

COSMOPOLITAN

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**Lingerie
Special**
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SULTRY, CLASSY,
COMFY STYLES

NAUGHTY SEX

8 Hot New Positions
We've Never
Published Before

How to Keep
Your Guy Totally
Turned On by You

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BELOW-HIS-BELT BLOOPERS!

Hilarious Tales
of Inconvenient
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**Katherine
Heigl**
Meet Our
New Girl Crush!

THE SEXIEST THINGS TO DO AFTER SEX

4 Facts Men
Wish Their
Girlfriends Knew

Your Sexual Health:
The STD 80% of
Women Now Get

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"Never fear: Your giving, virile boyfriend is here."

GO THE EXTRA MILE FOR HER

SHOW THIS TO YOUR MAN

■ These days, you never know if holding the door open for a woman will yield a big thank you or an eye roll. Well, we're here to tell you that most chicks—even those with sick jobs and martial-arts training—still love it when their men swoop in to save the day. Here are some manly moves you won't get in trouble for...

Take Charge on a Date

Rather than spending half an hour going back and forth with her over where to go to dinner, take the bull by the horns and make a freakin' reservation! "Most women love it when a guy picks a place to eat and maybe even goes as far as requesting a great table,"

explains Denver relationship therapist Carolyn Bushong, author of *Bring Back the Man You Fell in Love With*. "It makes her feel special and shows that you spent time thinking about what she would enjoy and appreciate." For bonus points, you could even pull her chair out or help her put on her coat.

Check in

If she drove home from your place late at night, call to make sure she got there safely. If you know she had a big meeting at work, send an e-mail to see how it went. "It makes her feel cared for, knowing that you think about her well-being," says psychologist Denise Budden-Potts, PhD, founder of the

Dating With Your Future in Mind seminars. "No matter how modern a woman is, she still loves to feel her partner looks out for her."

Deal With Her Hassles

Obviously, your girlfriend knows how to take out her own garbage and get her oil changed. But *knowing* how to do something and *wanting* to do something are two separate things.

"When you offer to handle the errands that you know she can't stand doing, you'll win major brownie points," says Bushong. "Not only does it show that you're tuned in to her, but the fact that you're willing to deal with something that's not fun for you either conveys how important she is to you."

Be a Peripheral Hero

Now that you've proven your Superman status to her, take it a step further by saving the day for her friends and family. It can be as simple as buying her girlfriends a round of drinks or helping her mom set up her new DVD player.

"It's one thing to take care of her, but it shows even more respect and tenderness to take care of the people who you know are so close to her," says Budden-Potts. She also gets the added bonus of hearing her loved ones say how amazing her beau is. ■

Myth of the Month

Women want a marathon lover.

Cross the line this century.

FINISH LINE

"Oh, ouch! If the sex goes on too long, I start to feel sore and get serious chafing on my inner thigh—it's a bad scene. I like my sex short and sweet."

—Jillian, 28

"As long as I've had an orgasm, I'm perfectly happy. Not to sound harsh, but if I'm finished, then what the hell is he waiting for? Let's just call it a day already!"

—Gretchen, 29

"I know guys think that we want sex to last all night, but although hours of lovemaking sound good in theory, in real life, I'm happy with 20 minutes or less."

—Sarah, 31

(From top) TAMARA SCHLESINGER, JACK MISKELL. (Pop stylist: Nancy Sorenstrom). Names of readers who share stories and of those mentioned in the stories have been changed to protect their privacy. Stories may have been edited for length, content, and clarity.



Are you a guy and want to tell us what you think? Log on to cosmopolitan.com/guyonly and take polls, answer questions, and more!