



**SOPHIA LEDINGHAM**

**THE DATE NIGHT  
MANIFESTO: A  
BOOSTER SHOT FOR  
RELATIONSHIPS**

MATADOR, 28TH, P/B,  
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Whether you have clocked-up double-digit anniversaries, or are still savouring the wedding cake, Ledingham believes there is much to be gained from the enriched connections which come from Date Night. She offers principles to make a success of such dates, along with destination suggestions.

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