

men, love+life

All about the personal stuff!

WEIRD LOVE ADVICE THAT WORKS

If you want to
get closer to your
guy, experts
say they know how...
and it's *not* what
you're expecting.

BY JESSICA DUNCAN

CANOODLING
IN THE KITCHEN?
Read this and
you won't be able
to help yourself!

Idea #1: Keep Kid Pics Around

Photos of your boyfriend or husband as a sweet-faced little boy are useful to have on hand, says Debbie Mandel, author of *Addicted to Stress* and a specialist who frequently works with couples. The next time you're feeling a little blah about the relationship (it happens!), take a peek. "You'll be face-to-face with the essence of who you fell in love with," says Mandel. "The photos remind you of each other's mischief, fun and vulnerability."

Get Into a Water Fight (Stay With Us Here...)

"I always have squirt guns in my house," says Mandel, and she says couples should too. Using a water gun instead of arguing over minor frustrations—like when *someone* puts the empty milk carton back in the fridge—keeps them from turning into major fights or long-running resentments. "It's fun!" Mandel explains. "And it breaks up the negative energy, because you can't laugh and be angry at the same time."

Play "Alien Lover" in Bed

Dorky-sounding, perhaps, but trust Barton Goldsmith, Ph.D., author of *Emotional Fitness for Couples*, on this one. The rules of his game: Pretend your partner is from another planet (yes, really) and explain to him how to make love to you—without using words. It may be awkward at first, but, says Goldsmith, "it breaks down your defenses, making it easier to climax and making your climaxes more powerful. You'll be surprised by how hot it is!"

Try a Foursome With Some Couple Friends

As in a double date, you dirty-minded girl! It's good for your relationship, suggests recent research from Wayne State University in Detroit. Study author Richard Slatcher, Ph.D., assistant professor of psychology, says that's because in a social setting, you'll liven up and be more like the person your partner fell for. Bonus: Couple friends "serve as an invisible support force," Slatcher says, and they'll be in your corner through the highs—and lows—of your relationship. Plus, sharing fries.

If All Else Fails, Switch Seats

Literally! "Pick a new chair at the dinner table," suggests Mandel. "When you shift where you sit or which side of the bed you sleep on, things really do feel fresher. It unlocks a change in your perception. Because you see things physically from each other's perspective, you become subconsciously more sensitive to each other's point of view." If nothing else, you might end up with a window seat. ■

Additional reporting by Emily Mahaney

What Did You Keep From Your Last Relationship?

Why We Broke Up, a new book by writer Daniel Handler and illustrator Maira Kalman, tells the story of a breakup through keepsakes. "It's the human condition," says Handler. "We want to make the world into a magical place, so we save little trinkets along the way." Some romantic souvenirs *Glamour* readers say they'll never part with:

SECRET NOTES

“My ex and I used to leave notes for each other under the tables at coffee shops, bars and bookstores in our neighborhood. I saved all of them in a shoebox, even after he broke up with me. They remind me to expect more than just texts from a guy.”

—Grace, 27, Miami

HIS FOOTBALL GEAR

“I have a pair of my ex-boyfriend's football shorts. One day when we were together, I threw them on, tossed my hair up and ran around throwing a football with him for hours—and I'd never felt more beautiful. That day I realized that if a man loves you, he'll find you attractive as long as you have a smile on your face.”

—Autumn, 24, Kennesaw, Ga.

SOMETHING HE MADE

“I don't normally keep anything from my exes—ever. I delete phone numbers and emails; I give away any clothing to Goodwill. It's a good cleansing ritual. But I had to make one exception: My high school boyfriend—and his grandmother!—made a quilt from all my old cheerleading T-shirts for Christmas one year. It was such a thoughtful gift and such a sweet way for them to help me keep those shirts and those memories that I'll never be able to part with it.”

—Sam, 27, Sterling Heights, Mich.

A BEANBAG CHAIR

“I still have a beanbag chair given to me by 'the boy who got away,' mostly because my dog has recently claimed it as a bed. But when the dog ripped a hole in it, I surprised myself by getting emotional. I even patched it up with duct tape!”

—Sarah, 31, Hilton Head, S.C.

