

MHC

MAKING HAPPY COUPLES

**YOU ARE NOT
KISSING
ENOUGH**

A big red flag

**WHAT NOT
TO WEAR**

*When meeting
The in-laws*

**YOUR LOVE
LANGUAGE**

*According to your
astrology sign*

**WHY DO MEN
SPEND SO MUCH TIME
IN THE BATHROOM?**

**DO YOU BELIEVE
IN SUCCESS
STORIES?**

*Meet Joel and
Jessica Gandara*



VOL. 3

Lesson #1

There are countless ways to be happy.

Now that you know we're making this a monthly tradition, we want to start by sharing short stories, anecdotes, and lessons we've learned from our travels.

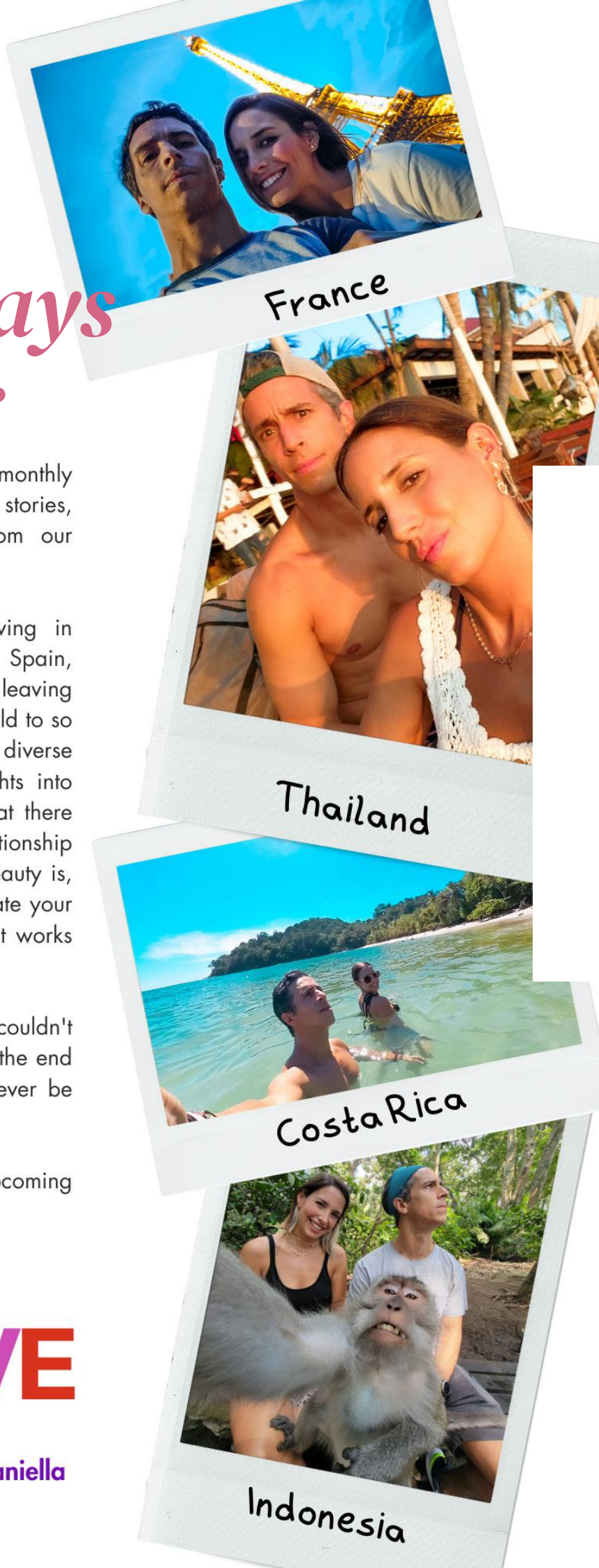
We've been to 20 countries already, living in incredible places like Thailand, Mexico, Spain, Albania and more. Little did we know that leaving our home base in Miami would open our world to so many different lessons. Our extended stays in diverse cultures have gifted us with profound insights into relationships. We've come to understand that there are countless ways to define a successful relationship and, more importantly, a happy one. The beauty is, they are all okay! So, don't be afraid to create your own version of happiness and discover what works best for you and your partner.

Considering that **June is Pride Month**, we couldn't think of a better first lesson than this one; at the end of the day, love is love, and you should never be afraid of anything that brings you happiness.

We'll share more of these insights in upcoming issues, so stay tuned!

WITH LOVE

-Daniel and Daniella





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LOVE AND WELLNESS

Your Guide to a Healthy Lifestyle Together!

Hey fabulous couples!

It's time to focus on a fresh, fit, and fabulous lifestyle with your partner! A healthy relationship thrives when both of you feel great, inside and out. Dive into these tips on fitness, nutrition, and supporting each other's wellness goals for a dynamic duo that's stronger than ever!

2 Cook Up Some Love

Why not skip the takeout and have some fun in the kitchen? Cooking together is a great way to bond and can lead to healthier eating habits. Plus, with two people, you can get the meal cooked in no time. Plan your meals together and turn grocery shopping into a mini date. It's true what they say: The couple that eats well together stays well together.

Prioritize Exercise Time

We get it – life can be a whirlwind, especially with kids and chores in the mix. Help each other prioritize exercise by taking turns handling the kids or tackling household tasks. This way, each of you gets dedicated time to break a sweat. Whether it's a solo run, a gym session, or a calming yoga class, ensuring you both have the time to focus on fitness is a game-changer.

3 Mind Matters

Mental health is just as crucial as physical health. Practice mindfulness exercises, or simply take time to talk about your feelings and stresses. Supporting each other emotionally can enhance your overall well-being and deepen your connection.

4 Goal Setting – Together

Set realistic fitness and health goals together. Whether it's running a marathon, losing a few pounds, or mastering a new yoga pose, having clear objectives keeps you motivated. Celebrate each milestone together and enjoy the journey as much as the destination.

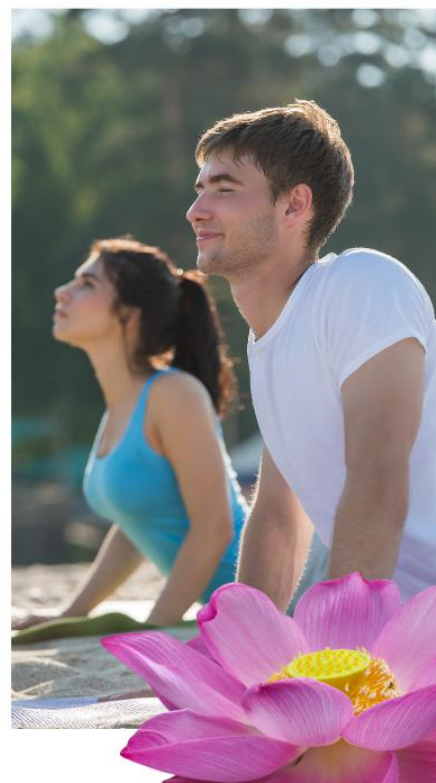
5 Healthy Habits Check

Hold each other accountable for maintaining healthy habits. Encourage regular hydration, balanced meals, and adequate sleep. Sometimes, a gentle nudge from your partner is all you need to stay on track.

6 Support Systems

Be each other's biggest cheerleader. Celebrate successes, no matter how small, and provide support during setbacks. A positive, encouraging environment fosters growth and makes every health journey more enjoyable.

Even top health experts stress the importance of prioritizing health in relationships. Dr. Jamie Stevens, a renowned nutritionist, says, "**Couples who invest in their health together build a foundation of mutual respect and shared goals, which significantly strengthens their relationship.**" In conclusion, prioritizing health in your relationship enhances your physical well-being—it brings you closer, makes you stronger, and creates a vibrant, fulfilling partnership. Here's to a healthier, happier love life! Stay fit, stay fabulous, and love each other fiercely!



The key to *healthy* relationships

by: Sabrina Viscotti

Today, we're discussing a topic that might not sound exciting but is crucial for building strong and happy relationships: **setting boundaries**. Think of boundaries as the guardrails that keep our relationships on track, ensuring everyone feels respected and understood.

Let's explore why they matter and how to make them work for you.

Why Boundaries Matter

Imagine you're driving down a busy highway without any lines or signs. Chaos, right? Boundaries in relationships are like those road signs, guiding us and our partners toward a smoother journey together. Here's why they're so important:

1 Respect

Boundaries show that we respect each other's needs, feelings, and personal space.

2 Self-care

They remind us to take care of ourselves and our well-being, preventing burnout and resentment.

3 Communication

Clear boundaries promote open communication, helping us avoid misunderstandings and conflicts.

4 Emotional Safety

When we know our boundaries are respected, we feel safe to be vulnerable and authentic in our relationships.

Types of Boundaries

Boundaries come in different shapes and sizes, covering various aspects of our lives. Here are a few common types:

Physical Boundaries

These include personal space, affection, and intimacy.

Emotional Boundaries

They define how much emotional support we give and receive.

Time Boundaries

Setting aside time for ourselves and respecting each other's schedules.

Material Boundaries

Sharing expenses, possessions, and respecting personal belongings.





How to Communicate Boundaries Effectively

1 Know Yourself

Take some time to figure out what you're comfortable with and what you need from your partner.

2 Speak-up

Use simple, direct language to communicate your boundaries without beating around the bush.

3 Be Consistent

Remind your partner of your boundaries when necessary and respect theirs in return.

4 Listen and Adapt

Be open to hearing your partner's boundaries and be willing to adjust yours if needed.

Challenges in Setting Boundaries:

Setting boundaries isn't always a walk in the park. Here are some common challenges you might encounter:

● Fear of Conflict

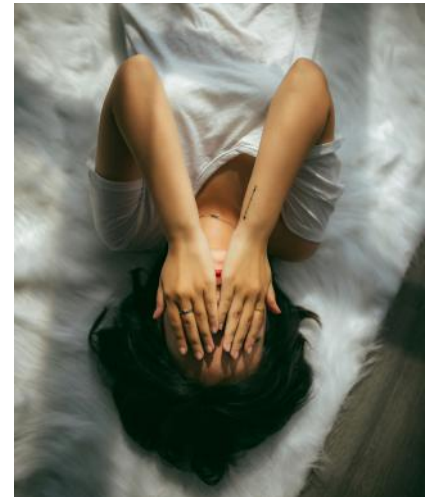
It can be scary to speak up about what we need, but avoiding conflict won't make the issue go away.

● Feeling Guilty

Putting ourselves first can sometimes feel selfish, but remember, self-care isn't selfish—it's necessary.

● Dealing with Boundary Violations

If someone crosses your boundaries, it's important to address it calmly and assertively.



Setting boundaries in relationships isn't about building walls; **it's about creating a safe and supportive environment where both partners can thrive.** By communicating openly, respecting each other's needs, and being willing to adjust, we can cultivate happier, healthier relationships. So, let's start drawing those lines and paving the way for more fulfilling connections in our lives. Until next time, take care and keep those boundaries strong!

All my best!

Sabrina Visconti
Dating Coach
visecure.ne



Aligning Aspirations for a Shared Vision

Welcome back to Lily's Love Lounge! This month, we're focusing on exercises for couples to align their aspirations and create a shared vision for the future. Whether you're navigating career changes, exploring new hobbies, or planning for big life events, these exercises will help you and your partner get on the same page.

1 Vision Planning Over Brunch

Who doesn't love brunch? Use this favorite weekend ritual as an opportunity to discuss your future plans. Over avocado toast and mimosas, talk about:

- Your career goals and how you can support each other
- Places you want to travel in the next few years
- Personal growth goals (like learning a new language or getting fit)

Keeping the conversation casual and light can help you both feel more comfortable sharing your dreams.



2 Future Mapping with Digital Tools

Use digital tools like Trello or Asana to map out your future goals. Create boards for different aspects of your life:

- Career
- Personal development
- Travel
- Financial goals

Collaborate on these boards, setting deadlines and milestones. This visual and interactive approach makes goal-setting more engaging and keeps you both accountable.



Monthly Check-In Ritual

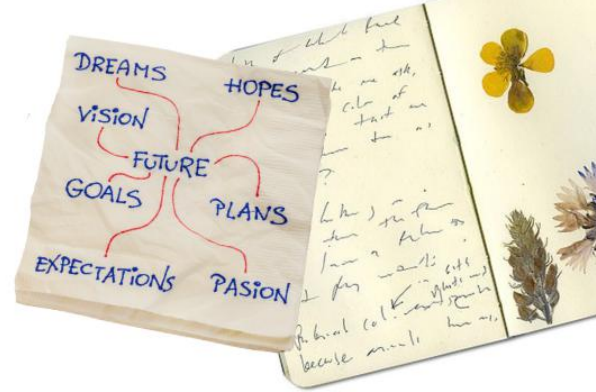
Set aside time each month for a relationship check-in.

Discuss:

- What went well this month?
- What challenges did we face?
- What are our goals for the next month?

This regular touchpoint ensures you're both aligned and provides an opportunity to adjust your plans as needed.

3



The Bucket List Swap

Each of you writes down 10 things you want to do in the next five years. Swap lists and discuss:

- What items overlap?
- How can you incorporate each other's goals into your shared vision?
- Which goals can you start working on now?

This exercise helps you understand each other's priorities and find common ground.



4

80%

of couples who set **long-term goals together** report higher levels of relationship satisfaction

source: Couples Institute

5 Shared Financial Planning

Financial stability is a key part of any future vision. Sit down and:

- Discuss your individual financial goals
- Create a joint budget or savings plan
- Set milestones for big purchases or investments (like a house or a trip)

Transparency about finances ensures you're working towards the same financial future.



IN A NUT SHELL...

How long have you been together?

- 22 years married and 23 years together.

Do you have kids?

- We have 4 kids.

Where do you live?

- Weston, Florida

What do you do for work?

- We help men and women transform their lives through our 31-day coaching program.

A fun fact about you as a couple:

- We love being together, and we are together quite a bit.

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

- We exercise a lot, and we do a lot of these workouts together. We also laugh A LOT with each other.

Where can we follow or reach you?

Visit www.31DailyChallenges.com
Instagram: @joelgandara and @jessicagandara

MEET JOEL AND JESSICA **GANDARA**

“One life to live”

We had the pleasure of speaking with Joel and Jessica Gandara, a power couple who have weathered numerous storms and emerged stronger together. Joel, a Cuban-American entrepreneur, and Jessica, a cancer survivor turned motivational coach, share their incredible journey from their unique meeting on America Online to building a successful apparel business, coaching programs, and nurturing a loving family. Their journey together incorporates all the exciting elements of an epic love story.

Read along as we get to know them better.

Q: Joel and Jessica, we all love a beautiful love story. Can you tell us how you met and what you liked about each other?

Joel: In the 1990s, we met on America Online, an unusual way to connect back then. I was in California, and Jessica was in Miami, and our paths crossed in a Miami chat room. From the start, we felt an undeniable connection. Jessica was drawn to my sense of humor and strong, masculine presence. I admired her beauty and kindness. Our conversations quickly grew deeper, sharing our dreams and daily lives, and our feelings blossomed. After years of nurturing our bond online and through phone calls, we decided to meet in person.





“She’s a perfect mix of love and a drill sergeant.”

When I arrived in Miami, the connection we felt online was even more powerful in person. In 2002, we married, surrounded by friends and family. Our love continued to grow with the arrival of four wonderful children. We’ve built a life filled with laughter, love, and shared experiences, proving that sometimes the heart knows exactly where it belongs, even across the miles.

You must have seen some things, even when getting to know each other from a distance, that made you say: “This is the human I want to keep!”

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

Joel: Jessica is the most giving person. She treats me like a king while taking great care of our kids. At the same time, she’s tough and doesn’t put up with excuses or poor behavior. **She’s a perfect mix of love and a Drill Sergeant!**

Jessica: Joel is the type of person who moves quickly, takes calculated chances, and is a visionary and a hard worker. I have never met anyone like him.

He can be the most sensitive soul and yet have the most masculine traits. He is my protector, physically, emotionally, and mentally. **He is an AMAZING father, always putting family first and my best friend.** He is also passionate and very loving. You’d be surprised to hear that he is quite the prankster and keeps us all laughing.

That’s a beautiful combination of traits to find in each other.

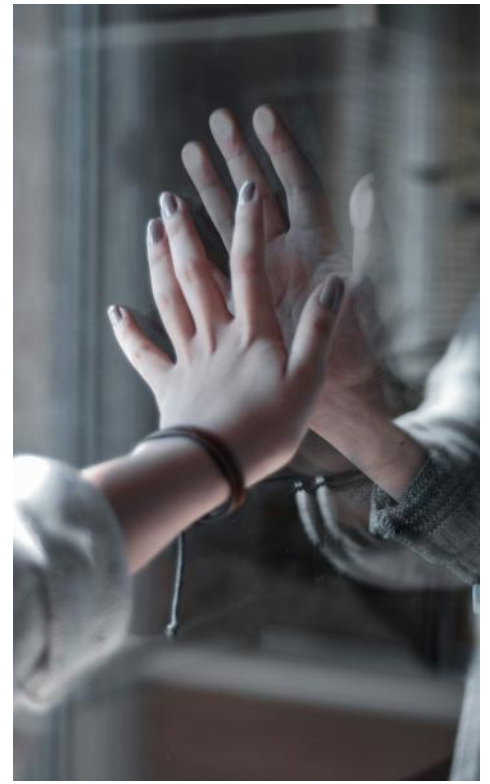
Q: So, what do you think makes you unique as a couple?

We have a special bond that we can’t explain. We have so many of the same tastes. We fell in love with each other while dating at the exact same moment, which we didn’t know until years later when discussing it. Our relationship is filled with amazing coincidences. We can even finish each other’s sentences.

You sound so in sync!

Q: If you had to name three key values or principles in your relationship, what would they be and why?

1. Communication is key in our relationship. When we have an issue, we get it out and resolve it in the moment.
2. Respect is a must. **We NEVER put each other down.**
3. Growth is something we both strive for daily. **We work to be 1% better every day.**



Those are some good ones, but as we all know, life has its ups and downs, and you've probably had to put those values in motion from the very beginning.

Q: Can you share with us what has been your biggest challenge and your biggest success in your long-lasting relationship?

We started dating **3,000 miles apart**, so that was a massive challenge to overcome. Our biggest success is creating the life we envisioned years ago. While sitting on a tiny balcony in a little blue-collar neighborhood of the condo we lived in, we would talk for hours about what we wanted our life to look like.

Q: When learning more about you, we understand that both of you have faced individual challenges from early on. Joel, as a Cuban immigrant starting from scratch, and Jessica as a cancer survivor, how do you think that each of these individual challenges has contributed to your success as a couple?

We both understand that we have one life to live and have to make the most of it. We are VERY grateful for life and all the opportunities it has to offer. We don't take anything for granted. We know where we came from and appreciate everything in our lives.

That's something everybody could learn from regardless of the situation they are in.

Q: Now, business makes up a big part of your relationship together.

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

A: There will be a lot of stress and tribulations. Don't allow that to get in between you two. Instead, attack these issues as a team. Live below your means. It never seems to be enough when you keep spending. So many people are chasing money, and when is it enough? Stay true to why you started this journey. Was it to accumulate more stuff or create freedom in your life?

Q: You've done it for such a long time, successfully balancing running a business and managing a big family of six. How does your business mindset contribute to managing a big household?

A: We are intentional about the way we operate our businesses and our family. We don't shy away from hard conversations. We don't allow life to happen to us. We set a plan, and we execute it. We have the same no-excuse attitude toward business and our family.

Q: As parents of four children, what advice would you give to couples who are hesitant to have kids because they fear it will be too challenging to pursue their own dreams and aspirations?

A: **Kids are not for everyone.** Now, if you're going to hand them an iPad and let technology teach them, then yes, it is easy. Real parenting is not easy. Do it only if you're committed to teaching and being a positive role model for life.

It is challenging, especially with all the temptations to let technology adopt your kids. Raising productive, kind, loving children is not for the faint of heart.

Thank you for such wonderful insights.

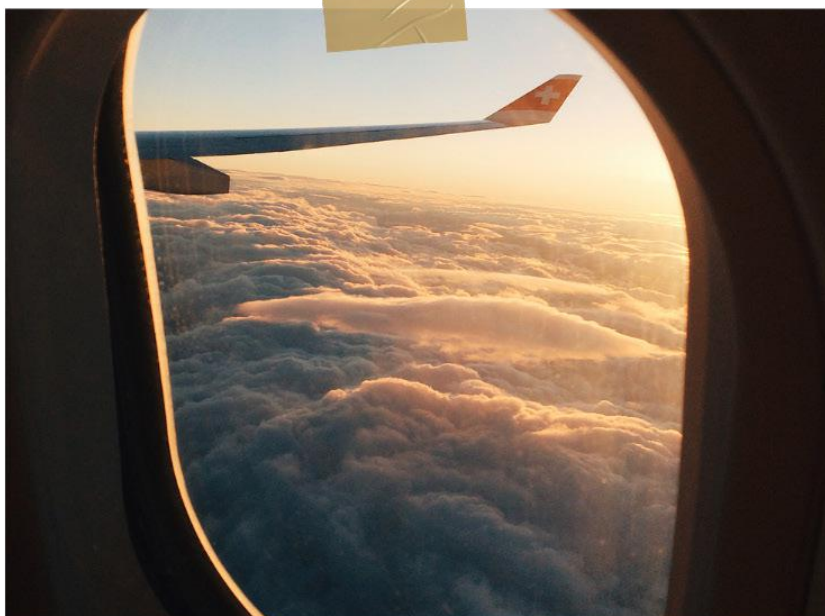
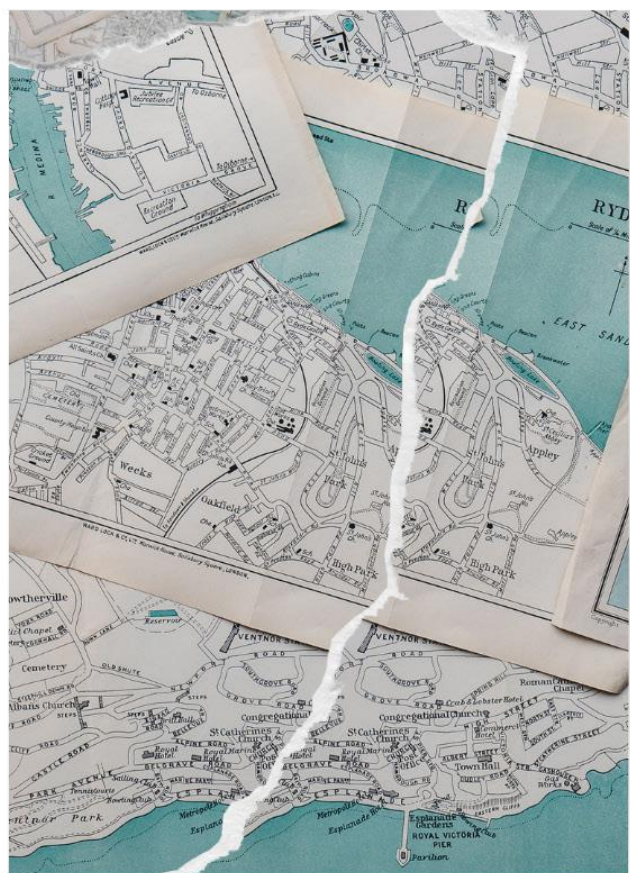
Lastly, there's a question we like to ask every couple we meet when we ask them to finish a sentence:

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

A: *“why don't we ... become what we want to see in the world?”*

By embodying the principles of love, respect, and growth, and by being the positive change we wish to see, we can inspire others to follow suit.

Joel and Jessica Gandara's journey is a compelling narrative of love, resilience, and shared dreams. From their unexpected online meeting to overcoming personal challenges and building a successful business, their story is evidence of the power of mutual support and unwavering commitment. Their insights on communication, respect, and continuous growth provide valuable lessons for couples everywhere. Joel and Jessica exemplify how a strong partnership can lead to a fulfilling and impactful life as they continue to inspire others through their coaching and community involvement.



You are not kissing enough

A big red flag and other warning Signs to Watch Out For

By: Amy Rowan

Intimacy is a beautiful journey, but sometimes you might encounter a few bumps along the way. Recognizing red flags in bed can help you navigate your relationship and ensure it's built on respect, affection, and mutual enjoyment. **Read along as we break down five major red flags to keep an eye on when things get steamy.**

They Don't Reciprocate Your Needs

Ever notice how someone's behavior outside the bedroom often mirrors their behavior inside it? **If your partner is selfish in daily life, chances are they'll be selfish in bed too.** A big red flag is when your partner consistently ignores your needs and desires, focusing solely on their own pleasure. A loving relationship should be a two-way street where both partners feel valued and satisfied.



They Don't Make Eye Contact

Eye contact during sex is more than just a romantic gesture; it's a way to connect on a deeper level. If your partner avoids eye contact, it might indicate a reluctance to be fully vulnerable. This could be a sign of emotional distance or discomfort with intimacy. Take this as an opportunity to have an open conversation about what's going on beneath the surface.

No Kissing

Kissing is a fundamental expression of affection and intimacy. If your partner shies away from locking lips, it might signal that they're not comfortable showing affection or that they view your relationship as purely physical. Affectionate gestures, both in and out of the bedroom, are crucial for a healthy and connected relationship.





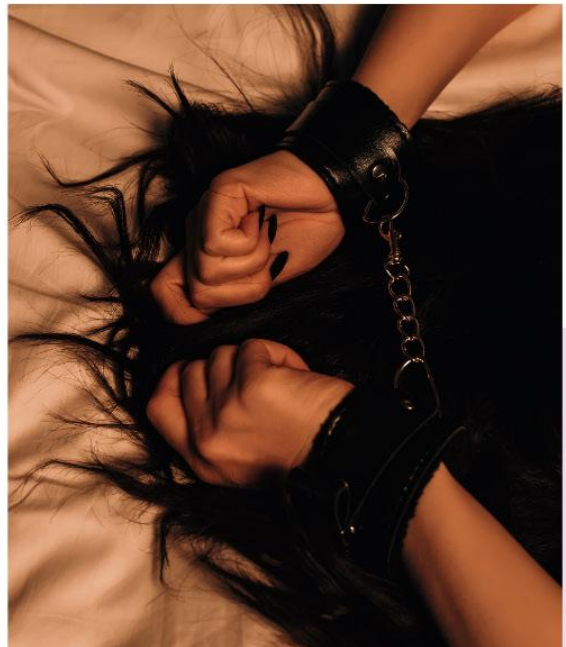
Pressuring You to Do Things You Aren't Comfortable With

Respecting each other's boundaries is key in any intimate relationship. If your partner pressures you to do things you're uncomfortable with, it's a glaring red flag. A true partner respects your comfort levels and never pushes you into anything you're not ready for. Open dialogue is essential—if there's something your partner wants to try, talk it out, but **never compromise your boundaries**.

No Cuddling (Uh oh)

Intimacy doesn't end when the sex does. Non-sexual physical intimacy, like cuddling, is just as important. Whether it's snuggling on the couch or cuddling after sex, these moments help build a deeper emotional connection. **If your partner pulls away right after sex, it might indicate they're not interested in a deeper bond.** Pay attention to these signals—they can tell you a lot about what your partner is really looking for.

Recognizing these red flags can help you ensure your relationship is fulfilling and respectful. Remember, a healthy sexual relationship is about more than just physical pleasure—it's about emotional connection, mutual respect, and genuine affection. Keep these tips in mind, and make sure you and your partner are on the same page, both in and out of the bedroom. Happy loving!



MEETING THE IN-LAWS?

By Esmeralda Chávez

Here's How to Avoid Disaster (and maybe even win them over)

Meeting your partner's parents for the first time can be a nerve-wracking experience. You want to make a good impression, so here are some things to

AVOID WEARING

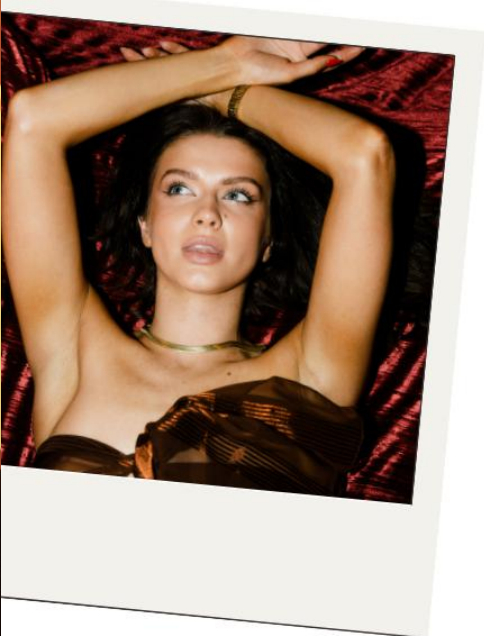
- **Anything too revealing:** Steer clear of low-cut shirts, short skirts, or anything that shows a lot of midriff. You want to strike a balance between stylish and respectful.
- **Clothes with rips, holes, or stains:** This goes without saying, but your outfit should be clean and in good condition.
- **Anything with offensive slogans or graphics:** Avoid anything that could be perceived as controversial or disrespectful.
- **Excessively casual attire:** Even if the in-laws are super casual, you might want to step it up a notch from your everyday look. Save the ripped jeans and graphic tees for another occasion.
- **Anything you don't feel confident in:** When you feel good in what you're wearing, it shows. Choose something that flatters you and makes you feel put-together.



QUICK TIP

It's always better to err on the side of being a bit **more dressed up than too casual**. You can always take off a jacket or sweater if you get warm. By following these tips, you can ensure you make a positive impression on your future in-laws. And remember, **the most important thing is to be yourself!**





OVERSHARING OR CONTROVERSIAL TOPICS

Avoid bringing up sensitive subjects like politics, religion, or past relationship drama. Keep things light and positive.

BONUS AVOIDING THIS TOO



CRITICIZING THEIR FAMILY OR CUSTOMS

Be mindful of cultural differences and avoid making negative comments about their family traditions or habits.



BAD MANNERS

Be polite and respectful, even if you're nervous. Put your phone away, make eye contact, and offer to help out if there's anything you can do.

SOME ADDITIONAL THINGS TO CONSIDER



ALCOHOL CONSUMPTION

It's best to moderate your alcohol intake while meeting the in-laws for the first time.

DISAGREEMENTS WITH YOUR PARTNER

If you have a disagreement with your partner, avoid letting it escalate in front of their parents.

Remember, the goal is to make a good first impression and show them you respect their family.



Investing as a couple

How to get started?



**7 out of 10
COUPLES**

Who actively manage investments together report higher relationship satisfaction .
(source: American Psychological Association)

Ready to take your financial game to the next level?

Investing can be intimidating, but with the right information and research, we can learn how to grow your wealth together.



1 Understand the Basics Together

Start with the ABCs of investing. Spend some time learning the basics – what are stocks, bonds, and mutual funds? How do they work?

- **Stocks:** Buying a small part of a company, which can grow in value and pay you money called dividends.
- **Bonds:** Lending money to a government or company, and they pay you back with interest over time.
- **Mutual Funds/ETFs:** Pooling your money with others to invest in a mix of stocks and bonds, managed by experts.
- **Real Estate:** Buying property to rent out or sell later at a higher price.
- **Retirement Accounts:** Special savings accounts (like 401(k) or IRA) that let your money grow tax-free for retirement.

For more details you can search for some YouTube videos, read some beginner-friendly articles, or even take a course together. The goal is to get comfortable with the terminology and concepts.

2 Define Your Investment Goals

Just like with savings, you need to set your investment goals. Are you saving for a down payment on a house, planning for retirement, or dreaming of early financial freedom? Knowing your goals will help you determine your investment strategy and time horizon.



3 Explore Different Investment Options

Each option has its pros and cons, so mix and match based on your goals and risk tolerance.

Stocks

- **Pros:** Potential for high returns, ownership in companies.
- **Cons:** Can be very risky, value can fluctuate a lot.

Bonds

- **Pros:** Steady, predictable income, lower risk.
- **Cons:** Lower returns compared to stocks, interest rate risk.

Mutual Funds/ETFs

- **Pros:** Diversified investments, managed by experts.
- **Cons:** Fees can reduce returns, not all funds perform well.

Real Estate

- **Pros:** Can generate rental income, potential for property value increase.
- **Cons:** Requires significant capital, property management can be time-consuming.

Retirement Accounts

- **Pros:** Tax advantages, long-term growth for retirement.
- **Cons:** Penalties for early withdrawal, limited investment choices.

4 Start Small and Scale Up

You don't need to have a fortune to start investing. Begin with a small amount and gradually increase your contributions as you become more confident.

Many platforms allow you to start with as little as \$50. Remember, consistency is key!

5 Choose the Right Investment Platform

Selecting a user-friendly investment platform is crucial. Look for one that offers low fees, a variety of investment options, and excellent customer support. Some popular choices include Robinhood, Vanguard, and Fidelity. Take some time to explore and pick the one that suits your needs best.

Investing as a couple can be a thrilling journey toward financial independence and security. By understanding the basics, setting clear goals, and choosing the right investments, you'll be well on your way to growing your wealth together. So grab your partner, and start growing your bank account together!



Denzel & Pauletta Washington

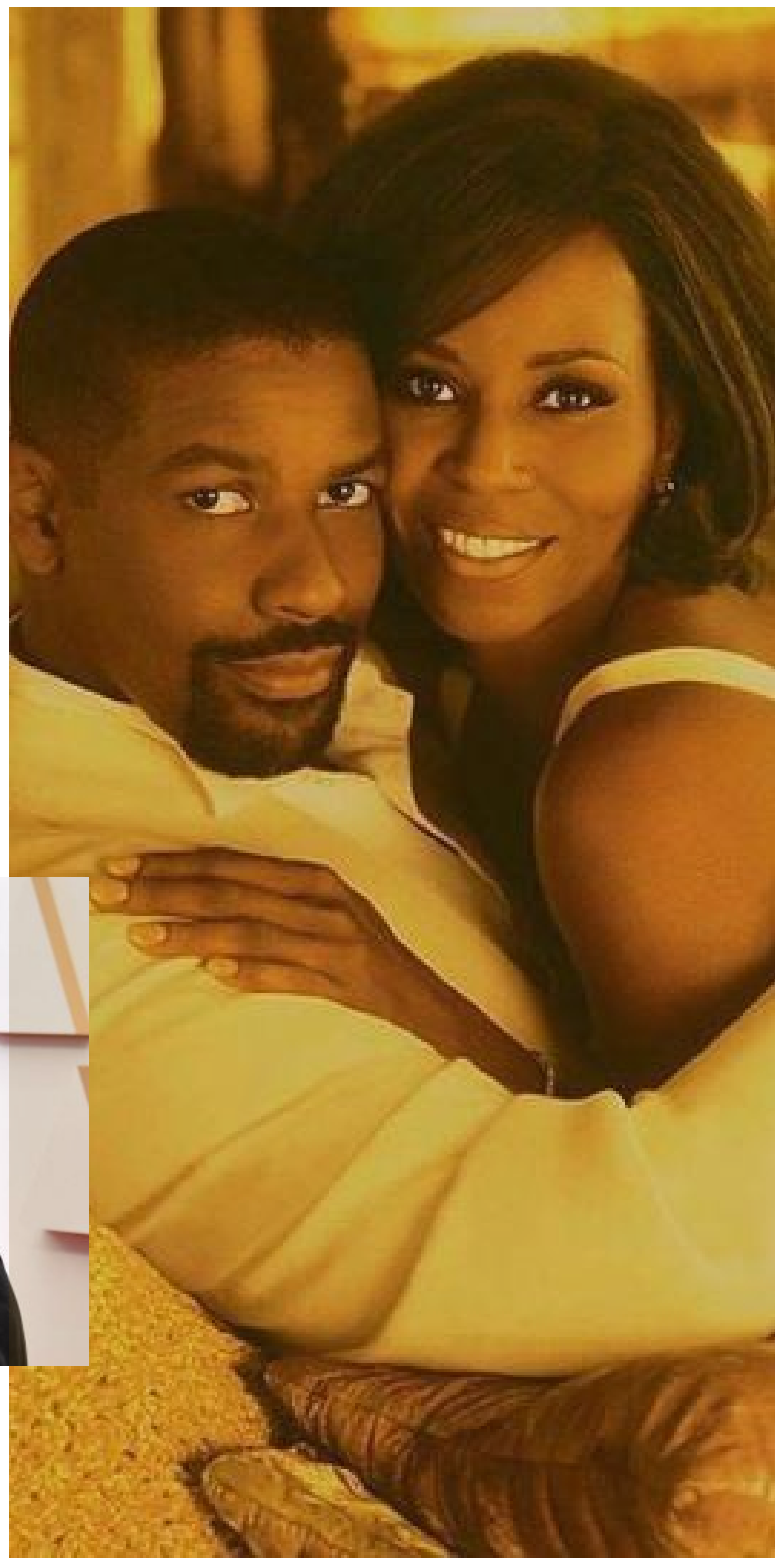
Love, Strength and Perseverance



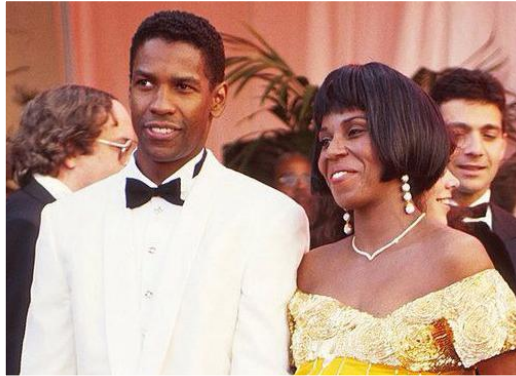
Denzel and Pauletta Washington have been married for over 40 years. Their journey together has been marked by triumphs and challenges, all navigated with grace and dedication. Their story is not just one of Hollywood glamour but a profound example of commitment and partnership.

The couple first met in 1977 on the set of the TV movie "Wilma" and were married in 1983. Reflecting on their early days, Denzel once said, "We started out as friends, and that foundation has kept us strong. "Their bond, forged in the early years of their careers, has only grown stronger with time.

Throughout their marriage, they have faced the typical ups and downs of any long-term relationship, compounded by the pressures of Hollywood. Pauletta's support has been a cornerstone of Denzel's career.



“communication and a sense of humor are essential elements of their lasting relationship.”



Denzel often states “There’s no me without her”, emphasizing the integral role Pauletta plays in his life and success.

One of their most significant challenges came in balancing their careers and family life. With four children, the Washingtons have always prioritized their family. Denzel once shared, “Family is life’s greatest blessing. My wife and I have always made sure to put our family first, no matter what.” Pauletta echoed this sentiment, saying, “Raising our children and being there for each other has always been our greatest achievement.”

Their relationship has also weathered the rumors and scrutiny that come with fame. Denzel’s commitment to their marriage is evident in his actions and words. He has frequently credited Pauletta with being the foundation of their family. “My wife is a strong, beautiful woman. She has taught me what it means to be a good husband and father,” he said in an interview.

The Washingtons have shared that communication and a sense of humor are essential elements of their lasting relationship. Pauletta once remarked, “We talk about everything. Keeping an open line of communication has been crucial for us.” Denzel also noted, “Laughter is the best medicine. We always find a way to laugh together, even during tough times.”

In offering advice to couples, Denzel emphasizes the importance of patience and understanding. **“Marriage is not a sprint; it’s a marathon”** he says. “There will be ups and downs, but if you truly love each other and are willing to work through the challenges, you can overcome anything.”



“There will be ups and downs, but if you truly love each other and are willing to work through the challenges, you can overcome anything.”

Today, Denzel and Pauletta Washington continue to inspire others with their enduring love and partnership. Their story is a beautiful reminder that with mutual respect, communication, and a strong foundation of love, a relationship can withstand the test of time.



why don't we cook together?

Cheesy Tomato Baked Gnocchi

Ready to impress with a dish that's as delightful as your relationship? This Cheesy Tomato Baked Gnocchi is oozing with two kinds of cheese and a perfectly spiced tomato sauce. It's quick, it's easy, and it's delicious. Let's make your dinner date unforgettable!



Ingredients

- **Gnocchi:** 1 pound (homemade or your fave store-bought brand)

For the Sauce:

- 1 1/2 tablespoons olive oil
- 1 cup tomato purée (passata)
- 1/4 cup water
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/4 teaspoon salt
- 1 clove garlic, chopped

Topping:

- 3/4 - 1 cup shredded firm Mozzarella (or switch it up with Fontina or Gruyere)
- 1/4 cup freshly grated Parmesan cheese

Instructions

- 1** Preheat & Prep: Preheat your oven to 400°F (200°C). Lightly oil an 8 x 6 inch baking dish – this is where the magic will happen.
- 2** Sauce Time: In a medium/large pan, heat up the olive oil over medium heat. Toss in the chopped garlic and let it sizzle for a bit. Add the tomato purée, water, oregano, basil, and salt. Stir it all together and let it simmer until it thickens slightly, about 15-20 minutes.
- 3** Gnocchi Goodness: While your sauce is getting its groove on, bring a pot of salted water to a boil. Cook the gnocchi just until they float to the surface – it takes about 30 seconds. Drain them right away, but don't rinse.
- 4** Mix & Match: Once your sauce is perfectly thickened, gently toss the gnocchi in until they're well coated. Transfer everything into your prepared baking dish.
- 5** Cheese, Please: Sprinkle the shredded Mozzarella (or your cheese of choice) generously over the top, followed by the freshly grated Parmesan.
- 6** Bake & Broil: Pop it in the oven and bake for about 5 minutes. Then, turn up the heat and broil for another 3-5 minutes until the cheese is bubbly and golden brown. Keep an eye on it – we want melted, not burnt!
- 7** Serve & Swoon: Serve immediately and watch your partner's eyes light up. Enjoy your cozy, cheesy, tomato-y creation together!

Pro Tips for the Perfect Gnocchi Night

Spice it Up! Add a pinch of red pepper flakes to the sauce for a little heat.

Wine Pairing: A nice glass of Chianti or Pinot Noir complements this dish perfectly.

Make It a Meal: Pair with a simple arugula salad and some crusty garlic bread.

Enjoy your romantic culinary adventure! This Cheesy Tomato Baked Gnocchi is sure to become a favorite in your recipe repertoire. Bon appétit!

why don't we Date?

DIY Spa Night

Pamper yourselves with a DIY spa night in the comfort of your own home. Set the mood with soft lighting, soothing music, and aromatic candles. Treat each other to massages, facials, and maybe even a bubble bath for two. Remember, relaxation is the key, so kick back, unwind, and let the stresses of the week melt away.



cocktail of the month Clover Club

By: Esteban Cabrera

In Philadelphia at the end of the 19th century, before prohibition, a select group of journalists, bankers, lawyers, and businessmen formed a club with the purpose of meeting once a month at the Bellevue Hotel to eat, talk, and drink. They named it the Clover Club. It is said that at one of these meetings, a young bartender named Ambrose Burnside invented a cocktail specifically for club members. It was essentially a gin sour with the brilliant addition of raspberry syrup, and thus the Clover Club Cocktail was born.

Preparation

- Start by adding the egg white, then quickly add the rest of the ingredients. Proceed to perform a Dry Shake (shake without ice).
- This will emulsify and help create a more compact and soft foam. Once this is done, add ice and shake again to finish breaking the large bubbles in the foam of our cocktail.
- We recommend serving with a double strain into a Coupe glass of your choice.
- We garnish with a skewer of red fruits and savor a glimpse into the history of this iconic drink.
- While it's true that our story might not inspire love, it does have a hint of romance and sensuality. It suggests that perhaps you can win over that special someone if you shine with this cocktail.

Ingredients

- 50 ml gin
- 30 ml raspberry syrup
- 30 ml lemon juice
- 1 Egg White

Tools

- 1 Shaker
- 1 Hawthorne strainer
- 1 fine strainer (coconut strainer)
- 1 jigger (measuring tool)



 @esteban.cabrera_V

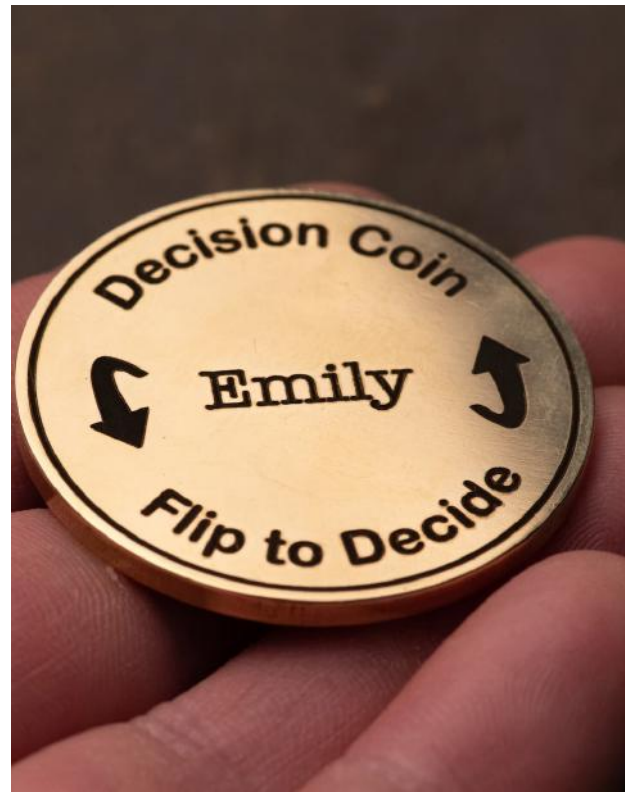
enjoy it!

PRODUCT OF THE MONTH

THE PERSONALIZED DECISION COIN!

With your name on one side and your partner's on the other, this fun and engaging coin takes the stress out of making decisions. Simply toss it and let fate (or the coin) decide who gets to choose your next adventure, date night, or even what to watch on TV. Make every decision a playful moment with this unique and thoughtful gift!

- **PRICE:** \$19.99
- **Personalized gift**
- Ships within 1 – 2 days
- **Find it at:** www.etsy.com/shop/SchepperDesign

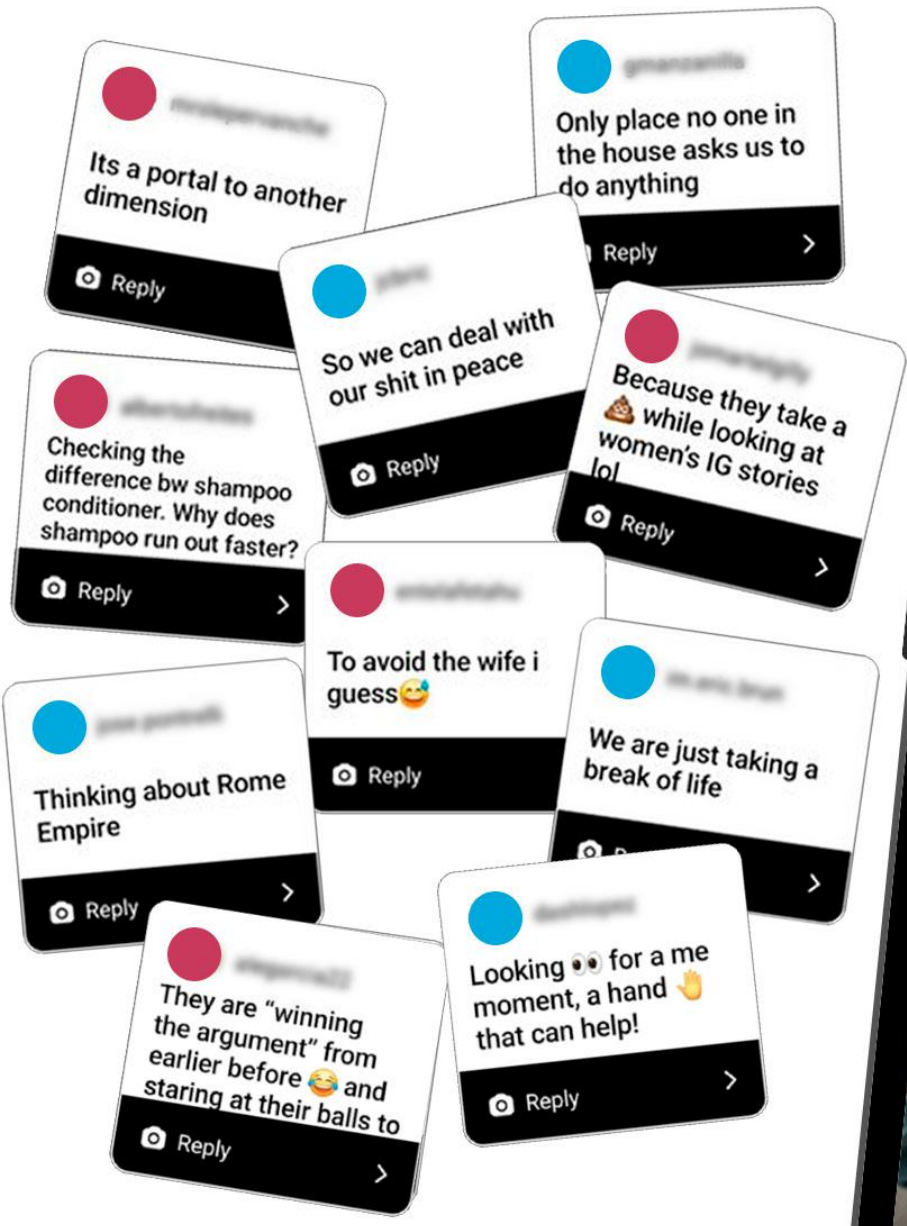


we've all
been there



he said she said...

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 Men Spend So Much Time in the Bathroom?

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!



celestial love guide

Love languages and venus signs aligned

I recently had the pleasure to virtually meet Gary Chapman, the author of the book **"The 5 Love Languages."** His book is a relationship guide that helps couples understand and express love in ways that are meaningful to their partners. Chapman, a marriage counselor, identifies five primary ways people give and receive love, which he calls "love languages," and these are: **words of affirmation, acts of service, receiving gifts, quality time, and physical touch.**



Mariamely Leoni
Conscious Coach



Certified in Natal
Chart Reading



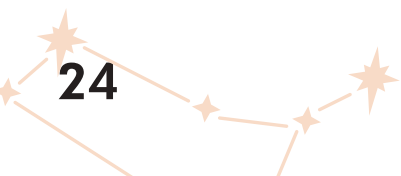
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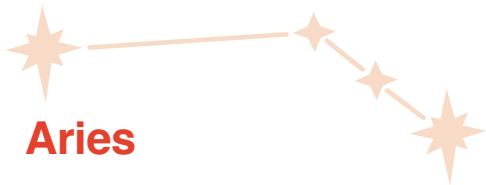
He suggests that understanding and speaking your partner's love language can significantly enhance your relationship. And I couldn't agree more! After I finished that call the idea of merging Dr. Chapman's theory with astrology popped into my head for this month's MHC issue.

In astrology, your love language is defined by the position of **Venus in your natal chart.** Venus, the planet of love and beauty, guides how we show affection and what makes us feel loved.

To find out the position of Venus in your natal chart, **you can use free online astrology tools or consult an astrologer with your date, time, and place of birth.** Whether you're a needy Aries Venus who craves lots of reassurance or a grounded Taurus Venus who appreciates the finer things, knowing your Venus sign can add a whole new layer of cosmic insight to your love life.

So, ready to discover if the stars have been guiding your heart all along? Let's dive into how Dr. Chapman's love languages merge with the position of Venus in your natal chart, and find out how the universe helps you express your love in the most celestial way possible!





Aries

Craves loads of affection and makes demands. Sees the glass as half empty, always. Shies away from commitment to dodge pain and abandonment.

Love Language: All 5



Libra

Harmony, balance, beauty – the trifecta. Avoids conflicts, seeks attractive, polite partners.

Keep it classy.

Love Language: Quality Time

Taurus

Abhors tragedies and dramas; values practical gifts. Expresses affection through material tokens.

The choice to commit to a long-term relationship hinges on how effectively the individual manages their finances.

Love Language: Receiving Gifts & Physical Touch

Scorpio

Insecure, hidden jealousy.

Craves challenges and conquests.

Pulls back from excess affection.

Love Language: Receiving Gifts & Physical Touch

Gemini

Exudes openness and expressiveness in affection. Thrives on fresh, fun, flexible relationships. Friendship is top priority.

Love Language: Quality Time

Sagittarius

Charming, social, fun-loving; values freedom and spontaneity.

Flexible relationships, adventures are key.

Keep it lively.

Love Language: Quality Time

Cancer

Sweet, romantic, and sensitive; responds to affectionate caresses. Favors thoughtful, expressive partners. Struggles to voice feelings.

Love Language: Physical Touch & Acts of Service

Capricorn

Hard to reach but sweet once there; dislikes public displays. Self-sufficient, non-demanding; Avoid manipulation; be genuine and diligent.

Love Language: Acts of Service & Physical Touch

Leo

Luxurious gifts, recognition, admiration are must-haves. Hates public embarrassment.

Love Language: Receiving Gifts & Words of Affirmation

Aquarius

Vibrant, expressive. Embraces unconventional relationships. Believes in heartfelt commitments. Values time for dreams and personal projects.

Love Language: Acts of Service & Quality Time

Virgo

Insecurity looms; fear of rejection is real. Reaches out in need, challenges vulnerability. Reinforce worth and wisdom.

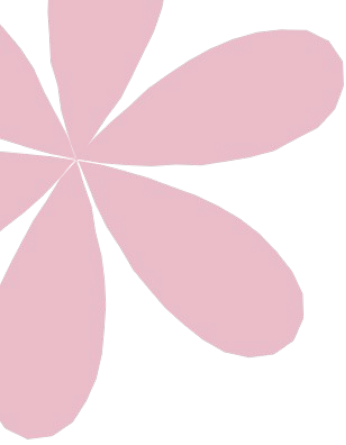
Love Language: Words of Affirmation.

Pisces

Embodies love, compassion; values giving above all. Easily influenced, draws strength from helping others.

Wrap in gentle words.
Love Language: Acts of Service & Words of Affirmation





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