

## 016 Show Notes: Tough Love with David Wygant

David Wygant joins me on the show today to dole out some tough love to listeners. His advice is top notch and he doesn't sugarcoat it. David is a relationship and dating coach who's been featured everywhere from Huffington Post to the New York Times.

### Show Highlights

1.35 - How David became a dating and relationship coach thanks to Whole Foods.

5.00 - Why it's important to understand and know yourself if you want to meet a great partner.

7.40 - David's tough love advice for a woman who wants a loyal man & why trying to 'fix' a guy is usually a bad idea.

9.25 - Why dating multiple people works in the beginning of a relationship, but not as the relationship progresses.

10.30 - David gives a woman some hard-to-hear, but powerful advice on how to deal with an affair.

14.25 - David explains why some women enjoy getting dominated during sex.

16.50 - David gives some really harsh (but fair!) advice to a woman who is being cheated on.

22.20 - Why there is no magic pill when trying to fix your relationship troubles.

26.30 - Discover how to reignite the passion and spark in your relationship.

28.55 - What to do to get your sex life back on track after having kids.

31.20 - The solution to starfish syndrome.

33.25 - David talks about his podcast that's blowing up.

### Show Notes

Listen to David's podcast at: [davidwygant.com/podcast](http://davidwygant.com/podcast) or at [mdrc10.com](http://mdrc10.com)

Get his podcast on iTunes:

<https://itunes.apple.com/us/podcast/10-minute-daily-reality-check/id1213564830?mt=2>

Visit his website here: [davidwygant.com](http://davidwygant.com)

David talks about the 5 love languages on the show. You can find out more about them here: <http://www.5lovelanguages.com/>