

“Break the mold. Most people get into a routine, whether it’s a position or time of day. Try having sex somewhere risqué, like in a car or your laundry room. Varying where you have it makes a big difference—for both of you. A little bit of adventure can make sex hotter.” —Ian K. Smith, M.D., author of *The Truth About Men*

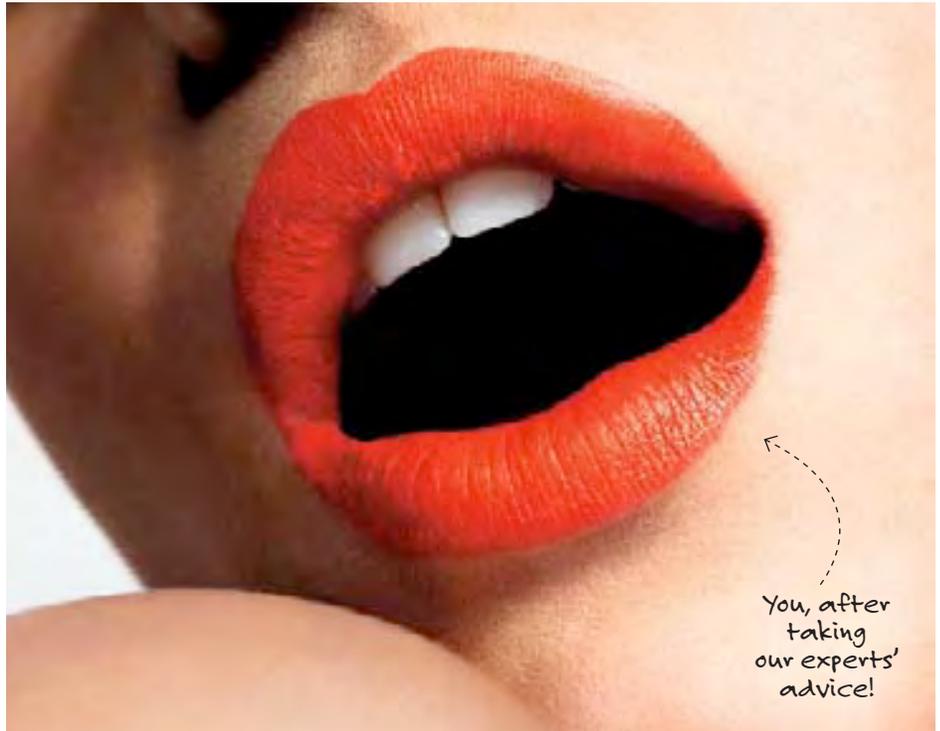
“Never hold your breath mid-orgasm. Do deep-body breathing while reaching climax: Inhale through your nose, fill up your belly, and exhale through your mouth, slowly, until you’re empty. You’ll have a stronger orgasm.” —Kristen Tribby, director of strategy for sex-toy boutique The Pleasure Chest

“Adjust the energy in your bedroom. No work stuff allowed! And remove family photos (do you *want* them to watch you have sex?). Don’t store anything under the bed; clear out the clutter so energy can circulate.” —Dana Claudat, feng shui consultant and founder of The Tao of Dana blog

“Know how to handle his testicles. They’re one unit; never separate them. Make a ring around the top of the sac with thumb and forefinger; squeeze gently. During oral action, don’t forget to lick the baby-soft spot on the bottom of the sac; he’ll love it!” —Dan Anderson, coauthor of *Sex Tips for Straight Women From a Gay Man*

“Take the initiative with a little erotic striptease. He will love watching you strut your stuff with confidence, and it will let him see your assets up close. Don’t worry if you feel a little nervous—have fun with it, and don’t be afraid to laugh and enjoy yourself.” —Laura Berman, Ph.D., host of *In the Bedroom With Dr. Laura Berman* on OWN

“Watch each other masturbate. It builds anticipation, and you learn all the small movements that you normally wouldn’t see.” —NoraSkyy, adult-film actress



You, after taking our experts' advice!

“Find the right condoms. The perfect one can feel almost as good as not wearing anything at all. Do a little research: Stock up on five different brands and versions, and try them out just as you would wine.” —Davy Rothbart, author of *My Heart Is an Idiot*, an upcoming memoir about his misadventures in love and sex

“Open your eyes! The Zohar, the book of Jewish mysticism, says you achieve three-pronged unity during sex: You’re kissing, so you’re exchanging life breaths; your bodies are intertwined, so you’re one flesh; you’re peering into each other’s eyes, so you’re one spirit. It takes practice, but it’s rewarding.” —Rabbi Shmuley Boteach, author of *Kosher Sex*

“Stop performing and enjoy yourself. Sex is all about sensation—not performance, not what’s appropriate, not what you think you should like, and never, ever what somebody else thinks you should like. If you can remember that, you’re on your way to a great sex life.” —Felice Newman, San Francisco-based sex educator and author



And now, sex wisdom in 10 words or less, from stars!

“Dirty talk can get you what you want.”
—Dita Von Teese

“Don’t sweat the small stuff—or smell the wet stuff.”
—Carson Kressley

“Keep the fights clean and the sex dirty.”
—Michael J. Fox

“Only do it if it feels good.”
—Glee’s Jessalyn Gilsig

“Use a condom! Of course!”
—Cloris Leachman