

# MHC

MAKING HAPPY COUPLES

## THE GREAT CLOTHING SWAP

*A Fun and Flirty Adventure for Couples*

## TAKING THE PLUNGE

*Starting to get intimate*

## CONFLICT

*It doesn't have to be a deal breaker!*

## ALI & SUMNER HOBART

*Mastering Business and Pleasure!*



MAY 2024



# *We're here to stay!*

We are Daniel and Daniella, and we are thrilled to welcome you to the second issue of Making Happy Couples. When we first came up with this idea, we weren't sure if it would connect with people, but we envisioned a community where couples could discover fun and helpful content for their relationships.

**We never expected that our idea would resonate with so many of you!**

Since our launch, your support has been nothing short of amazing. Your heartfelt messages, shared stories, and words of encouragement have not only touched us but also reinforced our commitment to you.

We also want to give a special shoutout to our experts and collaborators, whose insights, advice, and creativity are the backbone of this magazine. Without their dedication and passion, our mission to change the world one happy couple at a time would not be possible. We are honored to have you on this journey with us.

So, as you flip the pages of this second issue, know that we are here to stay. Together, we're building something truly special—a community where love, laughter, and the beautiful chaos of life is celebrated each day!

**From the bottom of our hearts,**

**THANK YOU!**

**- Daniel and Daniella**





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# Fight Fair

## Master the Art of Conflict Resolution in Your Relationship!

Arguments with your significant other can feel like emotional whirlwinds, right? But, guess what? Conflict doesn't have to be a deal breaker. In fact, it's a golden opportunity to deepen your connection and understand each other better. So, let's see how you can turn those awkward moments into productive dialogues that actually bring you closer!



- 1. Cool Down Before You Heat Up:**

When tensions rise, it's easy to let our emotions take the driver's seat. Here's a pro tip: take a breather! Whether it's a quick walk around the block or a few moments of deep breathing, giving yourself time to cool down can prevent a full-blown emotional meltdown. Once you're both calm, you're more likely to tackle issues with clarity and compassion.
- 2. Use Your Words Wisely**

Ever heard of "I" statements? They're a relationship-saver! Instead of saying, "You never listen to me!" try "I feel unheard when we talk about this topic." Framing your feelings this way prevents your partner from feeling attacked and keeps the doors of communication wide open.
- 3. Listen Like You Mean It**

This one is big—truly listen to what your partner is saying instead of planning your next rebuttal. Show that you're engaged by nodding, maintaining eye contact, and reflecting back on what you hear. "So, what you're saying is..." can be a magical phrase that shows you really get them.
- 4. Find the Real Issue**

Often, what we fight about isn't the real issue. Digging a little deeper can reveal underlying concerns. Is the argument about not doing the dishes, or is it really about feeling unappreciated? Getting to the heart of the matter can pave the way for more meaningful solutions.
- 5. Agree to Disagree**

Having different opinions is okay. Embrace it! The key is to find a compromise that respects both perspectives. Maybe you won't agree on everything, and that's alright. Respecting each other's viewpoints can often be more valuable than agreeing.
- 6. Practice Makes Perfect**

Good communication takes practice like any skill. Why not set aside some time for a weekly check-in? Discuss what's going well and what might need a little tweaking in your relationship. This can be your safe space to air out small grievances before they turn into bigger issues.

Remember, conflict is just the flip side of passion—both show that you care deeply. By mastering the art of fighting fair, you're not just resolving arguments; you're building a stronger, more resilient relationship that's ready to face whatever life throws your way! **Keep loving, keep fighting, and keep growing together!**

# unleash confidence

## YOUR GUIDE TO OVERCOMING DATING ANXIETY

BY: SABRINA VISCONTI

As we navigate the ever-evolving world of dating, one thing remains constant: the importance of confidence. Yet, for many of us, the journey to finding love is filled with anxieties and insecurities that can dim our inner light. Fear not, for this month's edition is dedicated to empowering you with the tools and techniques to conquer dating anxiety and unleash your confidence.

### UNDERSTANDING DATING ANXIETY

Feeling anxious about dating is totally normal. It's that jittery feeling you get when you worry about being rejected or not measuring up. Recognizing these feelings is the first step to feeling better.

#### Techniques to Boost Confidence:

- **Self-Awareness and Acceptance:** Embrace your unique qualities and imperfections, for they are what make you truly remarkable.
- **Positive Affirmations:** Tap into the strength of positive self-talk to quiet negative thoughts and boost your confidence.
- **Visualizations:** Envision yourself thriving in dating scenarios, cultivating a mindset of confidence and possibility.
- **Setting Realistic Goals:** Break down your dating journey into manageable steps, celebrating each milestone along the way.

*“Embrace your  
unique qualities  
and imperfections”*



## STRATEGIES TO MANAGE ANXIETY:

- Deep Breathing and Relaxation Techniques: Center yourself with deep breathing exercises to calm nerves before stepping into a date.
- Mindfulness and Meditation: Cultivate inner peace and resilience through mindfulness practices, quieting the anxious chatter in your mind.
- Challenge Negative Thoughts: Combat self-limiting beliefs by reframing them with rational, positive affirmations.
- Seeking Support: Lean on friends, family, or a coach for guidance and encouragement during moments of doubt.

*“Embrace serenity  
and confidence  
through  
mindfulness, positive  
reframing, and  
supportive connections.”*



## PUTTING TECHNIQUES INTO PRACTICE:

Integrate these strategies into your daily routine and dating experiences, celebrating your progress, and reflecting on your growth along the way.

Remember, confidence is not about being perfect; it's about embracing your authentic self and owning your worth. As you start your dating adventure, may you do it with courage, strength, and a strong belief in your own awesomeness.

**We're here to support you  
every step of the way.**



**With love and empowerment,  
Dating Coach  
Sabrina Visconti  
visecure.net**





# Power Up Your Savings!

This month, we are ramping up the efforts to boost your savings. It's time to turn you and your partner from moderate budgeters to superhero savers. Are you ready to increase your savings and reach your goals together? **Let's begin!**



## ● Set Up Your Savings Goals as a Team

Begin with the end in mind. Sit down with your partner and define what you're saving for. Is it a tropical vacation? A new home? An emergency fund? Visualize your goals together and set a clear timeline. Remember, a goal without a plan is just a wish!

## ● Establish Automatic Savings

Make saving as effortless as breathing. Set up automatic transfers to a savings account every time you get paid. It's like setting a fitness tracker for your wallet – you'll reach your financial fitness goals without even thinking about it!

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



## ● Hack your habits

Here's where small changes lead to big savings. Swap out expensive habits for cost-effective fun. Love dining out? Try a picnic in the park or a homemade dinner date. Adore movies? Host a movie night at home. Each little swap will turbo-charge your savings.

## ● Create a Savings Challenge!

Add some excitement to your savings journey by creating a savings challenge. Try the 52-week savings challenge, where you save a little more each week, or a no-spend month where you cut out non-essential spending. Turn it into a friendly competition to see who can save the most – winner gets bragging rights and maybe a special treat!

## ● Use Tech Tools to Boost Your Savings

Leverage technology to make saving a breeze. Apps like Mint, YNAB (You Need A Budget), or Acorns can help track your spending and automatically round up purchases to save the change. It's like having a personal financial assistant in your pocket!

There you have it – your playbook for turning savings goals into reality. With these strategies, you and your partner can boost your savings power and enjoy watching your financial dreams take shape. So, put on your capes, because **together, you're unstoppable!**

# Taking the plunge

## 5 Tips for Couples Who Are Just Starting to Get Intimate

by: Amy Rowan



### Amy Rowan

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

So, you and your partner are ready to take things to the next level—exciting times! Navigating the new waters of intimacy can be thrilling but also a bit daunting. Worry not! Whether you're exploring these waters for the first time or with a new partner, we've got some hot tips to make your journey smooth and enjoyable. Let's get into it!

### *1. Prioritize Your Health*

First things first: health is sexy! Make routine STI testing a part of your relationship routine. **Knowing that you both have a clean bill of health will let you dive into your experiences with peace of mind.** And hey, while we're on the topic, doubling up on birth control methods is a smart play if you're not ready for mini-yous just yet. Remember, even the best plans can fail, so it's cool to have a backup.





## 2. Chat It Out

Grab a comfy spot and have a candid chat about your likes, dislikes, and boundaries before things heat up. This isn't just good manners; it's also about making sure you both have the best time possible. Ask questions like, **"What do you enjoy?"** or **"Is there anything that's off-limits?"** Your partner will not only appreciate the openness but will also be eager to make the experience wonderful for you.

## 3. Let Go of Expectations

Real talk: Forget those steamy scenes from movies—they're choreographed to perfection, unlike real life. When you're getting intimate, it's okay to have a giggle or two when things don't go as planned. Relax and remember, this isn't a performance—it's supposed to be fun! Drop the script and enjoy the spontaneous moments that make your experiences uniquely yours.

*"Relax and remember, this isn't a performance"*



## 5. Slow It Down

When things start heating up, it's easy to rush towards the 'big O,' but hey, let's slow down and savor the journey. Focus on the pleasure of the experience rather than just the climax. **When you concentrate on enjoying each other, everything else, including orgasms, will likely follow—and even if they don't, the ride will still be amazing. Set your sights on fun and pleasure, and let the good times roll**

There you have it—five top tips for navigating the exciting beginnings of intimacy with your partner. Keep these pointers in mind, and you're set for a joyful, healthy, and deeply satisfying journey together. Dive in, laugh a lot, and cherish every moment of discovery. Happy exploring!

## 4. Stop the Comparisons

Here's a not-so-secret tip: **don't bring your exes to bed**—not literally, of course, but mentally either. Comparing your partner or yourself to past conquests is a surefire mood killer. Stay in the moment, focus on your current partner, and remember that every experience and every connection is different. Keep the focus on creating something great together.



# the great clothing swap

*A Fun and Flirty Adventure for Couples*

by Esmeralda Chavez

Couples often fall into style routines. They know what looks good on them, and they stick to it. But what if there was a way to inject some playful novelty into your wardrobes?

**Enter the clothing swap! Exchanging clothes with your partner is a surprisingly fun and romantic activity. It allows you to see them in a new light, discover hidden gems in their closet, and maybe even borrow a favorite piece for yourself.**



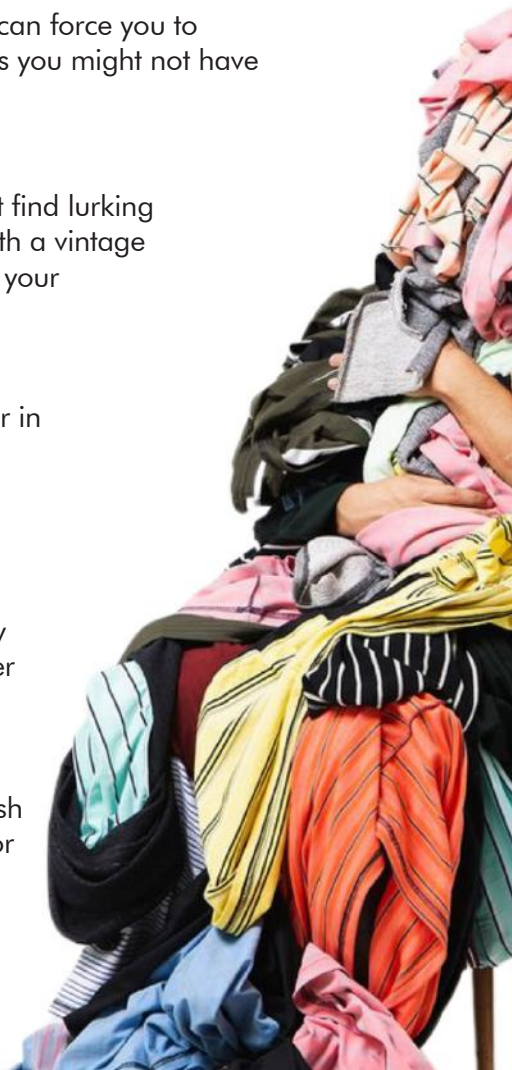
## Esmeralda Chávez

My name is Esmeralda Chavez, originally from Venezuela but living in Miami since 2017. I hold a degree in Modern Languages and have studied Fashion Business and Fashion Photography at the Marangoni Institute in Miami. As a designer and CEO of my handmade accessories brand, CrystalDust, I am passionate about fashion and its artistic expression that enhances every individual. Fashion, to me, is the perfect canvas to showcase one's uniqueness. Writing is another passion of mine, and I pour my creativity into every word I write.

## Why Swap Clothes?

There are many reasons why couples might enjoy a clothing swap:

- **Break out of a routine**  
Stuck in a fashion rut? Swapping clothes can force you to experiment with new looks and silhouettes you might not have considered before.
- **Discover hidden gems**  
You never know what treasures you might find lurking in your partner's closet. You could unearth a vintage band tee or a cozy sweater that becomes your new favorite.
- **See your partner in a new light**  
It's always fun to see your significant other in a different outfit. **A clothing swap can reveal a whole new side of their style personality.**
- **Flirty fun**  
Let's face it, there's something undeniably playful and sexy about seeing your partner in your clothes (or vice versa).
- **Sustainable Style**  
A clothing swap is a fantastic way to refresh your wardrobe without spending a dime or adding to fast fashion.





## How to swap clothes like a pro?

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**1 Set the Mood**  
Light some candles, put on some music, and make it a fun and flirty experience.

**2 Gather Your Garments**  
Lay out all the clothes you're willing to share on your bed or the floor.

**3 Take Turns Picking**  
Decide whether to pick for yourselves or your partner. Be open-minded and adventurous!

**4 Accessorize**  
Don't forget the power of accessories! Belts, jewelry, and scarves can completely transform an outfit.

**5 Strike a Pose!**  
Once you've styled your new look, take some fun pictures to commemorate the fashion adventure.



# Picture Perfect Ideas

## Mirrored Selfies

Capture both of you rocking your swapped styles in a full-body mirror selfie. Imagine a brightly lit bedroom with a full-length mirror propped against the wall. You and your partner stand side-by-side in front of the mirror, phones held high, snapping a selfie that captures your head-to-toe looks

## Candid Poses

Snap some playful candid photos of you two hanging out and having fun in your swapped outfits. Picture this: You're sprawled on the couch, cuddling with your partner who's now sporting your favorite floral dress and a pair of sunglasses perched on their head. You both have mugs of coffee and laugh together, the swapped clothes adding a touch of silliness to the scene.



**Remember, the most important thing is to have fun and enjoy the experience!** So next date night, ditch the fancy dinner and try a clothing swap instead. You might be surprised at how much fun (and fashion inspiration) you discover!

# Celebrities that love clothing swap

Hailey & Justin Bieber



Ben Affleck & Jlo




Kim & Kanye



Selena Gomez & the Weeknd



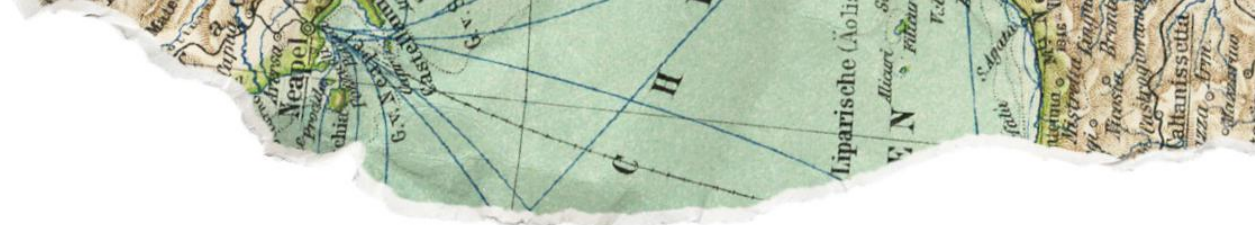
A couple stands on a rocky cliff overlooking a stunning turquoise bay. The water is crystal clear, showing various shades of blue and green. The surrounding cliffs are high and rugged, with patches of green vegetation. The sky is clear and blue. The couple is seen from behind, with their arms outstretched, embracing the view.

*why don't we  
keep travelling  
the world?*

MEET ALI AND SUMNER HOBART



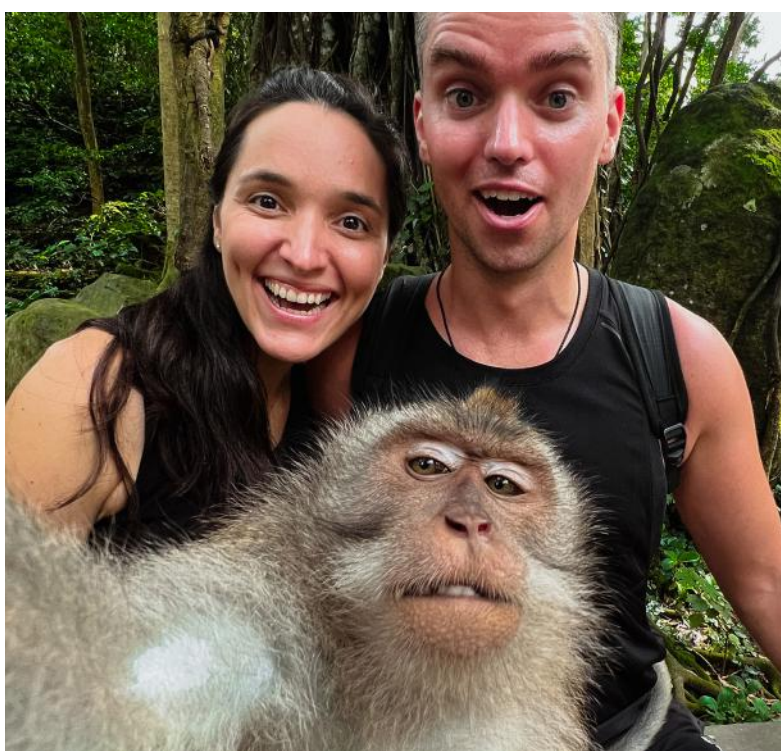
@hobartsabroad



## Get ready to dive into the extraordinary journey of Ali and Sumner Hobart, a power couple whose story will ignite your sense of adventure and entrepreneurial spirit.

Their path to success began during their college days at the University of Cincinnati, where a chance encounter sparked a friendship that blossomed into a lasting romance. Ali, a Brazilian girl navigating college life, and Sumner, a college student living in the suburbs, found love in the most unexpected of places.

After three years of dating and seven years of marriage, they've become more than just partners – they're best friends. From starting an online business to becoming full-time travelers and vloggers, their journey is a testament to the power of determination, innovation, and love.



Join us as we sit down with Ali and Sumner to unravel the secrets behind their unconventional lifestyle, their thriving careers, and the key to their unwavering bond.

**Q: Your journey from starting an online business to becoming full-time travelers and vloggers is truly inspiring. Can you share some key moments or decisions that led you to where you are today?**

It's funny because it was one of those epiphany moments. One of the reasons we started our online business was that we craved more time—time to spend with each other, our friends, and our family and to travel more. However, it wasn't until about a year after starting our business that we went on a trip to Europe with Ali's family. It was amazing because we were able to enjoy new experiences, spend quality time with family, and even work a little bit without any stress.

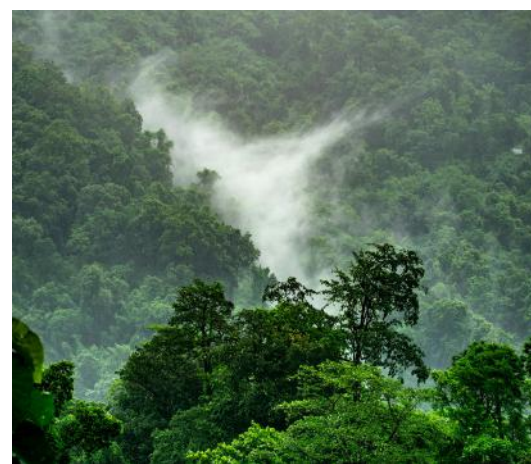
After returning to the cold Ohio winter, we both said to each other, "Why are we here?" when we could work from anywhere in the world. We remembered reading about the concept of geo-arbitrage in the book "4-hour work week" by Tim Ferris, where you earn in a stronger currency and spend in a weaker currency, and that way, your money goes much further...

...So we decided to move to Florianópolis, Brazil, for a few months, which led us to another epiphany moment: **"Why don't we just keep traveling the world?"**

**Q: That sounds amazing! We are sure transitioning to this lifestyle brought some ups and downs. What are the three pros and cons of working as a digital nomad versus a traditional 9-to-5 job?**

That's a great question because so many people automatically assume one is good and the other is bad, and we believe it has a lot to do with someone's personality.

***"Transitioning to a digital nomad lifestyle presents both opportunities and challenges".***



**1** **Work Schedule:** As a digital nomad, you can choose when to work, which can benefit business owners. However, managing your own schedule requires discipline. In contrast, a 9-to-5 job provides structure, with set hours chosen by someone else. Finding the balance between work and leisure is crucial for digital nomads, ensuring full engagement in both areas.

**2** **Geo-arbitrage:** Earning in a strong currency and spending in a weaker one is a significant advantage for digital nomads, allowing for a higher standard of living in various global locations compared to traditional 9-to-5 jobs.

**3** **Life Experiences:** Digital nomadism offers unparalleled opportunities for personal growth and diverse experiences. Unlike the routine of a 9-to-5 job, digital nomads can explore different cultures, lifestyles, and environments, enriching their lives in profound ways.



**Q: So, you made a choice to become world travelers who also work together. What role do you each play in your businesses, and how do you support each other in your respective roles?**

We love to divide and conquer! We've grown our business so much more by having different "departments" to handle. That not only makes us more efficient, but we also annoy each other less, LOL.

Sumner is the brains of our businesses. He strategizes, analyzes, advertises, and creates amazing systems for us and our virtual assistants. Ali is the top manager of everything. She makes things happen by communicating with all the team members, figuring out logistics, developing products, and organizing our lives and finances. We do share some areas we both enjoy like creatives, graphics, travel planning, and teaching.

**Q: Teamwork makes the dream work!**

**However, many people mention that working with a romantic partner is difficult. How do you manage the dynamic of working together as a couple while running a successful business?**

**1** It is not easy, but there are strategies you can apply that help. Assign each person to a specific area of your business and avoid interference. You can ask each other for input, but one of you should be the decision-maker in that department.





**2** Have a hard stop on your workday. This is probably the most difficult for business owners, but trust us, this will make all the difference. Once your workday ends, avoid talking about it and have at least one day of the week when you don't work at all. We do this not only because we're Christian and want to honor the Sabbath, but this is essential for anyone's mental health and relationships.

**3** Try to work in different rooms or desks and/or use a messaging app to communicate during the workday. This is a must for us; otherwise, we not only distract each other all the time, but we get "sick" of each other more often.

**4** Be gracious with each other. Try really hard not to bring work stress into your relationship. This requires a lot of work that you both need to put in.

**Q: That's great! So, as successful mentors in the field of online business, you surely have some advice for couples looking to start their entrepreneurial journey together.**

Yes, refer to the previous answer, LOL! But also, before you venture into anything, think first about your ultimate life goal. What do you see yourselves doing in the future? How much money do you want or need? Where do you want to live? How many hours do you want to work?

Once you think about those things, you should only work on a business that will take you in that direction and not away from it. For example, if you start a service-based business where your income is reliant on your work hours, and your goal is to work 20 hours a week, you must have a strategy to expand and keep your business going as you work less.

**Q: Now, getting a little more personal. Can you share a memorable or challenging experience from your travels that strengthened your relationship as a couple or taught you valuable lessons?**

One situation that comes to mind is when we got scammed in Kenya. Instead of getting angry or frustrated at each other, we worked as a team to figure out the best way to

resolve the situation.

We learned that travel, especially full-time travel, comes with unexpected situations that either force you to blame each other or be gracious and work as a team to find the best possible outcome.

**Q: That makes so much sense, but it must take work to get to that understanding. Do you have any rituals or routines as a couple that contribute to the strength of your relationship?**

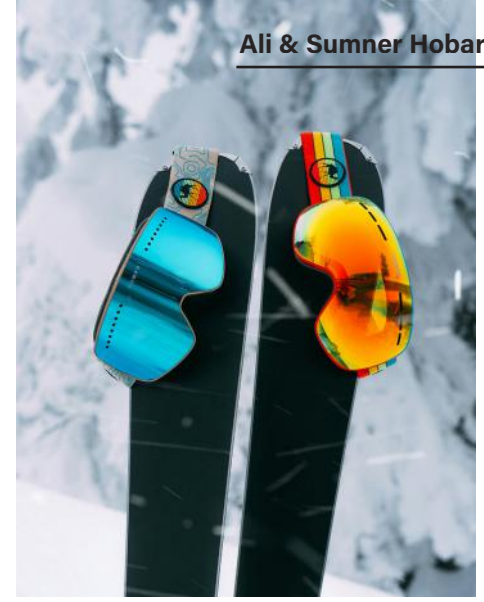
We both love having a good routine! That may seem contradictory to our lifestyle, but that's why we have chosen to travel slowly. This means we try to stay at the same place for longer periods of time and always look for Airbnbs that offer what we need: great WiFi, close to gyms, close to grocery stores, etc. Also, as we said before, we always have free time every night and on Sundays when we don't work or talk about work.

**Q: That's great! So, success is a word that has different meanings for many people, but what does it mean to both of you personally, and how has your definition of success evolved throughout your journey together?**

Success is about pleasing God; everything else is vanity. That comes from our Christian belief, which we know others don't share. However, something to remember is that money is just a small part of the equation. How much money







you actually need is different for every person. Get clear on your goals because you can travel the world and have life-changing experiences for very little money and live a successful life.

**Q: True! On another note, from your experiences traveling the world, if you had to recommend three destinations for couples, which ones would you choose?**

It completely depends on what the couple is into, but in general, for most couples, our top three would be Croatia, Thailand, and the USA (especially National Parks). If we were to throw a fourth one, it would be Vienna, Austria.

**Awesome! To end our interview, we like to ask every couple we meet: what do you think is the key to a happy relationship?**

Having a relationship with God has completely transformed ours. That is definitely our number one key. However, regardless of your beliefs, when someone is solely focused on what their partner can give them rather than what they can give in return, it can lead to an unhappy and unfulfilling relationship.

Although it may seem easier said than done, prioritizing serving your partner in a relationship can make a huge difference. Both partners end up happier, even if the outcome remains the same. For instance, if Sumner likes smoothies and Ali likes chocolate, their relationship would be much better if Ali makes Sumner a smoothie and Sumner gets Ali chocolate, instead of both preparing their own drinks. Does that make sense to you?

*“regardless of your beliefs, when someone is solely focused on what their partner can give them rather than what they can give in return, it can lead to an unhappy and unfulfilling relationship.”*

**There you have it, folks! Ali and Sumner’s remarkable journey is a testament to the power of love, dedication, and faith. From their humble beginnings to their global adventures, their story is a beacon of inspiration for couples seeking to break free from the ordinary and forge their own path. So, whether you’re dreaming of starting your own business, traveling the world, or nurturing a deeper connection with your partner, take a page from Ali and Sumner’s book**





# *Gloria & Emilio Estefan*

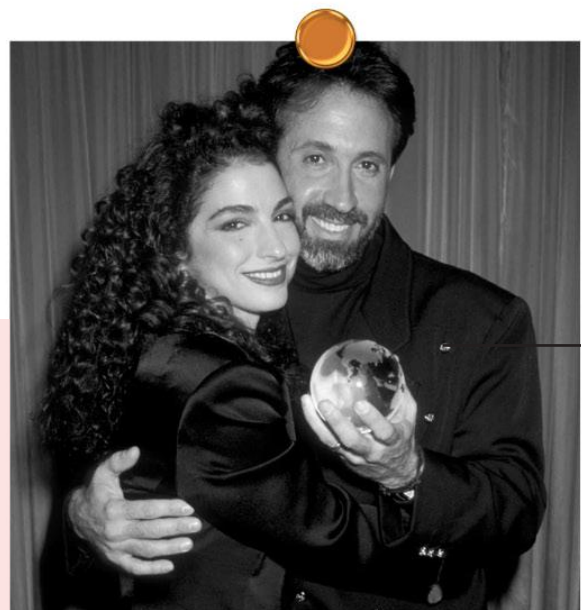
*A Symphony of Love and Resilience*

Gloria and Emilio Estefan’s love story encapsulates more than just romantic notes; it’s a poignant tale of partnership, resilience, and mutual growth that has echoed through the decades. Since their marriage in 1978, the Estefans have navigated life’s crescendos and decrescendos together, creating a harmony that has not only strengthened their bond, but also propelled them to iconic status in the music world and beyond.

The journey of Gloria and Emilio began in the vibrant streets of Miami, a place where their shared Cuban heritage and love for music drew them irresistibly together. As Gloria’s musical career took off with Miami Sound Machine, Emilio was not only her husband but also her most trusted manager and producer.

Their collaboration was rooted in deep mutual respect and an unshakeable belief in each other’s talents. Emilio once said in an interview:

***“Our relationship is based on love, respect, and communication. We are not only partners in love but in business, and we rely on each other’s strengths to succeed.”***





Emilio Estefan,  
director del grupo,  
nos cuenta que  
¡hay grandes caml  
y muchos planes!



However, their path wasn't always smooth. In 1990, Gloria's tour bus was involved in a horrific accident, leaving her with a fractured spine and uncertain if she would ever walk again, let alone perform. Emilio's unwavering support during her recovery was pivotal. Gloria reflects, "Emilio was my rock. He never doubted my recovery. He said, 'You're going to make it, and I'm going to be right here with you.'" This period not only tested but ultimately solidified their bond, showcasing their ability to support each other in the face of life-altering challenges.

The couple also faced the music industry's pressures together, battling stereotypes and breaking barriers for Hispanic musicians in the mainstream market. Their shared vision was always clear, as Emilio stated, "We knew we had something special, something that could resonate with people regardless of where they came from."

As they look back on their journey, the Estefans credit their lasting relationship to several key principles: communication, respect, and shared values. Gloria once shared, "It's about walking this life together, sharing the load, and dancing to the same rhythm, no matter the music that life plays."



***"Emilio was my rock.  
He never doubted my recovery.  
He said, 'You're going to make  
it, and I'm going to be right  
here with you.'"***

Today, Gloria and Emilio Estefan not only represent a powerful love story but also serve as mentors and role models for new generations in the industry. Their advice to couples, both within and outside the spotlight, is simple yet profound: "Stay true to yourselves, support each other's dreams, and never lose the joy of dancing together."

Through decades of life's melodies, both sweet and challenging, Gloria and Emilio Estefan have crafted a love story for the ages. Their journey together continues to inspire those who believe in the power of love, partnership, and perseverance.

**As they continue to make music and share their lives, their legacy resonates as a testament to the enduring power of a true partnership.**



# TRANSFORMING CLUELESS DADS INTO POSTPARTUM ALLIES!

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Embark on the Bellibind Journey  
with Princess Mckinney!

Step right up, folks! Ever caught a glimpse of those bewildered dads flailing their hands, clueless about how to support their baby mamas post-childbirth?

**Picture this:** instead of awkwardly passing bottles or fumbling with diaper changes, what if you could actively join in the recovery journey, syncing up with your partner and reigniting intimacy along the way?

Well, hold onto your hats because Bellibind is here to make that dream a reality! And who better to spill the beans on this revolutionary concept than the one and only Princess Mckinney? The brains behind Bellibind!

**Q: Belly binding is a unique practice. Could you explain its benefits for postpartum recovery, both physically and emotionally, and how Bellibind incorporates these benefits into its products and services?**

A: Indeed, belly-binding benefits are bountiful and extend beyond just physical healing, encompassing emotional well-being as well. At Bellibind, we understand the significance of this ritual and how it contributes to the overall postpartum recovery journey.

Bellibind provides gentle compression and ancient traditions to help women recover physically and emotionally. Our wraps reduce inflammation, improve hip stability, and alleviate incisional pain for C-sections. Mothers also experience shorter bleeding time and faster return to pre-pregnancy weight.

Emotionally, belly binding serves as a nurturing and empowering practice for mothers, instilling a sense of comfort and security during a vulnerable time.

By honoring this ancient tradition and infusing it with modern comfort and support, Bellibind prioritizes the holistic well-being of mothers, ensuring they feel ultra-supported throughout their postpartum journey.

**Q: How did the idea for Bellibind come about, and what inspired you to start this business?**

A: Bellibind was inspired by my experiences as a postpartum doula. After witnessing the profound impact of belly binding on my clients, I curated a signature wrap experience to provide mothers with a spa-quality reset amidst the chaos of new motherhood.

My own personal experience with the healing power of belly binding further solidified my commitment to this venture. Following my child's surgical birth, I experienced the transformative effects of tender loving care on both my body and nervous system. This firsthand experience underscored the importance of Bellibind's mission to provide mothers with the support and care they truly deserve during the postpartum period.

**Q: When we first met, we discussed how involving your partner in the Bellibind practices could be excellent for your relationship.**

**Can you share why it would be great to do this together?**

A: Absolutely, involving your partner in the Bellibind practices can significantly enhance your relationship, particularly in terms of postpartum intimacy building. Belly binding provides partners with a unique opportunity to participate actively in the postpartum recovery process, fostering a deeper connection through



@bellibind

loving touch and affection.

By engaging in this practice together, partners not only support the physical healing of the mother but also strengthen emotional bonds, creating a sense of unity and teamwork during this transformative period. Additionally, the shared experience of caring for the mother's well-being can deepen mutual respect and appreciation within the relationship, laying a strong foundation for continued support and closeness as a couple.

Overall, embracing Bellibind practices as a team reinforces the importance of partnership and solidarity, enriching the journey of parenthood for both partners.

**Q: Lastly, what do you think sets Bellibind, apart from other businesses in the industry?**

A: Our innovative approach to physical post-birth recovery support sets Bellibind apart from other businesses in the industry. We continually seek new ways to enhance the healing journey for mothers after childbirth, positioning us as leaders in the field.

And there you have it, folks! From ancient traditions to modern-day innovation, Bellibind is paving the way for postpartum recovery like never before. Princess Mckinney's journey from doula to entrepreneur showcases the power of passion and firsthand experience in revolutionizing an industry. So, if you're ready to dive into a world where support, intimacy, and innovation collide, Bellibind is your ticket to the postpartum adventure of a lifetime!



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# Networking as a *Couple*



In the age of rapid career advancement and dynamic social landscapes, networking has become more than just a professional necessity; it's a way to broaden horizons, foster personal growth, and, interestingly, strengthen romantic relationships. For couples, networking can become a shared endeavor that not only expands their individual professional circles but also deepens their mutual understanding and support. Here's how couples can leverage their social connections together for mutual benefit.

## Dual Force in Networking

When couples attend networking events together, they effectively double their outreach. Each partner brings a unique personality, set of skills, and connections to the table, enhancing the other's networking potential. By dividing and conquering at social gatherings, couples can cover more ground, meet more people, and introduce one another to new groups, potentially opening doors that might otherwise remain closed.

## Understanding and Leveraging Differences

Each partner in a relationship will likely have different strengths. One might be more extroverted and comfortable initiating conversations, while the other might excel in deep, one-on-one discussions. Recognizing and utilizing these differences in social settings can maximize efficiency and impact. For example, the more outgoing partner can break the ice and introduce the quieter one to new contacts, who can then engage them on a more personal level.

## Unified Front

Presenting a unified front can also be particularly beneficial in environments where the professional and personal lines often blur, such as in small industries or creative fields. As a couple, showing that you are both supportive and professionally competent can significantly boost your credibility and relatability, fostering trust and deeper connections.

## Navigating Challenges

Networking together also poses unique challenges. It requires a fine balance to ensure that both partners feel equally involved and valued. Discussing expectations and setting clear goals before each event can help prevent potential misunderstandings. Additionally, it's crucial to allocate time for each partner to follow up individually with new contacts to build their own relationships, ensuring that professional growth for both remains balanced.



## Enhanced Social Capital

Couples who network together not only widen their professional network, but also enrich their relationship by sharing experiences and supporting each other's career goals. This shared aspect of their lives can lead to greater empathy and understanding of each other's daily challenges and triumphs.



# Practical Tips for Networking as a Couple

- 1 **Prepare Together:** Before attending an event, review the attendees list and identify key people who could benefit either or both of your careers.
- 2 **Have a Signal:** Develop subtle signals to help each other escape long-winded conversations or to invite each other into conversations.

3 **Divide Responsibilities:** Decide who talks to whom and what about, then swap information at the end of the event.

4 **Follow Up as Individuals:** While attending events together is great, following up individually allows each person to develop and maintain professional relationships.

5 **Celebrate Wins Together:** After the event, take time to celebrate any new connections or opportunities that arose, reinforcing the value of your partnership.



Networking as a couple can transform the often - daunting task of building professional relationships into an enjoyable and fulfilling joint venture.

By supporting each other in these endeavors, couples can not only expand their professional landscape, but also reinforce their partnership, making every introduction a step forward together in their shared journey.



# ● ● ● ● why don't we cook together?

## Club Sandwich Perfection!

Get ready to craft your very own epic club sandwich!

### Ingredients (x2)

- 3 pieces sliced bread
- Butter, softened.
- 3 tbsp. mayonnaise
- Romaine
- 2 tomato slices
- Kosher salt
- Freshly ground black pepper
- 2 pieces bacon, cooked
- 1 thick slice cheddar
- 2 slices turkey
- 2 slices ham

- 1 Start by selecting three slices of your favorite bread, then lightly toast them to perfection.
- 2 Spread mayo on one slice and mustard on another, setting the stage for a flavor explosion.
- 3 Now, here's where the magic happens: pile on crisp lettuce, juicy tomato slices, and thinly sliced cucumber for a refreshing crunch. But wait, there's more!
- 4 Layer on slices of succulent deli turkey, savory ham, and crispy bacon to take your taste buds on a journey they won't soon forget.
- 5 Top it all off with the final bread slice and secure it with toothpicks for that picture-perfect finish.
- 6 Slice it diagonally like a pro and behold your masterpiece!



# why don't we Date?

## Thrift Store Challenge

Get ready to put your creativity to the test with a thrift store challenge like no other. This May, grab your partner and embark on a treasure hunt through the aisles of your local thrift stores. Armed with a budget and boundless imagination, prepare to unearth hidden gems and fashion-forward finds that will have you both turning heads for all the right reasons.







# cocktail *of the month!*

## **Espresso Martini**

The Espresso Martini was invented by Dick Bradsell in the late 1980s at Fred's Club in London, upon the request of a young woman who wanted a drink that would both "wake me up and then destroy me." Bradsell recalled that the coffee shop at Soho Brasseries was located right next to the drinks station, which made it difficult to keep coffee grounds from getting everywhere. At that time, vodka was the preferred drink of choice, and Bradsell combined it with coffee to create the now-famous Espresso Martini.

### **Tools**

- 1 Shaker (Boston or Parisian)
- 1 Strainer (also known as Hawthorne)
- 1 fine strainer (coconut strainer)
- 1 jigger (measuring tool)

### **The ingredients**

- 50 ml vodka
- 25 ml coffee liqueur
- 45 ml espresso coffee
- 1 very small pinch of salt

### **The Preparation**

1. Add all the ingredients to a shaker.
2. Fill with fresh ice cubes and shake vigorously.
3. Double strain with a Hawthorne and fine strainer over a martini glass.
4. Decorate with three coffee beans.

Why choose an espresso martini for a romantic occasion?

**This cocktail was created when someone young asked for a drink that would keep them going through the night and possibly into the next day.**

Sometimes, we can take the time to do something special that keeps us awake and makes the moment unique.

Why make something that can be enjoyed anywhere in the world? Because nobody else will make it like you two tonight!

**So, enjoy it!**



**Esteban Enrique  
Cabrera Luquez**

**Born in Caracas, Venezuela  
Bartender  
Currently resides in Mexico City  
Instagram: @esteban.cabrera\_V\_**

I began working as a bartender when I was very young. At the age of 18 years and 2 months, I arrived in Mexico. In Mexico City, I was able to experience and learn about the beautiful bar and drink culture.

I worked on numerous projects, gained opportunities to work in different environments such as restaurants, cocktail bars, hotels, casinos, and high-flow bars. This helped me to meet many different customer profiles and understand their needs, allowing me to tailor my services accordingly. With creativity, I could generate incredible experiences for them. Throughout my 7 years of experience, I never forgot where I came from but also never lost sight of where I was going.

When it comes to cocktails, people's experience extends beyond the taste and appearance. You can learn amazing stories and discover the reason behind each drink. It's important not to fall in love with the product but with the process.

# PRODUCT OF THE MONTH

## Personalized Memory film keychain

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- Ideal for photography lovers
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Etsy Shop: [www.etsy.com/shop/CraftsByAleja](https://www.etsy.com/shop/CraftsByAleja)



we've all  
been there



# HOROS COUPLE



by Mariamely Leoni



**Mariamely Leoni**  
Conscious Coach



Certified in Natal  
Chart Reading



@masquemama.club

I am sure that you can agree with me that communication is the #1 problem that couples encounter and that sometimes it feels like we're speaking in Morse code when we should be fluent in the language of love!

They say you should treat others the way you would like to be treated, but I've got a cosmic twist on that golden rule – **treat others the way THEY want to be treated.** After all, what good is speaking the language of love if your partner is fluent in a dialect you've never even heard of? By tuning in to your partner's unique communication style and preferences, you can bridge the gap between your respective signs and create a connection that's truly out of this world.

So, grab your **horoscope** and strap in for a celestial journey through the cosmos of couple communication – it's sure to be an enlightening and entertaining ride

## SIGNS IN SYNC

### BRIDGING THE COMMUNICATION GAP BETWEEN SIGNS



#### Aries

Keep it simple, straightforward, like a bullseye. Sprinkle positive words and phrases liberally, accompanied by dramatic gestures for effect. Cut to the chase with short, punchy sentences.

#### Taurus

Picture clarity in your speech, each word a polished gem. Speak in short, crystalline sentences. Show them the earthly rewards awaiting, painting a vivid picture of what's in it for them. Give them the gift of time to mull things over, letting decisions marinate like a fine wine.





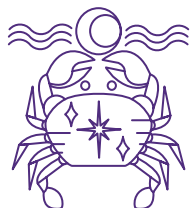
## Gemini

Keep it smooth, swift, and flexible in the language department. Speed is of the essence when talking to them. Guide them gently back to the point if they wander, always with respect. Motivate action with short, snappy phrases that hit the mark.



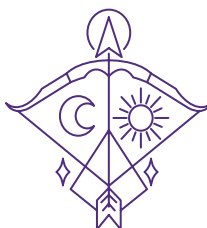
## Scorpio

Be straightforward, crystal clear, fuzziness allowed. Befriend your patience; repeat yourself kindly. Always deliver the truth, no matter how tough. Honesty is their aphrodisiac.



## Cancer

Wrap them in a nurturing, supportive language blanket. Avoid criticism, even if it's helpful; they might mistake it for rejection. Validate their feelings; they're as real as the stars. Use "I feel" language; it speaks to their soul.



## Sagittarius

Choose your words wisely; they might use them against you. Embrace dialogue until you find common ground. Respect their viewpoint and include it in your considerations. Speak as equals in the cosmic arena, no hierarchical nonsense.



## Leo

Shower them with recognition for their conquests. Protect their self-esteem at all costs. If corrections are needed, handle them privately and delicately, preserving their pride. Keep the hierarchy clear.



## Capricorn

Opt for written correspondence; it's their preference. Keep a journal for communication convenience. Emotions have no place when communicating with them. Stick to topics you both master. Their "no" may be cosmic, but it's not final; find loopholes.



## Virgo

Speak with precision, detailing every nook and cranny. Utilize an expansive cosmic vocabulary. Choose your words wisely, for they hold great power. Reinforce their worth. Remind them of their wisdom; they're smarter than they realize.



## Aquarius

Frame your communication as questions, not commands. Suggest rather than dictate; they like to feel included. Keep it clear and concise, like a telegram. Authoritarianism is a big no-no.



## Libra

Strike a balance with a gentle yet resolute tone. Stir them to action with motivating phrases. Guide, don't decide, and aid in their decision-making process. Keep it classy, avoid vulgarity.



## Pisces

Wrap them in an embrace with affectionate, gentle words. Keep it classy; rudeness and vulgarity are turn-offs. Appeal to their sense of right and wrong, as defined by society, tradition, law.



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