



# How to Kiss



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# Kissing



Kissing is one of the oldest and pleasurable activities known to man. Kissing is as much psychological as it is physical. It's not all about location and setting, it has more to do with the mood. The pleasure you receive is directly proportionate to how much you desire it and not so much your level of experience.



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Anticipation is the most important factor in ensuring that you give or receive a kiss you will never forget. First begin with the end in mind....yes, this is not as weird as it may sound.

Create a mental picture of pleasure even before your lips meet. The brain's pleasure center will reward you

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by stimulating the release of hormones that will get you in the mood. So, if this is someone you will be kissing for the first time, take it slow. Give your partner time to get the idea that you desire to be kissed.

1. Keep your tone soft and smile. Do not smile constantly, just enough to make your

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partner want to move closer.

2. Make eye contact and linger a bit longer that you normally would with some focus on his lips. Without saying a word they should get the idea and prepare to take action.

3. Now that you have stated your desire, continue the



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gentle seductive gestures and lean slightly in their direction. Be very subtle! Lean towards your partner just enough for them to feel as if they need to take action.

4. So now that you have their full attention, your brain is about to explode with anticipation! If this is your first kiss, keep it gentle. You will get to

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know your partner in ways that words cannot describe. Feel the texture of their lips and savor its flavor, go slowly and give them time to do the same.

5.Strategically position your hands to caress your partner's, lower back or the nape of his neck and feel the magic happen.

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Do you want to be an expert  
kisser and get that explosive  
feeling all the time?

No need to be anxious, the  
pleasure increases with  
practice. Before you know it  
they will keep coming back  
for more.