

LOVE YOUR

# FEBRUARY

## HAPPY DAYS

### Be yourself, fall in love!

You would like to meet a worthy guy but could live without another awkward blind date or boring bar night. Instead, follow your interests—you may find your perfect match along the way.

**Open your heart.** Meet do-gooders on GiveAndDate.com. To contact someone enticing, you make a small (as little as \$3) donation to his fave charity. The site also connects volunteers face-to-face.

**Heat things up.** Cooking is a sensual experience, as anyone who's watched Giada in action knows, but it's the students whom culinary classes tend to attract that make them ideal for romance. "Generally, they're people who are alert to all their senses—that's a good quality for partners to share," says Catherine Birndorf, M.D., SELF's happiness expert. Parties That Cook (PartiesThatCook.com) offers sessions for singles in several cities.

**Make an escape.** Preferably as part of a group tour. "On a trip, you have time to get to know someone; you don't need to decide before dessert arrives whether you want to see him again," says Stephanie Ng, a banker who met her fiancé backpacking with Intrepid Travel (IntrepidTravel.com). Choose a foray that's rich in cultural experiences. You'll have *something* to write home about, even if it isn't a love connection! —*Celia Shatzman*

Want to see new vistas? Adventure trips tend to attract male travelers.

**BE SELFY THIS MONTH** • Have the best kind of cry watching Amanda Seyfried in the wartime weeper *Dear John*. • Order your main squeeze custom organic chocolate bars with primo toppings such as candied lilac and dried strawberries at CreateMyChocolate.com. • Get a winter read gratis: Trade titles at Bookins.com.