

# How to Kiss a Girl

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*Tips and Techniques for Giving Women What they Want With a  
Simple Kiss*



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## How to Kiss a Girl

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## What is Your Kiss Saying?

Research has proven that women are very physical beings. Everything that they think and feel is on a much deeper level than it is for men. Part of this is because women have a natural caring and tender nature about them. Their instincts allow them to be more in tune with the body language and needs of those around them. This is the reason that a girl is drawn to an upset child while men don't even notice and the reason that a girl is conscious enough to bring you a sandwich, even when you didn't ask for it but you were hungry. All these "little" things that women do are actually their female psyche hard at work all the time to be in tune with their surroundings. Crazy right?

### *So how can guys compete with this?*

The answer is in your kiss. Men hold the power of a great kiss. It's one of the things you are blessed with. Men can make a women feel one thousand different emotions just by pressing their lips to hers. You want your kiss to dry her tears, move mountains and offer her comfort – all at the same time. Women have pretty lofty expectations of a kiss. We are going to de-bunk these and help you meet the reasonable ones in the next chapter. But before we can get there, let's talk about what your kiss is saying to her.

There are dozens of different kinds of kisses. Just think of all the things/people you have kissed in your life time. Obviously the way you kiss your mom is different from the way you kiss your sister, which is different from the way you kiss your dog, which is (hopefully) different from the way you kiss the women you love. The way you kiss and the type of kiss you give, conveys a different message.

### *The Forehead Kiss*

Kissing someone on the forehead can have multiple meanings, but it all depends on who you are kissing. When you kiss your daughter or your sister on the forehead, it is a simple way of saying that you love them. However, when you kiss a girl who is physically and sexually attracted to you on the forehead, it has a whole new meaning. We know that women are naturally physical creatures. They

thrive on touch from another human being, especially from a lover. Kissing her on the forehead tells her that she is important to you, that you love her, that your world is complete with her.

### *All of this is being said with a simple kiss. Can you believe it?*

The forehead kiss might be the single most important type of a kiss you can give to a girl. It is far more intimate and sends a deeper meaning than any other type of kiss. Yes, this even includes passionate, love-making kisses. To a girl, being kissed on the forehead is like stepping into a romantic movie of their choice, where the man is committed and devoted to everything that she has to offer.



When you do kiss a girl on the forehead, there is a way that you do it which indicates it is more than a simple adoring kiss that you would give your mom or sister. In order to properly kiss a girl on the forehead, you need to pull her just close enough to you that her head slightly tucks under your chin. With your arms wrapped around her and hers

around you (preferably), you kiss her on the forehead with a gentle force like you want that kiss to stay there forever. If you can master this one technique, you will win over the girl of your dreams forever and she will always know that she is your one and only. After all, that is what most girls want to feel when they are kissed.

### *The Cheek Kiss*

Public displays of affection are fairly taboo today. In general, no one wants to see other people making out and on the brink of tearing their clothes off. As a result, more couples are using the cheek kiss as a way to say “Hey, I’m here. I love you.” when in a public situation. Consider the cheek

kiss more of a kiss of adoration. It doesn't hold any real meaning to a girl other than you saying hello to her in a public place.

Is there a right way and a wrong way to do it? Of course.

A kiss on the cheek should be subtle, gentle and welcomed. It is appropriate in all situations where you are not directly interrupting her. If you sense that your kiss is going to be sloppy, slobbery or in any way intrusive – then it is not the right time. Always use your best judgment.

### ***The “Regular” Kiss***

The regular kiss is exactly what you think it is. It is that simple kiss on the lips that you probably do every time you say “hello” or “goodbye” to your partner. As long as you pucker up, there is no real wrong way to do this type of kiss. It is simple and to the point. Also, there is no real emotion connected to this kiss. Consider the regular kiss and equivalent to brushing your teeth. It is part of your routine. You probably do it so often that you don't even remember doing it on a day to day basis. That is the regular kiss.

Are women looking for magic in a regular kiss? Always. But that **is** unrealistic.

You can give a girl what she is looking for in every kiss by presenting the right body language. When you are about to kiss her, be sure that her body is close to yours. You want both of you to feel like you are almost touching. This is the difference between a great kiss and a kiss that is just ordinary. Closing the distance between you and her will give your girl a sense of security and warmth that she cannot find with someone she doesn't love.

### ***Passionate Kissing***

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Passionate kissing speaks volumes about how you really feel about a girl. This includes French kissing which is possibly the most passionate type of kissing there is. If you are not aware, French kissing is when you and your girl stick your tongue in each other's mouths. It falls into the passionate kissing category because typically it is a pre-cursor to or exists during sex.

The thing about passionate kissing is that it is just what women want when they are behind closed doors with you. A girl wants you to pull her close and hold her tight to your body. She wants to feel you kissing her all the way down to her core. Passionate kissing creates a sexual connection unlike anything else. It is the single way in which you are telling her that you want her, all of her and you never want to stop.

Now that we have covered the different types of kisses, it is time to dive into what you are doing wrong, how you can do it right, how to improve your technique and how you can be the best kisser she's ever had.



## Things Men Do to Ruin a Kiss

Believe it or not guys, you do quite a few things that can make a kiss horrible. So horrible that a girl may run for the hills. The last thing you want to do is create a lasting memory of how much you sucked at kissing. Girls talk about that. It spreads like wildfire. So let's run down the list of things you have done, are doing or might do and what you can do to avoid doing them in the future.

### **Problem: Bad Breath**

Whether you are just bad at dental hygiene or ate a sandwich with onions for lunch, bad breath is a major mood killer and will ruin your kiss. How often does your girls breath smell bad? Rarely. This is because women know that having fresh breath is really important. It isn't even just about being confident when you kiss, but also because your bad breath or her bad breath will be noticed by other people. If you suffer from serious bad breath, then it may be time to consult a doctor.

**Solution:** Dealing with bad breath breaks down into three components, none of which require you to give up your favorite foods.

1. *Maintain proper dental hygiene.* This means flossing, brushing and using mouthwash at least twice per day. It never hurts to keep a little bottle of mouthwash in your desk or car glove box just so you can freshen up after a meal.
2. *Keep breath mints... everywhere.* Chewing gum and breath mints can be your best friend when you are in a pinch. For example, on a first date. Keep a couple in our pocket so you an freshen up when your breath is more than ripe.
3. *Utilize bread/crackers and water.* As simple as it is, bread and crackers have the ability to soak up the extracts in foods like onion and garlic that leave your breath smelling less than pleasant. Eat a couple crackers or a slice of bread post meal to help freshen your breath. Additionally, never under estimate the power of water. Even first thing in the morning, a quick swish with water and drinking a glass is the best way to combat bad breath. It removes bacteria that is lurking quickly.



**Problem: Chapped Lips**

Chapped, dry lips are another instant turn off. Whether your lips are just a little dry, completely chapped or practically bleeding – a girl is not going to want to kiss you. If you try to kiss her, she will likely wince in a slightly offensive way. Of course, no one is expecting you to break out the flavored lip balm.



**Solution:** Pick up some Manstix – chapstick that is exclusively for men and use it a few times per day. If you are prone to biting your lips during cold weather season, then consider tossing on some intense healing chapstick like Carmex at night and in the morning. If you work outdoors, then you will want to keep any type of good chapstick in your pocket to protect your lips from the harsh elements. It only takes a few seconds to apply every few

hours and it will make your kissing experience substantially better.

**Problem: Facial Hair**

Do women love facial hair? Of course. Most women think facial hair is rugged and sexy. But when your facial hair is equivalent to a wire brush, it can cause her to avoid kissing you like the plague.

**Solution:** Girls expect men to have rough facial hair to an extent. But if your bristles are so coarse they could scrub a pot, then you need to do something about it. Look for a body wash/shampoo in one that offers extra moisturizing to soften up those hairs for a more pleasurable kissing experience.

**Problem: Too Much Force**

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When you are kissing a girl you probably assume that you should apply a little more pressure, just so she knows that you mean it. But there's a fine line between a little bit of pressure and practically suffocating your girlfriend. Kissing with too much force can actually hurt your girlfriend.

**Solution:** Treat the girl you are kissing like an egg. If you were about to kiss an egg, you would not apply a full force of pressure because you wouldn't want it to break in your mouth. Kiss with enough force to make it extra special but not so much that she moves her head back just to experience less pressure.

## Understanding Female Expectations

The world of romantic comedies and love stories has really ruined the kiss for normal men. Women tend to forget that actors spend countless hours learning how to be the perfect on screen kissers. Because of these breathtaking moments in their favorite shows and movies, women look for this in



real life. Girls want to feel like their world is stopping with every kiss. Mind you, this emotion is created in movies through the help of scenery, sound effects and a juicy plot that toys with a woman's heart strings.

As a man, it's your job to understand what female expectations are and how to cater to them in your own way without trying to be someone you are not. Again, kissing is an art form – but every artist has a different style.

### ***Expectation # 1: Men are Very Romantic***

If you have ever suffered through *P.S. I Love You*, *The Notebook* or any other popular love story, then you know that there are some really lofty expectations presented in these movies. Even woman who will not admit it secretly hope that the random dude they met on the elevator is going to whisk her away to an overseas restaurant on a whim and propose atop the Eiffel tower. In reality, it is really no different than the way men secretly wish that their soul mate will mount a stripper pole in the bedroom and dance around the house in lingerie on a regular basis. The difference is that men are visual creatures while women are emotional.

Within reason, chances are you are NOT the overly romantic type. First of all, that is OK. Relationships are about finding the person that compliments you and who you are, not about attempting to change everything about yourself to be someone you are not. Small details can make a

moment romantic in the eyes of a woman. For example, we already discussed the power of a kiss on the forehead. Implementing one of these during a moment where you are both content and surrounded by loving emotions can have substantial romantic power. When you think about kissing a girl, think of how you can bring the most to that particular moment. It does not matter where it is, girls like to be kissed. Kissing a girl for no reason at all IS romantic. When she asks “What was that for?” you can reply with something as simple as “Just because I wanted to.” Simple actions are more romantic than huge over-publicized gestures. If you need a movie example to help you along – in the movie *Sweet Home Alabama*, the girl says “Why do you want to marry me anyways?” and the boys says “So I can kiss you whenever I want.”

### ***Expectation # 2: All Men Know How to Kiss AMAZINGLY***

Men may hold the power to be a great kisser, but that doesn't mean that all of them kiss amazingly. Again, chalk this idea up to the unrealistic expectations presented by Hollywood. If no one has ever told you otherwise, then you probably think you are a great kisser. But this may not be the case. Watch a woman's body language when you are kissing her. If she seems to want more, then you are likely a great kisser. If she seems hesitant, then there is probably room for improvement.



The best thing you can do to help meet her expectations and show that you care is simply ask a girl what she likes in a kiss. It could be as simple as where you place your hands on her body to how you touch her hair to the type of kiss you give. Whatever it is, you can alleviate the stress of not being good enough in your head by asking a girl how to be a better kisser for her.

### ***Expectation # 3: Great Kissing Means Great in Bed***

If there was ever a standard that could kiss a romance, it would be this one. There are tons of these little statements out there that women believe whole heartedly. Being a great kisser means you will

be great in bed. Of course, this is hardly the case. Some men are natural born great kissers, some are terrible but end up being great in bed and some are just sub-suck all around. Men tend to get nervous about kissing a girl for the first time. This is the first real intimate encounter that most couples experience and therefore it can be intimidating.

Before that first kiss, remind yourself that your goal is to debunk her expectations and give her new ones. In fact, movie expectations may seem lofty, but it is only because the feelings that a girl gets when she watches those movies remind her of a past love. You want to be the guy that ruins her for all other guys with your kissing skills!

### ***Expectation # 4: Her Heart will Stop Beating With Your Kiss***

Girls want and need to feel like their whole world has just been turned upside down by your kiss. Is this possible? Yes. While it is an expectation they have, you can actually learn how to do this effectively. By mastering your kissing technique you can create the feelings and emotions she wants to experience in every kiss. She will literally feel like her heart has stopped beating.

## The ABCs of a Great Kiss

We have already discussed the many things that make a kiss less than stellar in the eyes of a woman. Additionally, we have covered a few of the most common misconceptions and what you can do to help yourself from a failing situation in your relationship, but now we need to discuss the ABCs of what makes a really great kiss. This is a list that you should refer to again and again until you have it completely memorized. Practice these tips enough and they will come naturally to you in any situation.

**A – Anticipation.** From the moment you make contact with a woman, she is anticipating your kiss. It is just the way that women are wired. They want to talk and socialize, but they are looking for that first kiss to know that you are legitimately interested in them. Don't give it up too easily, make her wait and anticipate your next move.

**B – Body Language.** Your body language during a kiss speaks volumes to her about how you feel. When you are coming in for a kiss, you should be standing or sitting in a way that guards her and makes her feel safe. By doing this you are creating an intimate atmosphere between you for the kiss, no matter where you are.

**C – Cleanliness.** Every girl loves a hard working man and a kiss from him is all the more sweeter. But after she has spent time and money on her hair, clothes, ect – the last thing she wants is your dirty hands to dirty her. If you are meeting your girl on the job, then be sure your hands (at least) are clean before leaning in for that kiss.

**D – Dental Hygiene.** As we have already mentioned, proper dental hygiene is important when it comes to kissing. It should be important to you anyways, but making sure your breath is fresh for your girl will make your kiss much more powerful. This is especially true for smokers. Only other smokers will not notice that your mouth tastes like an ashtray. Brush your teeth, chew gum, gargle mouth wash – whatever – before popping a kiss on your girls lips.

**E- Eye Contact.** They say that the eyes are the window to a person's soul. Eye contact is critical during a kiss. Of course, most people naturally close their eyes when kissing. This is because it can seem a little awkward to be staring right into another person's retinas when they are less than two inches apart. But in the moments leading up to a kiss, be sure to maintain eye contact. In fact eye contact can be exactly what you need to indicate that you are ready to dive into a kiss.



**F – Facial Expressions.** The smirk of your lips or twinkle in your eye will create a romantic mood that girls look for during a kiss. If you are faking it, she will know. Make sure your facial expressions are conveying the type of emotion you want in that situation. If it is a sad situation and you are offering an apologetic kiss, then do show that. Alternatively, if you are offering up a passionate-I-want-you type of kiss, then show that to her.

**G – Good Vibes.** Whether it is your first kiss or your 100<sup>th</sup>, you want to be putting out positive energy. Women like to associate a kiss with a happy moment. When they recall the moment to their girlfriends, they are going to focus on how they felt in that moment more than anything. Create positive energy by setting off good vibes and positive intentions during a kiss.

**H – Touch her Hair/Head.** Girls love it when a guy plays with her hair. This is a plain truth. When you lean in to kiss her, be sure to touch her head. This gives you a little more control and adds a slight feeling of possession to the kiss. That feeling of being wanted/needed/adored by you comes from placing your hand on the base of her head/neck or putting your fingers through her hair. When you are passionately kissing her, pulling gently on her hair will elevate those feelings of passion and lust that you are both feeling.

**I – Use Your Instincts.** No two girls like kissing the same way. Use your instincts to monitor her body language, verbal cues and even the sounds that she makes to determine the best way to kiss her. Unless you are a downright awful, she is not likely to correct you so it is up to you to pay attention and make the most out of every kiss.

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**J – Initiate with Joking.** The first time you kiss a girl can be a little scary. You can start with playful jokes to help lighten the mood before you move in for the kiss. This is the type of move that you see all the time in movies where a guy and a girl are laughing and joking (to loosen up) and then suddenly they are face to face and realize there is a deep yearning for them to be kissing.

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