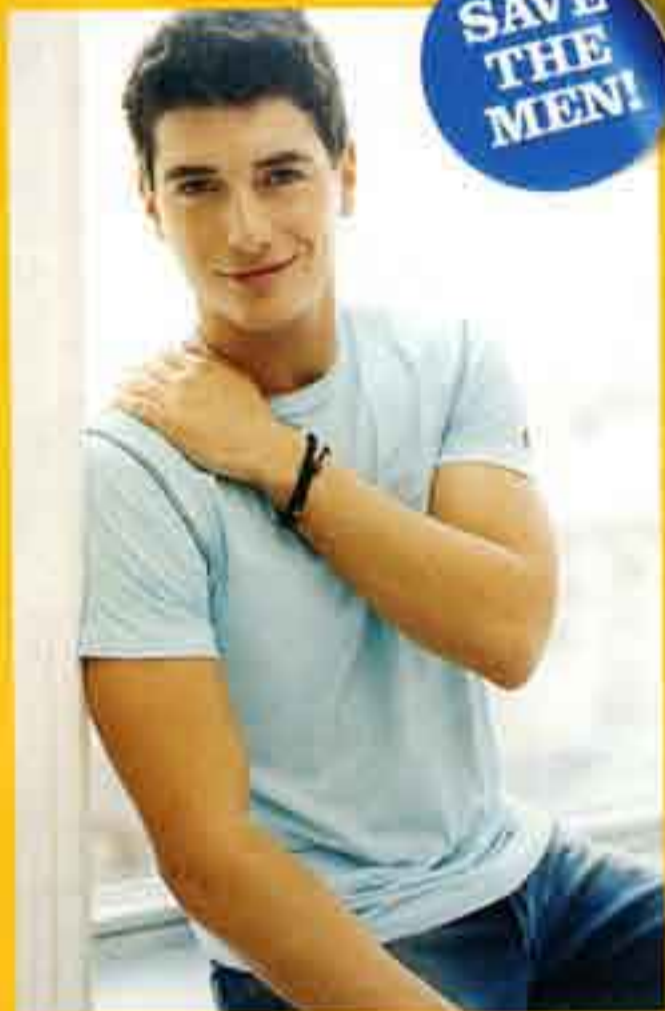


# Hot Sheet

WHAT'S NEW AND BUZZ-WORTHY

SAVE THE MEN!



The number of male births in the U.S. has steadily decreased over the past 30 years, says a new study. The scary reality: There are 135,000 fewer guys today than in 1970, so the dating pool is shrinking. Experts don't know why, dubiously citing environmental factors.



The best role for Patrick and Jude: Doting dad



HOT BABY DADDIES



We're gaga for Brad's father-daughter bonding.

Why is it that Brad Pitt, Patrick Dempsey, and Jude Law seem sexier when they're with their kids? "Being a good dad implies that a guy is able to give a lot of attention to you and a child," says Ann Demarais, PhD, co-author of *First Impressions*. "It shows he can father children in the biological sense and care for them—something women today really value."

CHICKS NEED TO CHILL

A recent survey found that 47 percent of women work on their days off. If that's you, steal stress-reducing opportunities: Buy a fragrance diffuser with a calming scent like lavender, or watch YouTube videos to make you laugh, says Jerrold Greenberg, EdD, author of *Comprehensive Stress Management*.



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THE PERCENTAGE OF SINGLE MEN WHO SIZE UP A GIRL FOR A SECOND DATE IN 8 MINUTES OR LESS

SOURCE: LAVALIFE POLL



WELCOME BACK TO FABULOUS

Instead of guzzling gallons of wine and boring your pals with a litany of breakup details, why not try taking a get-your-mojo-back vacation? Some clubs and hotels now offer packages that include dinner and clubbing—just like bachelorette party festivities, but these are geared toward helping newly single chicks stop moping and get back in the swing of things.



GENIUS INVENTION



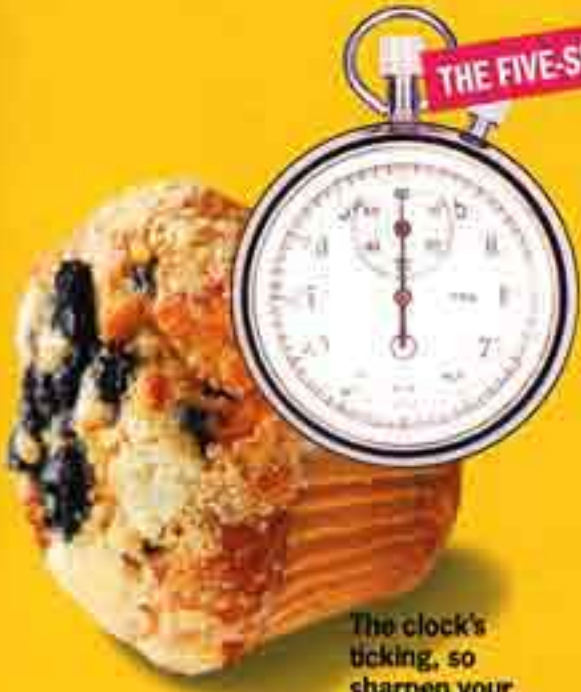
Philly natives Lauren Handel and her brother David have created adjustable high-heeled shoes called Camileon Heels. The heels go from 3¼ inches to 1½ inches in two easy steps.

EXPRESS YOURSELF



Many guys don't share their feelings, experts say, because they never learned how to communicate emotions. Women often stay mum in order to put their guy's comfort level first... and keep quiet about their own needs. "Stand up for yourself without wounding him," says Dana Jack, EdD. "Ask 'Can we figure this out together?' early on instead of blowing up at him later."

THE FIVE-SECOND RULE



The clock's ticking, so sharpen your reflexes.

Researchers recently decided to find out if there was truth behind this long-trusted theory. How many germs does your snack really pick up once it hits the floor? Food dropped on purposely contaminated carpet immediately took up 10,000 bacteria per square centimeter. But left for a full minute, food collected 10 times more germs! The verdict: Every second counts.

CONVERSATION STARTERS

- 1 A San Francisco artist recently displayed an exhibit made up of hundreds of crochet penis-shaped sculptures.
- 2 The newest lip balms promise big things: CinnaMEN says it can attract guys, and LipFIT claims it can help you get slim.
- 3 The most-used computer passwords? "Password," "123456," and "qwerty" (the first 6 letters on most keyboards), reports PC Magazine.



This exhibit gives new meaning to the term well hung.

**48**  
THE PERCENTAGE OF COLLEGE GRADS WHO PLANNED ON LIVING WITH MOM AND DAD AFTER GRADUATION IN 2007  
SOURCE: MONSTERTRAK SURVEY

Top: iStockphoto.com; Middle: iStockphoto.com; Bottom: iStockphoto.com; Right: iStockphoto.com; Middle: iStockphoto.com; Bottom: iStockphoto.com

# EROTIC SEX

**THE  
HOT  
ISSUE**

7 Boundary-Pushing Moves  
All Men Secretly Crave  
(and You'll Get Off On, Too)

**Julia Stiles**  
The Least Bitchy Girl  
in Hollywood!

**16** Sexy New  
Hairstyles

**Guys  
Uncensored**  
Their Get-Naked  
Fears Will Make You  
Laugh Out Loud

**50**  
Ways to  
Be Closer  
to Him!

**[ Why He Just  
Won't Propose ]**  
See p. 122

How to Feel More  
Pleasure Every Day

**TRUE-CRIME STORY**  
Her Boyfriend  
Killed Her  
for Breaking Up  
With Him

**SEX EXTRAS** \* 6 Skills Sex Goddesses Master  
\* What to Do When Sex Hurts \* Weird Sex Questions We're Asked

