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how to get what you want in bed, politely

Be honest: Sometimes your guy could do with a little instruction in the boudoir. You're not the only one who's found herself lying there thinking, "Just a little to the left, a little to the left." But if he won't stop for driving directions, how's he ever going to let you navigate in bed? "Men are raised to believe they should be all-knowing lovers, and women believe it, too," says Candida Royalle, former adult film star and author of *How to Tell a Naked Man What to Do*. Women don't speak up out of fear they'll damage the man's fragile ego. "But if you're with a secure guy who wants to please, he shouldn't be hurt by hints," she says.

DON'T GIVE UP! Even if you've been with the same guy for years, it's not too late to improve your sex life. But don't hit him with, "Honey, I've never liked the way you fill-in-the-blank." "He'll simply feel bad and get defensive," says Candida.

NEVER FAKE IT. If you can't climax, it may be due to your own fear of intimacy. "Allowing someone to pleasure you means you have to open yourself up mentally, psychologically and sexually," she says. Faking orgasm is not the answer—communication is. If you just don't like what he's doing, speak up.

BE POSITIVE. Start with a compliment, then give advice. Say, "Wow, that feels so good. Could you try it a little slower?"

REMEMBER: PRACTICE MAKES PERFECT. It may take a while for him to catch on to new tricks. "Keep up with the gentle reminders," says Candida. He'll get it soon enough.

LOOK AT THE BIG PICTURE. "If you like everything about a guy except what he does in bed, don't just give up on him," she says. This is one aspect of him that you can probably change—just do it with a bit of sensitivity.

