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50 KINKY SEX MOVES

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Astrologer
2012!

Naughty Predictions
Only From Cosmo

Scarlett
Johansson
The Love Rule
She Now Swears By

YOUR
OTHER
G-SPOT

(It's Above Your
Waist...and
Every Woman
Has One)

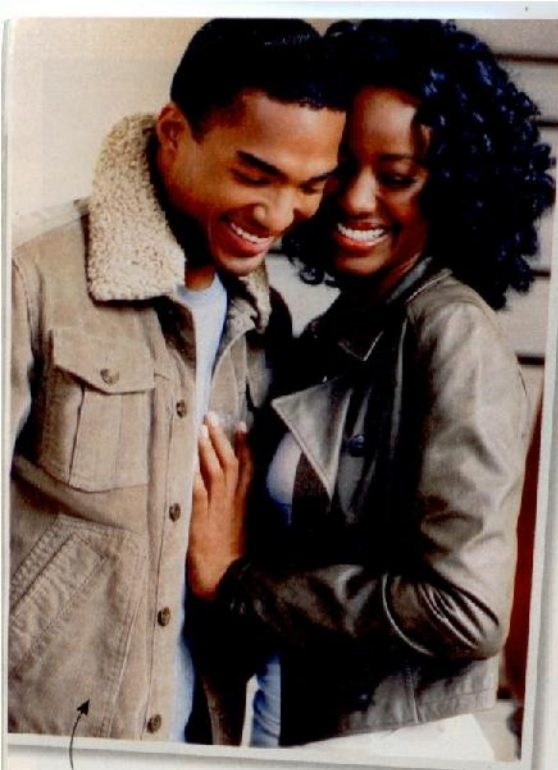
Dragging
Ass Lately?
7 New Energy
Boosting
Tricks

TRUE STORY

"I Knew He Was the Wrong
Guy on Our Wedding Day"

10 Things You'll Learn in January Cosmo

Get a sneak peek at some of the most fascinating insights coming up in the pages ahead.



BOOST YOUR GUY'S CONFIDENCE BY PLACING YOUR HAND ON HIS CHEST. EXPERTS SAY THIS CAUSES A SPIKE IN DOPAMINE AND REMINDS HIM OF HIS MASCULINITY. P. 76

Filling your place with warm colors, like red, yellow, and orange, gets your blood pumping and makes you optimistic. So scatter the sunny shades all around. P. 156

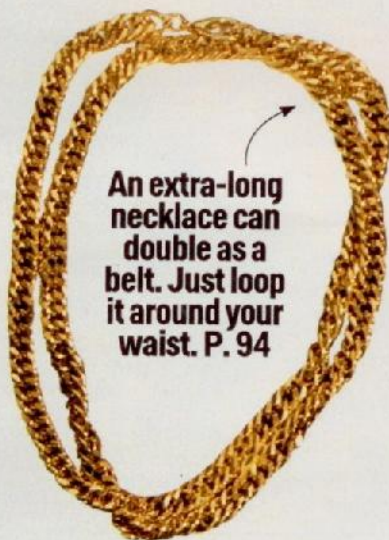


Studies show people eat 40 percent more when they dine in front of the TV. P. 90



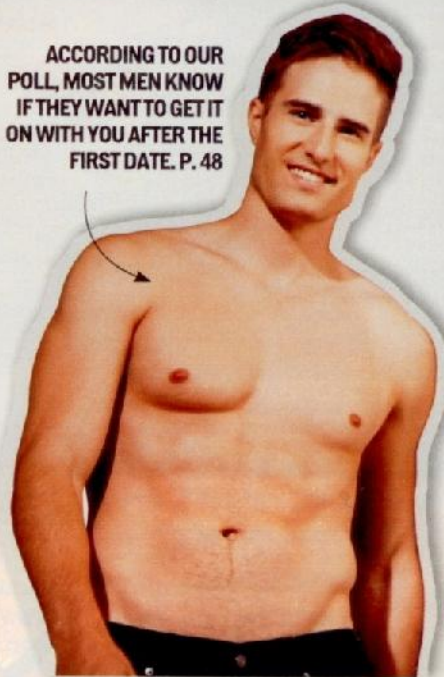
LIVINGSOCIAL SAYS THAT MANY MEN BUY BUDGET-FRIENDLY GROUP TRIPS, LIKE SNOWMOBILING AND DOGSLED-DING, SO IT'S A GREAT WAY TO MEET GUYS. P. 75

TO STOP A SHAVING NICK FROM BLEEDING ASAP, DAB ON PETROLEUM JELLY. P. 111



An extra-long necklace can double as a belt. Just loop it around your waist. P. 94

ACCORDING TO OUR POLL, MOST MEN KNOW IF THEY WANT TO GET IT ON WITH YOU AFTER THE FIRST DATE. P. 48



NIX BLISTERS BY COATING HEELS IN BODY POWDER. IT SOAKS UP SWEAT, AND LESS MOISTURE MEANS LESS FRICTION. P. 66

Without enough sleep, your brain can't recharge, leaving you unable to focus the next day. P. 108

Need to unwind? Add a few drops of jasmine oil to a warm bath—it's proven to ease tension. P. 102



Wish your guy knew exactly what you wanted in bed? We've got you covered. Check out our new book—*Satisfy a Woman Every. Single. Time.*—available at bn.com for \$17.95.

Turn Up the Heat

Warm colors, like red, yellow, and orange, naturally radiate vibrant, cheerful vibes that get your blood pumping and make you optimistic. Scatter the sunny shades around.

Feel Good

A mix of cozy textures (such as a fuzzy pillow and soft throw) can make the difference between a flat, one-dimensional space and a lively, dynamic one. Plus, they make your pad blissfully comfortable.



Leave no surface bare. Spare can come off as cold.

Be Bold

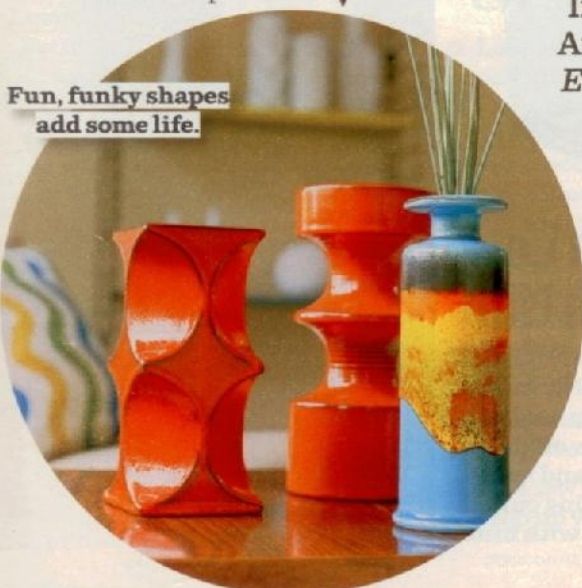
Subtlety doesn't boost your spirits the way a statement does. But you don't have to go overboard. A small grouping of images (whatever you have and love) framed and prominently placed can have more impact than a crowded wall of less distinct art.

Start a Movement

Certain patterns (zigzags, polka dots) create visual energy and motion. Utilize them to invigorate your rooms—even team them up with pieces that actually move, like this chandelier.

Show Off Fond Memories

To feel instantly lifted, surround yourself with objects that are important to you, like a bunch of colorful pottery vases you found on a road trip.



Fun, funky shapes add some life.

Decorating Tricks to Boost Your Mood

The right decor can turn a room from *eh* to totally energizing. Interior decorator Amy Lau, author of *Expressive Modern*, shares her cool design ideas.

By Korin Miller

Pair bright with neutral so it doesn't look clownish.



Photography: Acervo. Published by The Monacelli Press, © 2011. Excerpted from Expressive Modern: Interior Art Ideas by Amy Lau.