

Holiday Greetings!

Inspire Someone
or Yourself this
Holiday Season



December 2011



Honesty & Integrity

The Best Gift You Could Give Your Partner - and Yourself, This Holiday and Always

This Holiday, why not give the gifts that will mean the very most to your partner - the gifts of Honesty, Integrity, Respect, Kindness, Concern, and Support. Many of the couples I see in my Therapy and Coaching practice have dropped these old world values and common courtesies.



Work, children's schedules, house chores, and individual interests have become more important than cherishing one's partner. I often hear, "I want to feel like I did when we first fell in Love." And I have to ask in return, are you treating your partner the same way when you first met? If not, why not? And what do you each need to change and do differently to rekindle your love and intimacy levels? Men tend to want to jump right to sex to re-connect, and women need to feel close and respected with daily support and kindness to connect and feel sexual.

The Bold New Motivational Attitude
for Personal Success

WATCH ME!

Terriano (RIANA) Milne MA, LPC, I-CADC, SAC, CCGC
and Alexi D. Panos

Riana's book,
available online at
www.RianaMilne.com, or
\$15 at the office. Give a
Holiday gift of Hope and
Inspiration, for Yourself or
a Loved one going
through a difficult time or
challenging transition.

Men and women's sexual brain centers are different - so it's important that you know how to best romance your partner to bring them to closer intimacy levels. Women have sex with the brain first - Meaning, she needs to be away from her "to do" list, the home, TV, her kids and work, and have the time and space to focus on only her partner. A mother needs to reconnect with her "woman-self" first, before feeling sexual, so getting her away from the kids is important. Give her the chance and time to dress up for you - her date - and to feel special to you again. Talk about special memories, and future goals, and be sure keep all negative topics away from the evening.

Men like to be sexual to make sure their woman still loves and desires them. Men can get sexual quickly (7x the sexual center in the brain than a woman); so men feel not loved when a woman says, "No" sexually. She doesn't mean to reject her man, it's just that often her brain is not connecting yet with her body, and therefore the sexual desire is not yet there. Now, she can "fake it", thus giving you both a bad experience, or men, you can learn her "best time" for intimacy and be sure to get her out on dates ideally twice a week (one casual, one more formal).

These are just some tips on sexual intimacy - however, without the core gifts of daily trust, honesty, integrity, kindness, concern, respect and support within the household, intimacy will never come. The majority of women are equal breadwinners, and work just as long, or longer hours than her spouse. Therefore, all household chores and childrearing need to be equally split. Men that "get this" have much more love and sex in their lives, because their women are happier, supported, appreciative and less tired. A more involved man understands her stress, and they are empathetic to each others' needs.

An involved partner is an EVOLVED person. Integrity is the basis of a fabulous relationship - living as "You and Me Against the World" and letting no one penetrate your relationship or get "too close." Affairs often start as two people becoming friends; removing the conversation, trust and intimacy of the primary partnership. Integrity means you do the right thing when no one is looking, defend your partner and your relationship to the end, and don't get too close to another. If you BOTH do this, discuss your needs in a loving way, date on a regular basis, be supportive, kind, attentive & honest, you will have the gift of a fabulous relationship!



Proceeds go to co-author, Alexi Panos' charity, www.spicthemovement.com & Riana's Arts Scholarship Fund. Call 609-601-7884 to get a copy today - read more about it on Riana's website. Thank you for your Donation!

Join Our Mailing List!



By The Sea Singles

Dear Riana:

I'm in my late 40's and my husband & I no longer connect. We seem like friends, there's no passion and little fun. We rarely have sex. Are we done, is divorce the only answer?
S.

R: Dear S- Many relationships have up & down times, but over many years, "life can get in the way" and couples put themselves last, their kids & their activities first, and make work & homes chores a top priority. BIG Mistake! Being best friends is an important part of marriage, but both must make a new commitment to dating, taking couples vacations, and doing small, kind, romantic gestures for one another...leaving notes or texts, sexy phone messages & giving hugs/kisses to say



Ceremonies By The Sea

A Beautiful Couple!

Dina Marie Della Pietro and Jeff Farrell married in an elegant candle-lit setting of The Chelsea Hotel on the Boardwalk of Atlantic City. Their children also took part in their sand ceremony on 11.19.11. A Beautiful couple and a lovely family!

Riana Milne Wedding

Riana was married after a 5-year engagement on Tues, 11.1.11 at 11 am at the Flagship Resort in Atlantic City. The ceremony was held within the 7th Floor movie theater, and Lunch reception was at the Bluewater Grill overlooking the ocean. A perfect location for a small wedding (35 guests) that featured the couples four grown children and other family members as readers. Riana and her new husband honeymooned in Cancun, at The Palace Resort - read details below. Riana wrote her own ceremony (Rev Riana of Ceremonies by the Sea, LLC) which included a sand, wine box and sharing of wine ceremony. Photos by Christopher H Studios, video by Alliance Video, hair by Ashe of Esthetica. Full details on all vendors and more pics on www.RianaMilne.com in the ceremonies section.

Please call me at 201-281-7887 or Email to make arrangements for your special day!

hello/goodbye. With more daily affection, respect, time & FUN, intimacy should return. If you still struggle, see a great Couples Counselor or Coach!

Inspiration for the Month...

From "The Awakening"

A time comes in your life when you finally get it...You learn that principals such as honesty and integrity are not the out-dated ideals of a by-gone era but the mortar that holds together the foundation upon which you must build a life. You learn the responsibility of setting boundaries and learning to say, "No." (submitted by a Client)



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Romance and International Travel



At the luxurious Sun Palace in Cancun, Mexico, their service was always attentive and never intrusive, so our every desire was anticipated and fulfilled quickly. The resort features a serene-couples only atmosphere, with a swim-up bar and pool and ocean-side restaurants, and comfortable over-sized lounge chairs. This All-inclusive resort offers unlimited food and drinks, nightly entertainment, 24-hour room service, a liquor dispenser and mini bar in our room, a spacious spa, sauna and gym, and much more; without concern for cost, tips, or tax. Our room was comfortable and elegant, from a double Jacuzzi to nightly turndown service, to plush bathrobes and upscale bath amenities. The modern design inspires serenity and relaxation and we loved the spacious balcony and magnificent view of the clear turquoise waters of the Caribbean Sea.

The Sun Palace was an ideal choice for our Honeymoon and Vow Blessing celebration we had on the beach on 11.11.11. Palace Resorts Sr. Wedding Coordinator: MARIO ALBERTO YAM CASTILLO, was absolutely amazing! From the very beginning he emailed me regularly, answered all my questions and accommodated all our needs. He guided us every step of the way to ensure a perfect Ceremony/ The wedding package offered was inclusive and a great value! Everything was just beautiful; a perfect honeymoon in a gorgeous resort! I became a Palace member last year, and got the Royal treatment! I highly recommend The Palace Resorts for your destination Ceremony. Ask for Mario for a flawless, romantic, and PERFECT wedding experience!

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By the Sea Enterprises
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