories, but it can also bring out some unexpected challenges. Fear not! We've got you covered with these top five tips to help you handle conflicts and navigate any bumps on your journey with ease.

1 Communicate Openly and Honestly

Good communication is the cornerstone of any successful trip. Share your expectations, concerns, and daily plans with each other. If something is bothering you, address it calmly and constructively. Remember, it's not about blaming but finding solutions together. Open and honest dialogue ensures you're both on the same page and can prevent misunderstandings.

2 Practice Patience and Flexibility

Travel plans don't always go as expected – flights get delayed, reservations get mixed up, and weather can be unpredictable. Embrace these moments with patience and flexibility. Instead of stressing out, see these challenges as part of the adventure. Stay calm, be supportive, and keep a sense of humor. Adaptability can turn a potential argument into a shared laugh.

3 Divide and Conquer

Traveling involves a lot of decision-making and tasks, from navigating new cities to planning daily activities. Divide responsibilities based on your strengths and interests. Maybe one of you is great at map reading, while the other excels at finding hidden gem restaurants. Sharing the workload can reduce stress and give each of you a sense of contribution and control.

4 Respect Personal Space

Even the most loving couples need a little personal space, especially when spending 24/7 together. Don't be afraid to take short breaks apart. Whether it's exploring a nearby market on your own or enjoying some quiet time with a book, personal space allows you both to recharge and appreciate each other's company even more.



5 Focus on the Positive

When challenges arise, it's easy to focus on the negatives, but a positive outlook can make all the difference. Celebrate the good moments, no matter how small. Did you navigate a tricky route successfully? High five! Found a great local eatery? Cheers to that! Acknowledging the positives keeps the mood light and reminds you why you're on this adventure together.

In conclusion, traveling as a couple can test your patience but also strengthen your bond if you handle conflicts thoughtfully. By communicating openly, staying flexible, dividing responsibilities, respecting personal space, and focusing on the positive, you'll navigate any challenge that comes your way with grace and love.

Bon voyage, and may your travels be filled with joy and harmony!

How to Prioritize Your Well-being in Relationships

By: Sabrina Viscotti



A strong relationship starts with a strong sense of self.

This month, we're focusing on a vital aspect of healthy relationships: self-love and self-care.

Taking care of yourself is key to maintaining strong and happy relationships. Let's explore why this matters and share some practical self-care tips.

♥ Why self-love and self-care matter ♥

- **Healthy Boundaries:** Loving yourself helps you set and maintain boundaries.
- **Emotional Stability:** Self-care keeps you emotionally balanced.
- **Confidence and Independence:** It builds confidence and independence.
- **Preventing Burnout:** Regular self-care prevents burnout and keeps you energized.

♥ Practical Self-Care tips ♥

- **Daily Mindfulness:** Practice mindfulness or meditation daily to reduce stress.
- **Physical Activity:** Regular exercise boosts mood and health.
- **Healthy Eating:** Nourish your body with balanced meals.
- **Adequate Sleep:** Ensure you get enough sleep for emotional stability.
- **Personal Hobbies:** Engage in activities you love to relax and recharge.
- **Social Connections:** Maintain strong relationships with friends and family.
- **Set Aside "Me Time":** Schedule regular time for yourself to enjoy your favorite activities.

♥ Incorporating Self-Love into Relationships ♥

- **Communicate Your Needs:** Be open about your needs and listen to your partner's.
- **Respect Each Other's Space:** Allow time for individual activities and self-care.
- **Support Each Other's Growth:** Encourage each other to pursue interests and self-care.
- **Practice Gratitude:** Regularly express gratitude to strengthen your bond.

Prioritizing self-love and self-care is essential for healthy relationships. By caring for yourself, you bring your best self to your relationships, creating a stronger and happier connection with your partner. Remember, a strong relationship starts with a strong sense of self. Take care, and embrace the journey of self-love and self-care!

Mental health and relationships

By: Marisela Torrealba, PhD
Clinical Psychologist

The mental well-being of a couple forms the strongest foundation for their relationship. If both partners prioritize their mental health, they can minimize and avoid more frequent conflicts.

Nowadays, there is an abundance of information and concern regarding our physical health. We receive guidance on our eating habits, are conscious of our weight, recognize the significance of exercise, and are becoming increasingly knowledgeable about food supplements, fats, proteins, and vitamins. However, we lack sufficient information about mental health despite it being the most crucial aspect of overall well-being. Without good mental health, we would be unable to care for ourselves or maintain healthy and satisfying relationships.

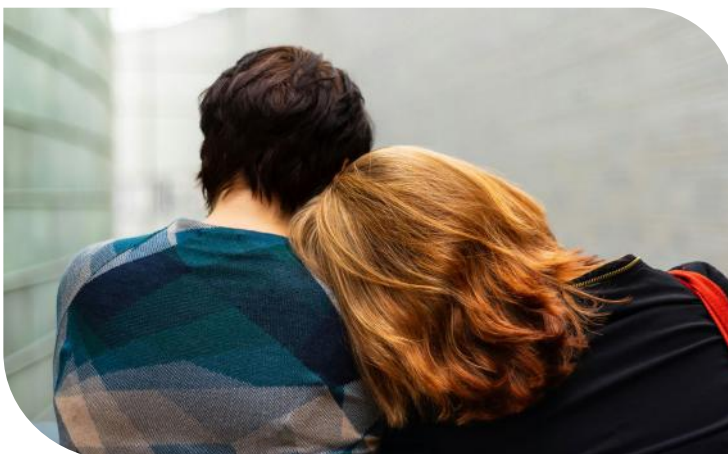
Physical illnesses are promptly addressed in any setting, whether at work, in social circles, or within the family. Unfortunately, mental health issues are often overlooked and ignored.

Even in well-functioning and close-knit families, there is a tendency to ostracize and distance members who are dealing with mental health problems. As a result, these individuals are often left without the necessary support, care, and treatment that could help them heal.

It's important to be aware of our mental state and to check and correct ourselves. If you feel that you need help, ask for it and seek it. If both people involved in the relationship have this awareness, they will be in constant review and growth.



Living conditions directly impact mental health, sometimes supporting well-being and at other times, posing a threat and causing harm. It's important to stay vigilant during challenging times, assess our own mental state, and seek help when needed.



Understanding our own mental health and that of our loved ones will enable us to intervene more effectively and manage the situation more quickly and efficiently.

By mental health, I am not only referring to severe diagnoses that are irreconcilable with functionality. Here, I am referring to minor disorders or dysfunctions that hinder and make harmony between people difficult.

Here are the most common symptoms that we should pay attention to:

- Extreme mood swings.
- Frequent and regular use of alcohol and/or drugs
- Feelings of disability.
- Eating and sleeping disorders.
- Having trouble carrying everyday tasks.
- Feelings of confusion and isolation.
- Frequent paranoia.
- Loss of appetite for life.

***“The most terrifying thing is to accept oneself completely”
– C Jung***



Meet **Carla** Stefanelli & **Daniel** Olivieri



In a nutshell

How long have you been together?

6 years.

Do you have kids?

No.

Where do you live?

Miami.

What do you do for work?

Daniel sells decorative wall panels that mimic high-end materials. Carla is a yoga teacher who also organizes hiking and yoga retreats, creates content for brands, and helps Daniel with marketing for his company.

A fun fact about you as a couple:

Carla is 1.5 meters tall, and Daniel is 2 meters tall (more or less).

What dynamics or rituals make you unique as a couple and that you would recommend to others?

We meditate together before going to bed. It's something we highly recommend!

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

@carlasofiaStefanelli
@mydecosolutions

Let's get cozy with Carla and Daniel, this power couple whose love story kicked off at a Miami party. Thanks to a matchmaking assist from your very own magazine co-founders, Daniel and Daniella, they have been joined at the hip ever since that fun evening.

Carla Stefanelli, the ex-flamenco pro turned yoga guru, and Daniel Olivieri, the taller-than-your-average-person entrepreneur in the luxury wall art game, have crafted a life filled with excitement, love, giggles, and a bit of a height gap.

Read along and discover what makes this unstoppable twosome click!

Q: What was the first thing that made you go "Wow!" about each other?

Carla & Daniel: At the party where we met, we realized that we both knew how to wakeboard. We spent the whole night boasting about each other's wakeboarding skills. The next morning, we went straight from the party to the boat to show off our skills, where it's safe to say that we certainly impressed each other!

That seems like a fun start to any relationship! A shared passion and a bit of friendly competition; however, you must have some differences...

Q: How do your personalities or lifestyles differ, and how do you manage those differences?

Carla: I'm a bit more adventurous, while Daniel is more cautious. This can lead to clashes on our trips because I seek out more thrill and excitement than he's comfortable with.

To manage this, we openly discuss our feelings and appreciate our differences. It's like a yin-yang scenario. I try to express my desires with kindness and encourage him to join me in my adventures, but I also respect him when I know I'm pushing his limits.

It's great to see how you navigate those differences with understanding and communication—a perfect balance. But what seems unbalanced is the obvious height difference between you two, LOL.

"Don't blame the other person for everything that bothers you. Take a good look in the mirror and take time to process things."

Q: What are the perks of being in a relationship with someone significantly taller or smaller than you? Are there any funny moments?

Daniel: There is no perk. In concerts, you have to carry her so she can breathe. In water, you have to carry her to avoid drowning.

Daniel's funny moment: Every time we dance is a funny moment.

Carla: You have no idea, there are too many! I never get lost anywhere. He's very easy to locate. You can regroup in crowds with a single command: 'Look for Daniel.' He is clearly taller than the average person, so he easily draws attention.

It's very useful when you are suspicious and want to make some inquiries (it hasn't happened yet, but you never know). Whenever I get to a place, I ask for a very tall white man, and they always tell me where he is. Now, when it comes to house stuff, what can I tell you? He fixes light bulbs without needing a ladder; he can always reach the highest places in the cabinets, and so on and so forth... You get the point.

Carla's funny moment: When we got married, I went on a quest to find the tallest, most comfortable shoe on the market... No joke!

A built-in handyman and human GPS—sounds like a win-win!

"When we got married, I went on a quest to find the tallest shoes on the market!"



Q: So, what hobbies do you both enjoy, and how do they add a spark to your relationship?

Carla & Daniel: We love hiking! It's taught us a lot about each other, staying calm, and working as a team. It's been a great way for us to get to know each other better.

I'm sure those experiences also help to develop great problem-solving skills as a couple which leads me to my next question.

Q: What's the most difficult situation you've overcome together, and how did you overcome it?

One of the most challenging situations was organizing a wedding that respected all our cultural expectations. We made it through by loving each other and continuously improving our communication.

Q: Weddings can be such a beautiful yet challenging experience. What would you tell other couples going through a difficult time?



Daniel: Communication.

Carla: Don't blame the other person for everything that bothers you. Take a good look in the mirror and take time to process things. Make a commitment to each other to make things better and strive to become a better version of yourself every day. You'll naturally become a better partner.

Q: Wise words! It's all about growing together and supporting each other's growth which comes in very handy to my next question: you've both quit your 9-to-5 jobs to pursue your dreams! How do you stay sane as a couple through the ups and downs?

Daniel: Supporting each other no matter what.

Carla: Meditating, lol, and doing lots of yoga.

Q: ...and how do you support each other in achieving your individual goals and success?

We understand each other's strengths and are not hesitant to ask for help when needed. Daniel looks to me for marketing decisions, and I often seek his guidance in negotiations. We both dedicate time and effort to each other's projects because even though we have our own things, we are still a team.

What's your advice to all the couples thinking about quitting their 9 to 5s for their dreams? Can you tell us the pros and cons of taking that plunge?

Daniel: Have a solid idea and plan for what you want to do.

"We made it through by loving each other and continuously improving our communication."

The pros are that you own your own time. The cons are that you probably need to dedicate more time than a 9-5.

Carla: You can always go back to another 9-to-5. The pros are that you don't need to answer to anyone. The cons are that even though you're not accountable to anyone else, you still need to keep your own promises. This means having the discipline to set your own deadlines and stick to them.

Now, lastly, we like to close by asking couples to help complete the following phrase for us....

Q: If you wanted to change the world one happy couple at a time, how would you complete the following phrase: "Why Don't We...?"

Carla & Daniel:

**"Why don't we
MEDITATE?"**

Carla and Daniel's story is a testament to the power of love, communication, and shared passions. From adventurous hikes to meditative moments, they've built a life that's as harmonious as it is exciting. As they continue to chase their dreams and support each other, they remind us that the best relationships are built on understanding, respect, and a lot of fun. Here's to many more years of joy, laughter, and adventure for this incredible couple!

How to recognize a keeper!

Signs of a Healthy and Thriving Intimate Relationship

By: Amy Rowan

We've all heard about red flags, but what about the green ones? These are the signs that your intimate relationship is not just surviving, but thriving. Here are five green flags to look for in bed that signal a strong, healthy connection with your partner.

Understanding It's Not Personal

It's a great sign when your partner understands that not every sexual encounter needs to end in an orgasm for it to be enjoyable. They know that if it takes longer than usual or doesn't happen at all, it's not a reflection on them or the experience. Understanding that **most women need 20 to 30 minutes to get fully aroused and lubricated** shows they're patient and considerate of your needs. No rush, no pressure—just enjoyment and connection.

Deriving Pleasure from Your Pleasure

A major green flag is when your partner is genuinely excited about your pleasure. They're not just focused on their own experience but are invested in making sure you're having a great time too. It's all about mutual enjoyment and satisfaction, making the experience even more fulfilling for both of you.

Being Open to Intimacy Accessories

Whether it's vibrators, lubricants, or arousal creams, a partner who's mature and open-minded about using intimacy accessories is a keeper.

They understand that these tools can enhance your shared experiences and aren't just about their own performance. This openness shows they're focused on exploring pleasure together in various ways, making the experience rich and varied.



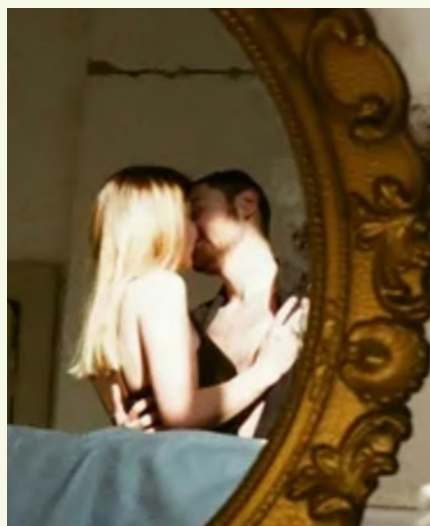
Flirting All Day

Who says sex starts in the bedroom? A partner who flirts with you all day—sending funny or flirty texts, playful touches, or cheeky winks—knows how to build anticipation. This playful connection keeps the spark alive and makes the actual moment of intimacy feel like the climax of a day-long romance novel.

Communicating Wants and Boundaries

Communication is key in any relationship, especially in bed. A green flag is when your partner can openly talk about what they want and don't want and encourages you to do the same. This level of communication ensures that both of you are comfortable, happy, and ready to explore each other's desires. It's about creating a safe space where you can both express your needs and boundaries freely.

Recognizing these green flags can reassure you that you're in a healthy, respectful, and pleasurable relationship. Celebrate these positive signs and keep nurturing your connection. Here's to more love, laughter, and fabulous times in and out of the bedroom!



from *Homeless to Hottie*

by: Esmeralda Chavez

A Guide to Luxurious Loungewear

Living with your partner for an extended period can be a wonderful thing. You get to spend more time together, share experiences, and build a deeper connection. However, it can also lead to a relaxed attitude towards your appearance, especially when it comes to what you wear at home.

While it's important to be comfortable in your own skin, especially around your partner, there's something to be said for trying to look your best, even when you're just lounging around the house. After all, feeling good about yourself can boost your confidence and make you feel more attractive to your partner.

Why it's important to stay cute and cozy for your partner:

There are many reasons why it's important to make an effort to stay cute and cozy for your partner, even when you're just at home. Here are a few:

- **It shows that you care**

When you take the time to put on something nice, even if it's just for around the house, it shows your partner that you care about how you look for them. This can help to keep the spark alive in your relationship.

- **It can make you feel more confident**

When you feel good about the way you look, it shows. This can boost your confidence and make you feel more attractive to your partner.

- **It can be more fun**

Dressing up in cute and cozy clothes can make you feel more playful and flirty. This can be a great way to add some spice to your relationship.



Tips for staying cute and cozy for your partner

Here are a few tips for staying cute and cozy for your partner, even when you're just at home:

- **Invest in some quality lounge wear**

There are plenty of cute and comfortable loungewear options available these days. Spend some time finding a few pieces that you love and that make you feel good about yourself.

- **Do your hair and makeup**

Even if you're not going anywhere, taking a few minutes to do your hair and makeup can make you feel more put together and confident.

- **Keep your skin looking it's best**

Take care of your skin by washing it regularly, using moisturizer, and wearing sunscreen

Ideas for her

Remember, it's not about trying to be someone you're not. It's about feeling good about yourself and showing your partner that you care about how you look for them.

Cozy Jogger set: This set offers a harmonious blend of comfort, style, and practicality, making it ideal for women seeking relaxation and elegance in their nighttime routine.



**silk
lace
shorts**

**Milos cami silk,
venice sleep shorts
Asceno**

This set offers a harmonious blend of comfort, style, and practicality, making it ideal for women seeking relaxation and elegance in their nighttime routine.



Silk lace short: The silk lace short set is a must-have for anyone wanting to add a touch of glamour to their loungewear collection. Its combination of silk and lace creates a luxurious yet playful look that is perfect for feeling sexy and cute at home.

Fun Graphic PJ Set: Graphic pajama sets are a fun and stylish choice for lounging at home. With a variety of playful designs and patterns available, these sets add a touch of personality to your loungewear collection.



**Pijama set
SHEIN**



**London pyjama
tip hot pink pilk
Charmeuse - Arseno**



Ideas for him



**Adidas Pants pintuck (unisex)
& white T-shirt 4.0**



Pairings of T-shirt and modal trouser are perfect for the casual dad, brother, or boyfriend who likes to be as comfortable as humanly possible.



Cotton Set shorts and T-shirt

This is a great set of pajamas for men who want comfortable and stylish sleepwear



H&M Set

Don't let financial strain, strain your relationship!

Debt can be a major source of stress in any relationship. It often leads to sleepless nights, tense conversations, and financial strain that can overshadow the joys of being together. However, when approached with teamwork and a clear strategy, managing debt can strengthen your bond and pave the way to a more secure future. Let's dive into some practical tips and strategies to help you understand and tackle joint debt efficiently while maintaining financial health and harmony.



Tips for Managing Debt:

1 - Communicate Openly About Debt

Start with an open and honest conversation about your debts. Lay everything out on the table – credit card balances, student loans, car loans, and any other liabilities. Transparency is key to creating a solid plan and avoiding surprises down the road.

2 - Establish Shared Financial Goals

Align your financial goals and ensure you're both on the same page. Discuss your priorities, such as saving for a home, retirement, or a vacation, and how debt repayment fits into these plans.

3 - Prioritize Your Debts

List your debts from highest to lowest interest rates. Focus on paying off high-interest debts first (debt avalanche method) to save money in the long run. Alternatively, pay off smaller debts first (debt snowball method) for quick wins and motivation. Determine how much you can allocate monthly towards debt payments without compromising your essential expenses. Make it a team effort and hold each other accountable.



“a goal without a plan is just a wish!”

4 - Consider Debt Consolidation

Consolidating debt can simplify payments and lower interest rates. Here are some popular options to find the best fit for you:

A) Balance Transfer Credit Cards

- **Pros:** Often offer 0% interest rates for an introductory period (usually 12-18 months), saving you a lot on interest.
- **Cons:** After the introductory period, interest rates can be very high. There may also be balance transfer fees (typically 3-5% of the amount transferred).

B) Personal Loans

- **Pros:** Fixed interest rates and monthly payments, making it easier to budget. Potentially lower interest rates compared to credit cards.
- **Cons:** Fees may apply (origination fees, late fees). Interest rates can vary based on your credit score.

C) Home Equity Loan or HELOC (Home Equity Line of Credit)

- **Pros:** Often lower interest rates since the loan is secured by your home. Interest may be tax-deductible.
- **Cons:** Your home is used as collateral, so you risk foreclosure if you can't make payments. Closing costs and fees may apply.

D) Debt Consolidation Loans

- **Pros:** Combine multiple debts into one loan with a potentially lower interest rate. Simplifies your payments.
- **Cons:** May have high fees and interest rates, especially if your credit score is low. Be cautious of predatory lenders.



5 - Optimize Spending and Use Windfalls

Make temporary lifestyle adjustments to accelerate debt repayment by cutting unnecessary expenses and redirecting those savings toward debt. Build a small emergency fund to cover unexpected costs, preventing reliance on credit. Use bonuses, tax refunds, or other windfalls to make significant debt payments and fast-track your journey to financial freedom.

Managing debt as a couple requires teamwork, communication, and a strategic plan. By following these tips and implementing these strategies, you can efficiently tackle debt and strengthen your financial future together. So take a deep breath, hold hands, and start your journey to a debt-free life!



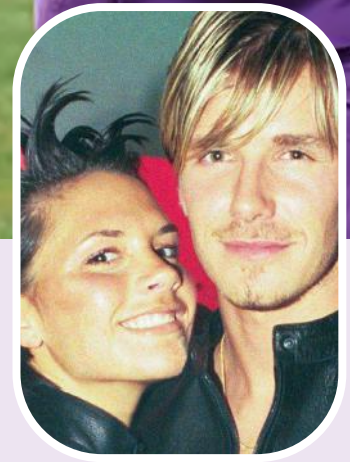


David and Victoria Beckham

Building a Legacy Together

David and Victoria Beckham, known globally as “Posh and Becks,” have been a staple of pop culture since they first got together in the late ‘90s. Their relationship, spanning over two decades, has seen its share of public scrutiny and personal triumphs, but their enduring bond is a testament to their commitment and shared vision.

The couple first met in 1997 at a charity football match. David, a rising star at Manchester United, was immediately smitten with Victoria, who was then part of the Spice Girls. Reflecting on their first encounter, David said, **“That night, it was just me and her, we talked for hours. I knew I wanted to be with her.”** They married in a lavish ceremony in 1999, quickly becoming one of the world’s most famous couples.



David and Victoria Beckham are a celebrated power couple. David, a retired footballer, gained fame with Manchester United and England’s national team. Victoria, known as “Posh Spice” from the Spice Girls, is now a successful fashion designer. Together, they are influential figures in sports, fashion, and philanthropy.

Despite their glamorous lifestyle, the Beckhams have faced numerous challenges. David's high-profile football career took them to various countries, from England to Spain, Italy, and the United States.

These moves could have strained their relationship, but instead, they strengthened their partnership. Victoria once shared, **"We made it work because we were always willing to adapt and support each other's dreams."**

Their relationship has also endured intense media scrutiny, especially during David's alleged infidelity scandals in the early 2000s. Victoria addressed these rumors in an interview, stating, **"It's about understanding and trusting each other. We don't let outside noise affect what we have built together."**

The Beckhams credit much of their relationship success to their strong family foundation. They have four children—Brooklyn, Romeo, Cruz, and Harper—who are central to their lives. "Family is everything to us," David often says. Victoria adds, "We make time for each other and our children. It's important for us to stay connected as a family."

Both David and Victoria have shared advice on maintaining a healthy relationship. David emphasizes the importance of patience and communication, saying, "It's about being there for each other, listening, and being patient." Victoria highlights the value of laughter, noting, "We always find reasons to laugh, even during tough times. Humor is an essential part of our relationship."

"It's about understanding and trusting each other. We don't let outside noise affect what we have built together."

The couple's ability to balance their professional and personal lives is admirable. Victoria transitioned from pop star to a successful fashion designer, while David continues to make his mark in sports and business. Throughout these changes, they have remained each other's biggest supporters. "We celebrate each other's achievements," Victoria says. "We are proud of what we have accomplished together."

David and Victoria Beckham's relationship is a blend of hard work, mutual respect, and unwavering support. Their journey from young lovers to a global power couple is a testament to their resilience and shared goals. As they continue to navigate life's challenges together, they inspire many with their dedication and love. Their story reminds us that with commitment, flexibility, and a good sense of humor, any couple can build a lasting legacy.





why don't we

cook together?

Sizzling Peruvian Ceviche



Hey, food lovers! Ready to take your taste buds on an exotic adventure? This Peruvian Ceviche is about to become your new favorite date night dish. Fresh, zesty, and with just the right kick, it's perfect for impressing that special someone. Let's dive into this mouthwatering, citrusy delight!

Ingredients for 4 servings

Fish: 1 pound fresh sea bass or halibut, cut into 1/2-inch cubes

Citrus:

- 1 cup fresh lime juice (about 8-10 limes)
- 1/2 cup fresh lemon juice (about 4-5 lemons)

Veggies & Herbs:

- 1 red onion, thinly sliced
- 1 habanero or jalapeño pepper, finely chopped (remove seeds for less heat)
- 1/4 cup fresh cilantro, chopped

Seasoning:

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cumin

Extras:

- 1 large sweet potato, boiled and sliced (for a sweet twist)
- 1 ear of corn, boiled and cut into rounds (for that authentic touch)
- Plantain chips or tortilla chips (for crunch)

Instructions

- 1 Prep the Fish:** Grab that super fresh sea bass or halibut and cut it into 1/2-inch cubes. Fresh is key here – you want that ceviche to be as vibrant as your love life!
- 2 Citrus Magic:** In a glass bowl, mix together the lime and lemon juice. Toss in the fish cubes, making sure they're fully submerged in the citrus bath. Cover and let it marinate in the fridge for about 15 minutes, or until the fish turns opaque and firm. This is where the magic happens!
- 3 Spice It Up:** While the fish is marinating, thinly slice the red onion and finely chop the habanero or jalapeño. If you like it hot, keep the seeds; if not, ditch them. Chop up the fresh cilantro too.
- 4 Mix & Mingle:** Once the fish is ready, drain off most of the citrus juice, leaving just a bit to keep things juicy. Toss in the red onion, habanero, cilantro, salt, pepper, and cumin. Mix it all gently, so you don't break up the fish.
- 5 Serve with Style:** Arrange the ceviche on a platter with the boiled sweet potato slices and corn rounds. Add some plantain chips or tortilla chips on the side for that satisfying crunch.
- 6 Date Night Delight:** Serve immediately and watch your partner's face light up. This dish is not just a feast for the palate but also for the eyes.

Tips for the Ultimate Ceviche Experience

Fish Swap: Try it with shrimp or scallops for a delightful twist.

Chill Out: Keep everything as cold as possible to ensure freshness.

Wine Match: Pair with a crisp white wine like Sauvignon Blanc or a refreshing Pisco Sour to keep those Peruvian vibes going strong.

Get ready to impress with this vibrant, zesty Peruvian Ceviche. It's a surefire way to heat up your kitchen and your date night. Enjoy every flavorful bite!

why don't we Date?

Stargazing Picnic

Escape the bright lights of the city and enjoy a night under the stars with a fun-filled stargazing picnic. Pack a blanket, some card games, your favorite snacks, and a sense of adventure as you head to a quiet spot away from the hustle and bustle. Under a canopy of stars, let the universe's magic spark your curiosity and inspire some out-of-this-world fun.



cocktail of the month *Bulleit bourbon* *infused with hazlenut*

By: Gialel Ben Saad

Combine all ingredients in a large glass and stir vigorously with ice. Do not shake. Strain and pour into a new glass with new ice. Garnish with orange twist and black cherries.

This cocktail is inspired by the old fashion cocktail, a cocktail with an intense flavor, and a twist that blends perfectly with the flavor of the hazelnut.

Ingredients

- 2 ounces of Bulleit Bourbon
- .5 ounce Osterberg Hazelnut Syrup
- 5-8 dashes Bitters
- Small squeeze of fresh orange
- Orange twist for garnish and black cherries for garnish

enjoy it!

About Gialel Ben Saad

Gialel Ben Saad began his career in Milan, working for the Family Group, which has consistently ranked among the top 50 bars worldwide for many years.

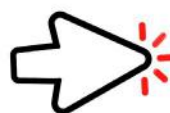
He is currently the proud owner and founder of Neo Mediterraneo Vibes in Sicily, Italy. Neo Mediterraneo Vibes is a specialty cocktail bar that exclusively uses ingredients from Mediterranean countries. The bar specializes in homemade recipes driven by intense and unique flavors to provide customers with an unforgettable experience.



 @neomediterraneovibes

playlist of the month

Click to check out our playlist or scan our spotify code!



PRODUCT OF THE MONTH

SUMMER OF LOVE DATE NIGHT BOX

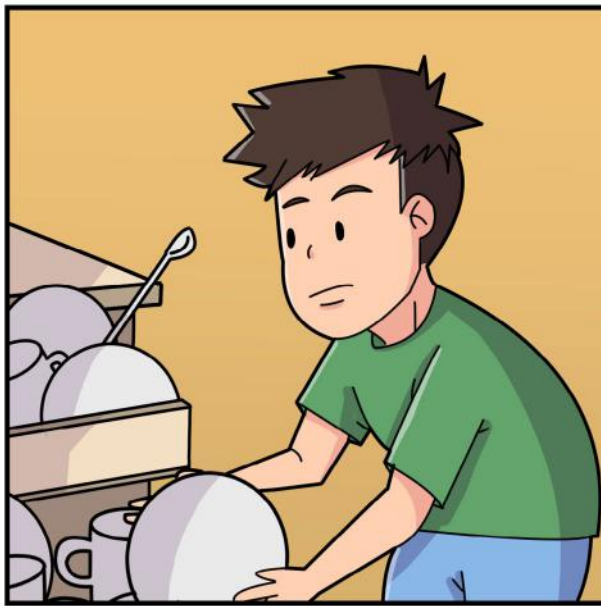
The Summer of Love date box is ideal for couples seeking unique adventures, fun, and strengthening their connection.

- **PRICE:** \$14.99
- **Groovy date night inspired by the 60s era.**
- Activity kit
- **Silly, romantic bonding activity.**

Find it at: <https://cratedwithlove.com/>



we've all
been there



Welcome to our interactive corner! Where we ask our followers for feedback on the dynamics of relationships. Check out some of the most hilarious and thought-provoking responses from our followers to this month's question.

Why do women take so long to get ready?

Giving time for a natural disaster so we dont have to go

It's a wrong idea carried by the straight 🤔 date a Gay and you will see they actually fast

We love to look perfect

Women need to be sure they don't end up with an asshole.

I cannot tell you to save my life #lowmaintenance

Bc they're getting ready to compete! (With other women)

Because they have more detailed grooming, makeup, hair and outfit

Because we were conditioned to compete and compare ourselves w other women

shower, hair, make-up, outfit. it's a process...

Don't forget to **follow us** on **social media** for a chance to join the conversation and **win \$30** with your wittiest answer to our next question!

horoscouple

Cosmic Clocks: How each sign manages time.

The first time I traveled abroad with my husband, I was **EXHAUSTED**. It was early in our relationship, so I just followed along and didn't complain, but man, did he make me run. Luckily for him (obviously ;)), **I have some flexibility in my natal chart** (we'll talk about this in another issue), and I don't mind following a leader. However, if I were less flexible or slower, this relationship would have ended on that trip.



Mariamely Leoni
Conscious Coach



**Certified in Natal
Chart Reading**



@masquemama.club

Fast forward a few years, we were discussing moving in together, so we decided to delve into the cosmos and get a synastry chart. That's when I understood why he was always in a rush. Once I learned that his impatience was ingrained in his nature, I realized I had the freedom to choose whether I wanted to be flexible and follow him around the airport as if I were living in fast-forward and mute mode or not. This revelation truly offers freedom and the space to set boundaries and make agreements.

So, if you ever feel like your partner's sense of time belongs on another planet, and you're always ready to go while they're still hitting the snooze button, spoiler alert: it might be written in the stars! Time management isn't just about schedules and to-do lists; it's also about understanding how your zodiac sign influences your relationship with time. Additionally, the position of the Moon in your natal chart can provide more insights into how you or your partner manage time unconsciously.

Whether you're a punctual Virgo or a laid-back Pisces, each sign has its own unique rhythm. So, let's dive into the cosmic clockwork and uncover the secrets of zodiac time management.



Aries (March 21 - April 19)

- Always in a rush, they thrive on adrenaline and last-minute plans.
- Tend to overbook themselves due to their enthusiasm.
- Impatient with delays; they value speed and action.
- Quick decision-makers, often choosing the fastest route.
- Struggle with sticking to routines, preferring spontaneity.

Taurus (April 20 - May 20):

- Value stability and prefer a steady, methodical pace.
- Often early to appointments, they hate feeling rushed.
- Take their time to make decisions, ensuring they're well thought out.
- Can be stubborn about their schedules, resistant to changes.
- Enjoy leisure and downtime, often scheduling relaxation into their day.



Gemini (May 21 - June 20):



- Easily distracted, they can struggle with sticking to one task.
- Enjoy multitasking and juggling multiple projects at once.
- Flexible with their time, able to adapt to sudden changes.
- Often late due to their spontaneous and social nature.
- Thrive in dynamic environments with varied schedules.

Cancer (June 21 - July 22):



- Prefer predictable routines and find comfort in consistency.
- Often prioritize family and home-related activities.
- May struggle with time management when emotions are involved.
- Tend to be early or on time, valuing respect for others' time.
- Schedule time for self-care and nurturing activities.

Leo (July 23 - August 22):



- Enjoy being the center of attention, often taking on leadership roles.
- May overestimate their time, leading to being fashionably late.
- Confident in their time management but can be distracted by social events.
- Prefer structured schedules that allow them to shine.
- Make time for hobbies and activities that boost their ego.

Virgo (August 23 - September 22):



- Extremely punctual and detail-oriented with their schedules.
- Excel at planning and organizing, often creating detailed to-do lists.
- Prefer efficiency and productivity, avoiding wasted time.
- Can be critical of others' time management.
- Enjoy structured routines and find comfort in order.

Libra (September 23 - October 22):



- Struggle with decision-making, which can affect their time management.
- Value balance and harmony, often trying to please everyone.
- Flexible and adaptable with their schedules.
- Can be late due to indecisiveness or social engagements.
- Enjoy spending time with others, often prioritizing relationships.

Scorpio (October 23 - November 21):



- Intense and focused, they manage their time with determination.
- Prefer to have control over their schedules.
- Can be secretive about their plans, valuing privacy.
- Prioritize important tasks and commitments, avoiding distractions.
- Often work in bursts of energy, needing downtime to recharge.

Sagittarius (November 22 - December 21):



- Adventurous and spontaneous, they dislike rigid schedules.
- Often late due to their laid-back and care-free attitude.
- Enjoy exploring new activities and experiences.
- Struggle with consistency and routine.
- Value freedom and flexibility in their time management.

Capricorn (December 22 - January 19):



- Highly disciplined and punctual, they value time as a resource.
- Excel at long-term planning and setting goals.
- Prefer structured schedules and routines.
- Often take on heavy workloads, managing their time meticulously.
- May struggle with relaxation, always seeking productivity.

Aquarius (January 20 - February 18):



- Innovative and unconventional with their time management.
- Prefer flexible schedules that allow for Creativity and spontaneity.
- Can be forgetful or distracted by their numerous interests.
- Value independence and may resist strict time constraints.
- Enjoy spending time on humanitarian or social causes.

Pisces (February 19 - March 20):



- Dreamy and imaginative, they can lose track of time easily.
- Prefer flexible and fluid schedules, disliking rigid plans.
- Often late or distracted, living in their own world.
- Value downtime for creativity and relaxation.
- Can struggle with deadlines, needing gentle reminders.



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