

**KISS** MORE*The Perfect Kiss Recipe*

BY LANA CITRON

**INGREDIENTS**

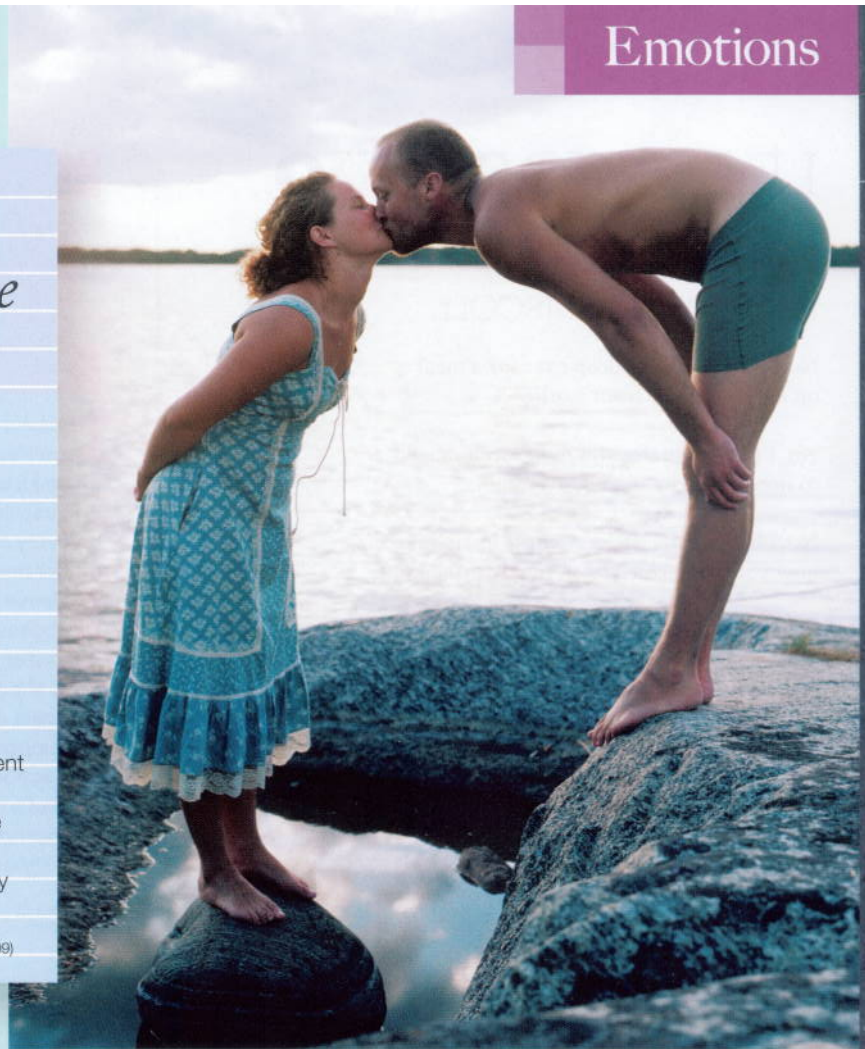
A willing pair of lips  
 True intentions (a heart full)  
 A smattering of sweet nothings  
 The whisper of bated breath  
 A sprinkling of sighs

**METHOD**

**1** The success of this recipe rests on one's meticulous sourcing of ingredients; there is no room for second best. Having procured all elements, it is the easiest of procedures, merely the meeting of lip upon lip, the delicate impression of yours upon another's in a yielding moment of utter bliss.

**2** A perfect kiss should arouse all senses. Its scent intoxicating, it should delight the tongue, tickle the lips, set one's body a-tingle, creating the very taste of ecstasy.

FROM A COMPENDIUM OF KISSES BY LANA CITRON (BEAUTIFUL BOOKS, £9.99)

**LOSE** YOUR INHIBITIONS

When inhibitions rule the bedroom, they lead to boring, run-of-the-mill sex. If you want to keep your sex life spicy, fun and interesting, it's important to leave your inhibitions at the bedroom door. When you push the envelope during sex by trying new things, branching out of your comfort zone and forcing yourself to let go of the familiar, your sexual pleasure will go through the roof. Think of your inhibitions as something you are clutching in your hands. As long as your hands are clenched together, you are unable to reach out and grab the things you really want – like a great sex life and a fun, fulfilling relationship. When you release your inhibitions and accept your body, your sexual desires and your partner openly, your sex life will rev up into a higher gear altogether.

Here are some things to do to help you feel more adventurous and less reserved:

- Make a list of your ideas of female sexuality.** Where did they come from: popular culture? Your mother? Friends? Cross off the list those that don't ring true to you.
- Fake it until you make it (and we don't mean an orgasm).** If you act the vixen, you'll portray it and eventually you'll get more and more comfortable with that role until you settle into it. You may worry that you'll make a fool of yourself, but don't: he'll be thrilled.
- Give your underwear a makeover.** Ditch the granny pants and buy yourself some gorgeous accoutrements that make you feel sexy.
- Appreciate your body as a whole, rather than just**

**zoning in on the 'problem areas'.** Stand in front of the mirror and, rather than letting your eyes go directly to the areas you hate, let your eyes blur until you see the whole package – that is what your partner sees! Also remember: research has shown that the average man prefers women's bodies about four sizes larger than the average woman's body ideal.

- Read aloud from an erotic short story.** Try books about women's fantasies, like the *Herotica* series or books by Nancy Friday (both available from [amazon.co.uk](http://amazon.co.uk)). Reading aloud can give you the confidence and language to speak about your own fantasies, or talk dirty (and give you new ideas for having sex).

BY DR LAURA BERMAN, AUTHOR OF *THE BOOK OF LOVE* (DK, £16.99)

**M**  
MAKE A MESS

We don't mean literally create chaos in your house, we mean make the kind of mess that results when you try something new. "Nobody likes to fail, but there is a difference between a normal aversion to failure and an intense fear of failure," writes Tal Ben-Shahar in his self-help book *The Pursuit Of Perfect* (McGraw-Hill House, £9.99). "Failure is an inescapable part of life. We learn to walk by falling, to talk by babbling and to shoot a basket by missing. Those who intensely fear failing end up falling short of their potential. We either learn to fail, or we fail to learn." Worth making a note of, we think. →