

SPECIAL SUMMER EATING ISSUE!

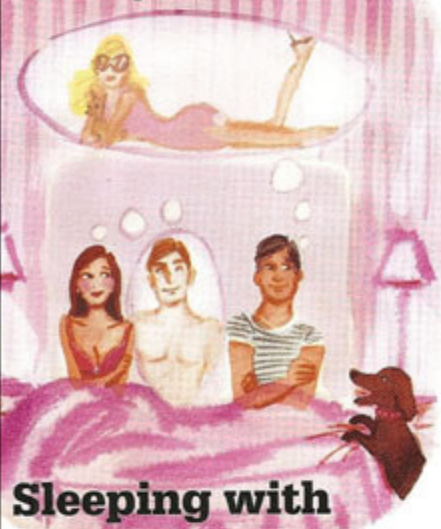
SELF

Fergie's
Happy Life
Makeover:
We Promise
You'll Be
Inspired!
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YOU
AT YOUR
BEST

BE SLIMMER BY SATURDAY

sex update



Sleeping with the enemy?

Your lover isn't the only one under the covers: There may be a whole posse of imagined interlopers coming between you and good sex. Here's who could be crashing your party, and how to boot 'em out of bed...

YOUR EXES Whether you're obsessing over his old flame (was she kinkier than you?) or revisiting a cutting comment yours once made, dwelling on the past does you both a disservice. "Focus on the person you are with," says Stacy Kaiser, a psychotherapist in Los Angeles. "Thinking of old relationships creates distance between you."

YOUR BOSS A pressing deadline, a new account, a call you forgot to make—nothing sexy about those. "Decide on specific times that you will attend to work matters," Kaiser says. "That way you'll be able to enjoy yourself."

JESSICA ALBA She and her perfect body are everywhere, including your bedroom! Kaiser suggests focusing on four of your own fantastic attributes. Pull up the quilt if it makes you more comfortable. Luckily, it's only you and your partner, and not the paparazzi. —Jocelyn Maeve Kelly

Safety in style 63% of women say they feel bashful about buying condoms, a Self.com poll reveals. No need to blush. Think of it as a shopping opportunity! Be a proud contraceptive carrier with one of these ultra-cute cases.



Open heart
Just in Case, \$25;
JustinCaseInc.com

Patent protection
Devine Toys, \$14;
Condomania.com

Fresh pick
\$24; Enchanted
Lantern.com

Snake charmer
Kiki de Montparnasse,
\$125; KikiDM.com

Beads of love
\$10; For Your
Nymphomation.com

FLASH

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at Self.com

JULY 2007 \$3.99
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