



PUCKER UP

Sometimes it's so bad you flinch and other times it's so good it takes your breath away. **VANESSA SANTER** investigates the art of kissing.

What's in a kiss? For Amir Zoghi and Pamela Morales, quite a few things, apparently – a book deal and a blossoming relationship, among them.

The pair wrote *101 Kisses and What They Mean* after Zoghi discovered his kissing wasn't quite up to scratch.

"I just started dating her and was having trouble kissing her because she wouldn't let her guard down. I was making a move and getting rejected," Zoghi said.

"And so, we started talking about all the different types of kisses and from there we really connected well and found writing the book fast-paced our relationship."

Zoghi went from the Show Pony Kiss, where you make a decision based on your partner's looks, to The One Kiss, which is from the heart and given with authenticity.

"To be honest, when we first started



dating I was intimidated. I thought she was just the most beautiful person I'd ever seen. And a lot of guys won't admit to this but often you are not yourself and you're playing a role, acting tough and a woman can pick that up. I needed to relax and start being myself," he said.

And as their relationship grew, so did the number of kisses on their list. The Wet Kiss performed in the

shower, ocean or pool, the Fantasy Kiss with the person you saw as a only a fantasy before the kiss made it reality and the Down Under Kiss (which really doesn't need much explanation - does it?) are all sure to get hearts racing.

In fact Zoghi would go so far as to say that kissing is the bedrock of any relationship. If you're not puckering up with passion, your partner could be looking elsewhere.

"I speak to a lot of friends and a lot get bored with they way their partners are kissing. In the day to day routine it can make a relationship dull and partners can start looking elsewhere," he said.

His advice is to involve all five senses in the kiss to keep the spice happening.

"It's about touching, looking into her eyes." You get the picture.

And are the bad kissers among us destined to fumble forever?

"If you're being in sync with each other you'll find if the deep throat tonguing is needed and that's where it will naturally go but if you're just thinking about yourself and what you're going to get out of it, it won't work." (Please take note, guys).

"It's all about a connection. One of the kisses is about getting to know each other and moulding to each other's kissing style. You do find you often have different kissing styles and it's a bit of a process before you find that connection. It's like riding a bike falling all over the place and it's just a matter of giving each other time and understanding each other's needs."

If it worked for Zoghi, it may just work for you.

■ www.101kisses.com.au

HOW WAS IT FOR YOU?

DR BELLA



"Relationships that look oh-so-cozy are often, oh-so-unhealthy. You see, love has a habit of becoming addictive ..."

Valentine's Day has come and gone, leaving countless disappointed romantics in its wake. Now, before you start feeling sorry for yourself, keep reading. Relationships that look oh-so-cozy are often oh-so-unhealthy.

You see, love has a habit of becoming addictive. For all of us. Blame it on the biochemistry of the human brain. In fact, the state of being in love is often compared to drug addiction. Why else would Kate Moss put up with that rock tosser for so long?

In the name of romantic health, I've formulated a guide: How to Become a Love Addict. It is based on the work of psychologists Peele and Brodsky.

Stage 1: The void

Take someone who lacks a well-developed core being. (This can often be determined by their taste in music. Think Radiohead.) Unsure of their own identity, they use lovers or drugs to serve their own needs. Relationships become a substitute for self-contentment. A way to fill the void.

Stage 2: Fusion

Attachment between the lovers is sudden. The romantic other becomes everything: solace in a harsh world. Erich Fromm, author of *The Art of Loving*, says new lovers tend to "take the intensity of the infatuation, this being 'crazy' about each other, for proof of the intensity of their love." But, in actual fact "it may only prove the degree of their preceding loneliness". Ouch.

Stage 3: Exclusivity

D. H Lawrence uses the term *egoisme a deux* (double selfishness) to describe the way lovers create a private, cut-off world. Unceremoniously they ditch friendships and interests outside of "the couple". Their emotional security becomes

dependent on each other. They find themselves in an isolated, clingy relationship built upon dependency. They don't want each other to meet new people or have outside experiences, fearing that competing ties will make their partner less dependent on them. Red flags: Jealousy, possessiveness, inordinate SMSs.

Stage four: Addiction

The lovers are addicted, unable to handle separations. Watch out for statements such as, "I can't live without you." As Peele and Brodsky argue, fears of being left predominate: "The ever-present danger of withdrawal creates an ever-present craving." Even if the relationship is consumed by conflict, the lovers cannot part. As with drugs, "something initially sought for pleasure, is held more tightly after it ceases to provide enjoyment" (Peele and Brodsky).

At the heart of most addictions is a diminished sense of self. Alternatively genuine love is predicated on psychological wholeness: a desire that your partner finds fulfillment inside – and outside of – the relationship. Peele and Brodsky suggest we evaluate the healthiness of relationships by asking these questions:

- Do the people in the relationship have a positive belief about their own value?
- Are they improved as individuals by being in the relationship?
- Do they retain significant interests and relationships outside of the couple?
- Is the relationship integrated into the each of the lover's lives?
- Are they threatened by the others' growth and expansion of interests?
- Are the lovers also friends?

Best of luck in love

BTW

Questions, thoughts, sexual tips?
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Pictures: CHRIS PAVLICH

