

*lust & life

Fall for him, live your life & be a dream-believer

Why are guys always the last to realise there's something wrong with their relationship?

Over half the married men whose relationships implode never see it coming.

60%

of men who separate don't want to

and

75%

try for reconciliation

(SOURCE: A RECENT 'MEN IN RELATIONSHIPS' FORUM.)

LIBIDO LOST?

These lifestyle choices have a direct impact on your sexual performance. Guilty as charged?

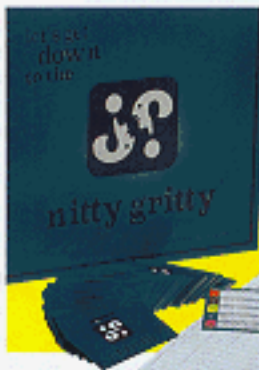
BOOZE Excessive consumption can cause impotence for him ('brewer's droop'), a lack of sensation for you, and, in severe cases, sterility.

SLOTH If you're a couch potato, is it any surprise you're not a horn-bag? Sex requires a degree of fitness, so healthy lungs, stamina and being in your correct weight range will help.

FAGS Don't be fooled by the post-coital puff enjoyed in the movies. Welcome to real life, where smoking is about bad breath, clogged arteries and in extreme cases, an impairment of sperm production - not much of a mood-maker.



The Paris Hilton chardonnay handshake...



YOU & HIM BOARD GAME ROAD-TESTED

THE GAME: Nitty Gritty (see www.nittygrittygame.com).

THE IDEA: To reveal secrets about your friends and lovers you've always wanted to know. There are more than 1,000 questions in five categories, including Skeletons In The Closet.

THE VERDICT: It has started laughs, lies and new loves. It has also made boyfriends more attentive!

SCORE: ♥♥♥♥♥ out of ♥♥♥♥♥



Drink-and-dial detox

If you're not familiar with the 'drink-and-dial' let us explain: there's a guy, he hasn't phoned, so you get drunk and call him (usually after 11pm). Now, if you're with girlfriends, they'll hopefully put an end to it before you lose your self-respect. But it's usually on the lonely cab ride home in the wee hours that your inner stalker flares up. The fix: If you're heading out for a big night and know you'll be tempted, erase his number from your mobile and note it down elsewhere. Remember, you'll regret it in the morning!