

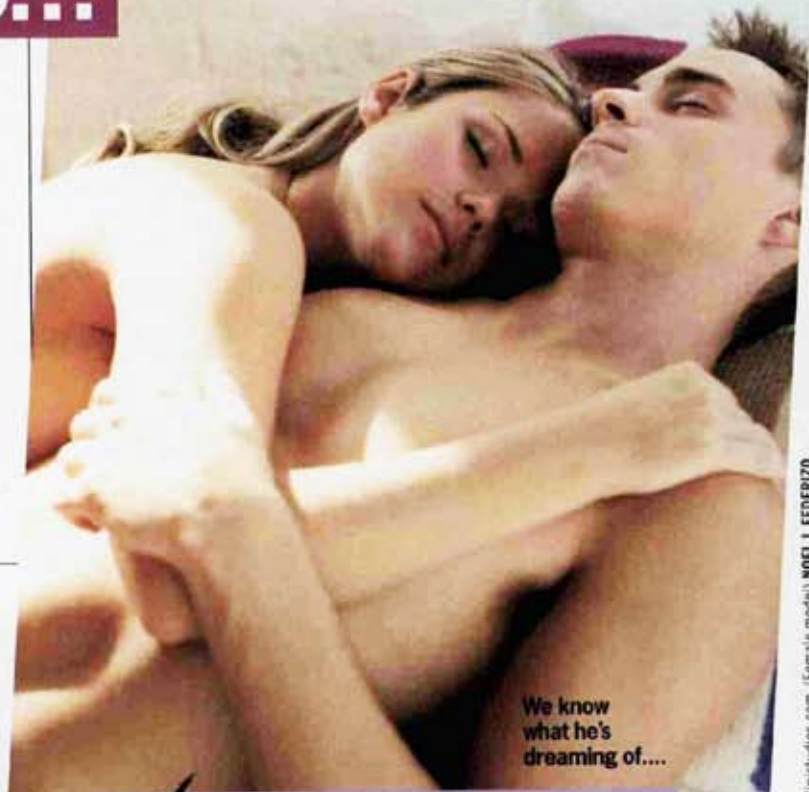
WHY DON'T YOU...



The goal:
Rock-hard
confidence

✓ ...boost his body ego.

Your dude won't admit it, but he wants to hear how much you love his bod. Next time you see him, lightly squeeze his biceps and say you love how strong he is. "He'll feel studly because you're paying tribute to his protective side," says Lynne Luciano, PhD, author of *Looking Good: Male Body Image in Modern America*.



We know
what he's
dreaming of....

✓ ...defuse a bitch.

Look, if some so-called friend is putting you down, you're the one letting her do it. Confront her, and if she keeps at it, try this tactic: Look her in the eye, and walk away. "It takes away her power and lets her know you're not putting up with it," says relationship expert Robin Stern, PhD, author of *The Gaslight Effect*.



Use a delicate
hand to deal
with this one.

✓ ...nap naked.

Mmm...in the mood for some afternoon delight? Strip down and climb into bed for a "snooze" with your boyfriend in the buff. The skin-on-skin contact and the leisurely activity will prime his body for some slow, sensual sex, says sexologist Yvonne K. Fulbright, PhD. Even better, he'll be into *loong* foreplay that focuses on his favorite thing: you.



Thwart fashion
emergencies.

✓ ...have a 911 outfit.

The genius solution to any I-have-nothing-to-wear crisis? A red jersey dress, says celebrity stylist Robert Verdi, cohost of *Fashion Police* on the Style Network. "If you want to enhance your curves, make it a wrap dress. Red is universally flattering and sophisticated enough to work for a variety of occasions." Pair it with polished pumps for the office or glam it up with big hoop earrings for a night out.

✓ ...try the Better Sex Workout.

If you want the hottest sex possible, you have to work it...at the gym. Alternate two minutes of high-intensity cardio with one minute of ab moves for 15 minutes. "Intervals build the stamina you need to hold advanced positions," says Jennifer Cassetty, instructor of Crunch Fitness's Better Sex Workout in NYC.



Have absolutely
amazing sex.