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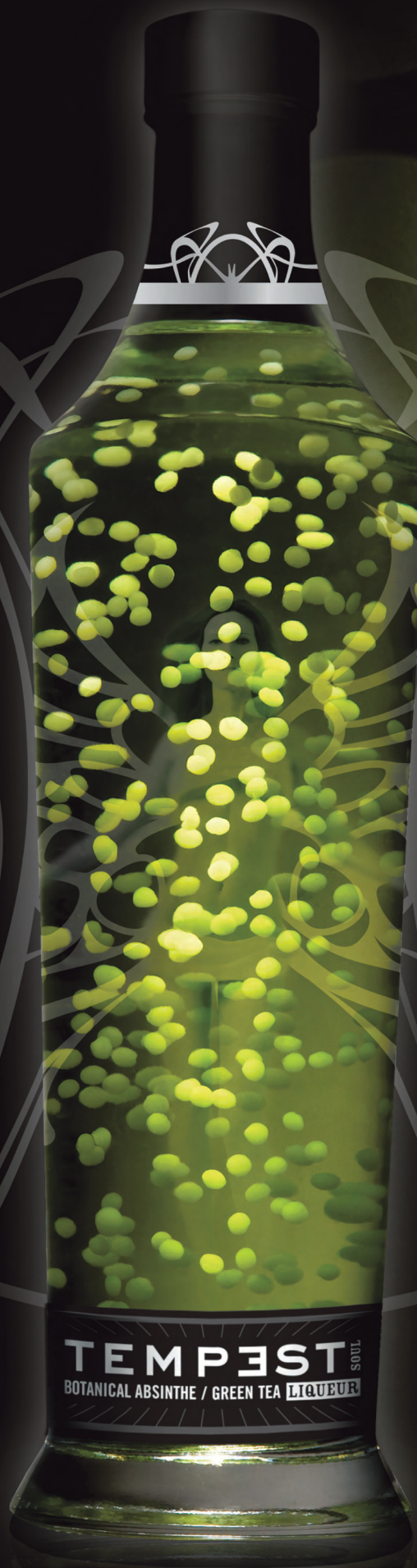
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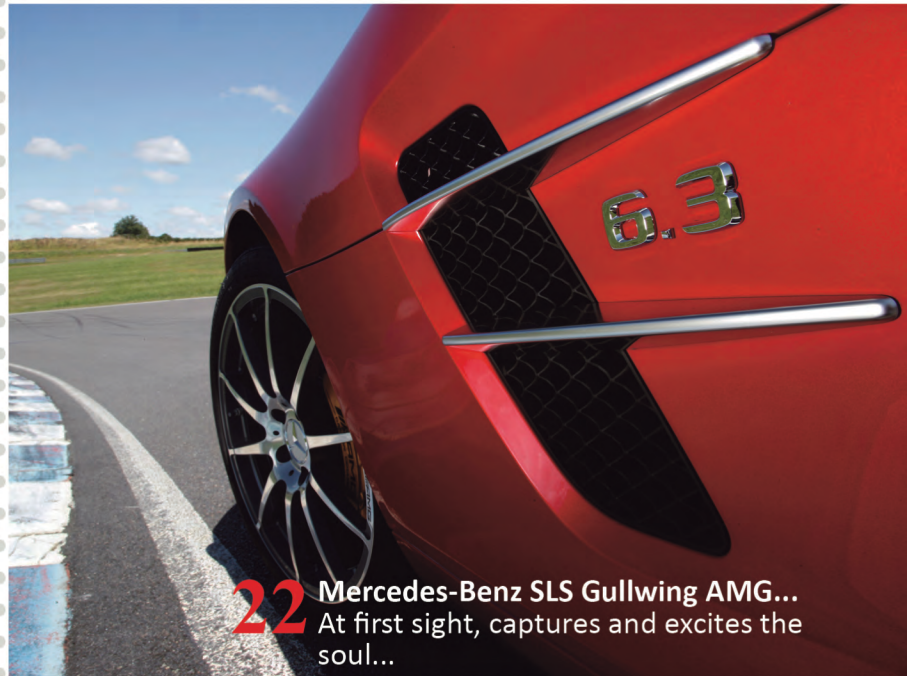
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KASANOVA®

MASTHEAD

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SECRETS **7** TO BEING A BETTER MAN

We've all thought about the things we would like to improve about ourselves. Some men make the mistake of basing their success as a man on their success with women. It's quite the contrary. A successful man knows himself well. He is confident in who he is and his abilities. He is not afraid to make changes in order to reflect his greatest self. With these 7 secrets, you too can become a better man... like a masterpiece, we are all fine works in progress.

SECRETS **7** TO BEING A BETTER MAN

1. Believe in Yourself:

It takes a whole lot of self confidence to believe that you can achieve anything and that you're good at the things you do. Believing in yourself means knowing that you can handle any situation that life throws at you, because we all know that it does, and having the self assurance that you'll handle it well, no matter what it is, good or bad. Belief in yourself builds your self confidence, and this shines through. Confidence is sexy. Believing in yourself is the single biggest asset one can have to succeed in life, personally or professionally.

2. Acknowledge Your Strengths:

It's quite alright to pat yourself on the back for your own achievements. In fact, it's encouraged. When you acknowledge your strongest traits, it can allow you to best utilize them in personal and professional circumstances. Knowing what your strengths are give you an advantage, because you can implement these strengths to accomplish goals, win at a sports game, court a woman appropriately, or effectively manage your business. Acknowledging your strengths is vital to your success and effectiveness in everything that you do.

3. Nurture Your Weaknesses:

Everybody has both strengths and weaknesses. The key is to know what yours are. Nurturing your weaknesses will only cause them to become your strengths too. The old adage, "Practice makes perfect," is true in this regard. Don't be afraid to face your weaknesses and confront them. Challenge yourself. Nurture your weaknesses. Know what they are and turn them into strengths.

4. Eliminate Bad Habits:

You know what they are. The things you do that you know you shouldn't. Maybe it's smoking, drinking too much, working too much, not working out enough...the list goes on and on. It takes self discipline to be able to make constructive changes in your own life. By taking control over your bad habits and eliminating them you will increase your self confidence, improve your level of happiness, and live a healthier lifestyle.

5. Take Care of Your Body:

Your body is the temple that houses that wonderful person called YOU. It is crucial to take care of your body. Eating a well balanced diet consisting of fruits, vegetables, proteins, and healthy carbohydrates will boost your metabolism and increase your energy levels. Exercising on a regular consistent basis will literally change your life. This includes cardiovascular routines, like running, racquetball, squash, or spin. Anything that gets you sweating and your heart pumping. You will notice a significant improvement in your appearance, both in weight and skin, due to the increase in oxygen flow throughout your body. Drink lots of water daily. Think about drinking a lot of water each day...And drink more than that. Water makes up 60 % of our body chemistry, so staying hydrated is the key to staying healthy.

6. Improve Your Mind:

Read...A lot. Read self help books that allow you to delve into the deeper part of your emotional self to better understand your emotional needs and how they may or may not be being met (This is important for anyone's development of Self.) I recommend "Emotional Intelligence," by Daniel Goleman. Reading expands the mind and is a fountain of knowledge, if appreciated. Read interesting magazines, good books, and diverse web blogs and sites. Read and improve your mind. The greater you broaden your knowledge base, the more interesting you will become.

7. Set Goals and Achieve Them: Being the master of your own Destiny is a priceless treasure awaiting all those who seek it. This can be achieved by setting small and big, short and long term goals, and establishing a distinct course of action to be able to achieve them one by one, in consecutive order of importance. It's up to you. To be more effective in achieving your goals, I suggest writing them down and referring back to them daily or at the very least, weekly. This will allow you to gauge your progress, make changes in direction or action plans if necessary, and confirm your success in achievement of your goals. Someone once said, "If you fail to plan, you must plan to fail." The same theory applies to your life. So make some solid plans, create goals, and be determined to achieve them.

Keep it in your pants.

(Your pants pocket, that is.)



Above: Engraved, All Silver ACM® Wallet 6 Card.

Below: All Silver ACM® Wallet 6 Card, 3 views.



acmwallet.com/kasanova

10 Unforgettable



Copacabana Beach, Brazil

With clear sandy beaches and sparkling water, it is rated as one of the best beaches in the world. Set against the backdrop of the rolling hills and heat of Brazil, you will not only find yourself tanning here but also enjoying the beautiful scenery. In addition to being a great place for tanning and for enjoying the landscape, Copacabana Beach is rarely quiet. There is always something happening on this beach. So stop by if you can, soak up the sun, meet and mingle while doing it.

Waikiki Beach, Oahu (Hawaii)

This is a paradise for vacationers. You will be able to sit in the sand and watch the surfers along the two-mile-long beach. Hawaiian beaches offer soft sand and spectacular sun. Be sure to stick around at night to see the beautiful sunset across the horizon. Also enjoy great shopping and dining close by.

A true paradise getaway, Waikiki Beach is a home away from home.



Crete, Greece

Greece is naturally one of the most beautiful areas in the world to vacation in. As a coastal area, it has over 100 miles of luxurious beaches for you to enjoy. Try the area of Rethimno on the island's northern coast. The beach is beautiful but tends to be crowded, as it is one of the most popular spots on the island. If you are looking for a place to tan in solitude then try elsewhere, as there are plenty of small, secluded beaches scattered around Crete. No matter what, anywhere in Greece is a sure win for sultry sun and great authentic Greek food. Opal!

Baby Beach, Aruba

The soft beaches of Aruba are one of the best beach vacations because the water is so calm and shallow. You can put out a low beach chair for the day and just relax and read a book while the water splashes around you. If you would rather work on your tan than take a dip, you can spread your beach towel out in the soft Arabian sand that lines the shore of Baby Beach and soak it up. Humid and sunny makes for the best tropical getaway that Baby Beach offers.



Newport Beach, Southern Ca

As one of California's top beaches, Newport Beach provides a hint of the American dream. Lounge with other vacationers and sunbathe or slip into the water for a while. Lifeguards are only on duty some times during the year. Either way, the Newport Coast shines most of the year, and is always a top pick to enjoy sunny summer days, local pubs and restaurants for Southern California living at its finest.

Getaways

St. John Island, Virgin Islands

St. John Island is technically a National Park. It is located in the beautiful Caribbean and the lands are highly undeveloped. Beaches such as Cinnamon Bay are beautiful and also very remote. Bring your significant other or your whole family to escape the hustle of life and escape. The beauty of nature will truly take you away.



Cancun, Mexico

Miles of beaches, endless luxury accommodations and a nonstop party atmosphere in Cancun have transformed this once sleepy village on the Yucatan coast into one of Mexico's most popular tourist attractions, particularly during spring break. Immerse yourself in traditional culture by exploring by foot, or enjoy water sports and fun all day long. No matter what you do, the sun will shine and you'll be enjoying every minute of it.

Miami, Florida

The American Riviera, Hollywood of the East, SoBe, or the Art Deco District -- whatever you call it, Miami's South Beach is hot year-round. The embodiment of excess and sexiness, South Beach is an international playground offering non-stop nightlife, sandy shores, unique architecture and plenty of eye candy. Miami is a top pick for anyone looking to have the time of their life.



African Safari

If you are an 'animal-lover' and want to spend your time observing the wonders of nature, Africa is one of the best vacation spots in the world for you. You may select one from the following list: Amboseli National Park or Masai Mara National Reserve in Kenya, Serengeti National Park in Tanzania. Observing elephants, leopards, lions, cheetah, various types of birds in their natural habitat is fascinating. Mount Kilimanjaro, directly overlooking the Amboseli National Park can be another place of attraction, if you are interested in mountaineering. Be careful out there, they don't call it the wild for nothing!

Switzerland

Switzerland is one of the most romantic vacation spots in the world. The quiet lakes and snowy Alps make Switzerland a hot destination for tourists from all over the world. Those who are interested in mountaineering, skiing or fishing, can enjoy a lot in Switzerland. Museums reveal the rich Swiss culture. Hiking in the mountains, trekking around Dufourspitze, the highest summit in Swiss Alps or Jungfrau train ride (visiting the top of Europe) is worth experiencing.



HOW TO TURN \$100 INTO A MILLION DOLLARS

James W. Hart IV
www.bestmanagementarticles.com

Financial success is tough to achieve when people don't have much money to start with. I have been pondering this dilemma and have come to a logical conclusion, which has tremendous potential for those who can grasp the simplicity of the concept.

Let's debunk and/or clarify a few issues: First, it does not take much money to make money. Secondly, it is true that you can make more money selling products than services. Why? Because your income potential with services is limited to your ability to deliver quantity-of-service-per-hour. Where as a product can be produced and delivered at nearly infinite levels, depending on consumer demand and production capacity. It is also true that millionaires have a superior perspective on how to make money over the common person and this can be proved true by the fact that not everybody is a millionaire.

So how does a millionaire make millions? By investing money into things and ideas that "make money"... Millionaires want a return on their investments and ROI is the KEY to success. The problem for most people who dream of making a million dollars is how to get from zero, or nearly zero dollars to a million—that's where the mental grid-lock happens. People can't figure it out and give up, get a job and do what everybody else does, follow the followers.

As I was contemplating this issue it dawned on me that making a million dollars, with no inertia, is way too complex and basically an unachievable goal and that is why most people cannot achieve it. Then the simplicity of the process hit me. The way to make a million bucks starting with one hundred dollars. The KEY is ROI. The key is to start small and apply one rule of thumb to whatever you do and here's the formula that will allow you to take \$100.00 and turn it into a million:

Whatever you invest in with your money, double your profits when you sell it. It is that simple. Knowing this, then you must buy/invest into something (anything) for the lowest possible price with your initial \$100.00 so that when you sell it, you recover your initial investment, cover all your costs associated with selling the product, and after the dust settles, you have \$200.00.

Then, repeat the process. It's kind of like the "double a penny every-day for 30 days" angle where at the end of 30 days, you have a million dollars... only this is more practical because you are exchanging a product for money rather than just doubling pennies without a source for pennies.

Let me say it again: Invest \$100.00 into any product so that when you sell it, it is priced to recover all your costs and doubles your money. Then, repeat the process. That product could be anything from A to Z. The key is buying low, selling high and doubling your initial investment. If you can't double the investment under this theory, don't invest. Let's look at the math:

\$100-initial investment.
\$200-first ROI
\$400-second ROI
\$800-third ROI
\$1600-fourth
\$3200-fifth
\$6400-sixth
\$12 800-seventh
\$25600-eight
\$51200-ninth
\$102400-tenth
\$204800-eleventh (1/4 million)
\$409600-twelfth (1/2 million)
\$819200-thirteenth (nearly a million)
\$1638400-fourteenth (nearly 2 million)

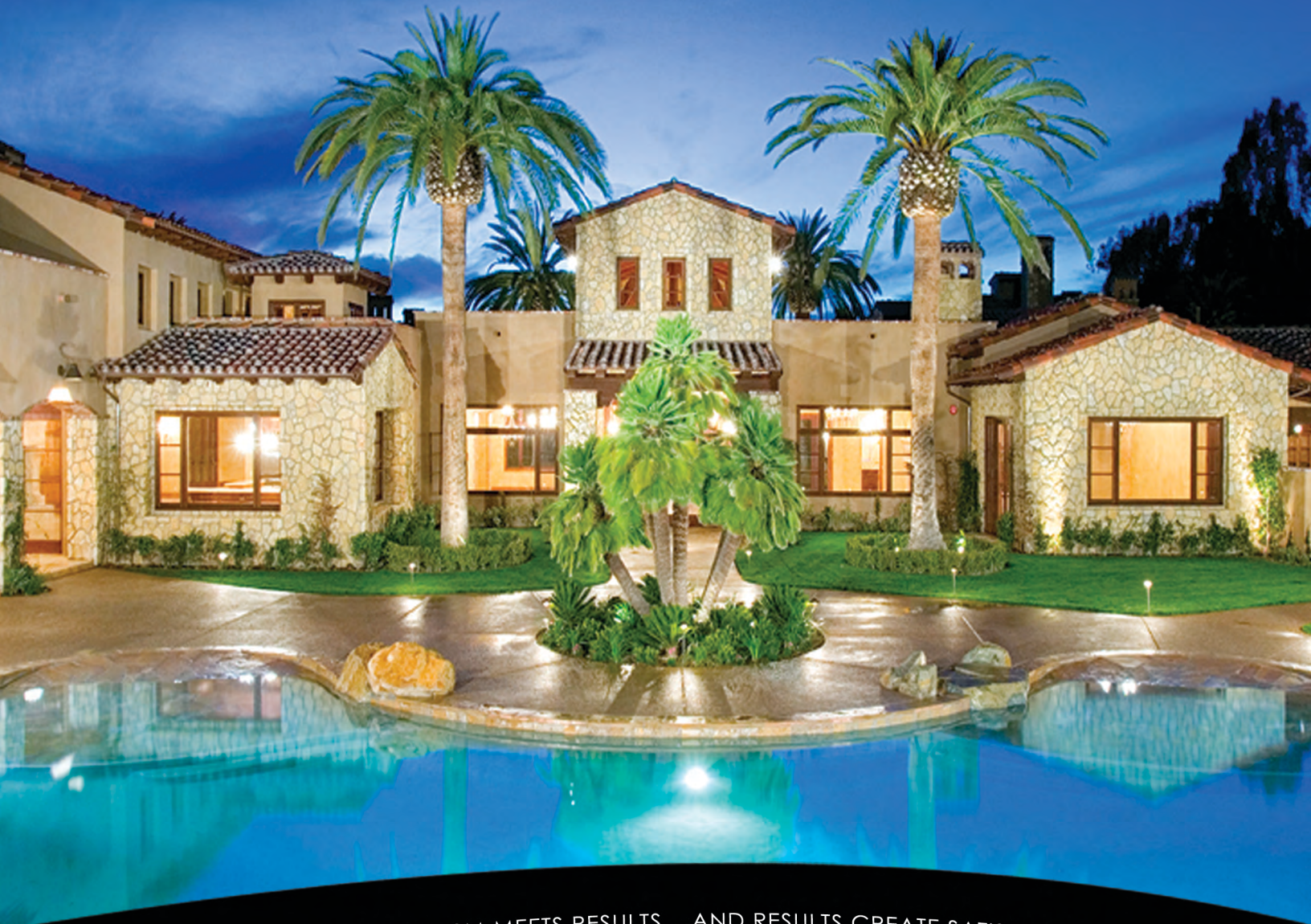
Instead of thinking about "making a million dollars" change your thinking to "doubling your money" on everything you invest in and start small. In fact, starting with \$50.00 only adds one additional step to making a million dollars. Don't have \$50.00? Start with \$25.00, you get the point. I have pondered this and here is a truth: If you can't implement this simple, logical plan to make a million dollars, the chances are extremely high that you will never become a millionaire. Why? If you can't do the little things first, then you will never get the big things done either. Start with whatever you have to invest and double your ROI.

I don't know about you, but as you are reading this, I am thinking about my potential investments. Think about it...

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GET HER GOING FROM HEAD TO TOE

Here's your guide to her body to give her exactly what she wants. Learn all the secret hot spots and how to make them work for her.



THE GUIDE

By: Chelsea Dillon-Miller

HAIR: How often do you touch, caress or play with your woman's hair? We find it incredibly sensual. Start at the roots and entwine your fingers. If she likes it rough, you can pull gently. If she's a good girl and only likes it soft, just keep brushing her hair with your fingers. It will make her feel beautiful. After that, she'll be like hot butter in your hands.

LIPS: We all kiss. Just because you can kiss doesn't mean you can turn her on. Try something new. Rub your lips on hers without kissing her. Pass your lips over her chin, cheeks and lips again. Then kiss her deep. That will get you deep in, later.

NECK: This is the party dropper for most women. Breathing heavily on a woman's neck is the equivalent to a boner. It just gets things all warmed up and ready downstairs. Brush your lips around her neck. Breathe warm air on it. Kiss her neck everywhere. If you feel like moving south after that, she won't mind.

BREASTS: Obviously, men love 'em. But, do you know how to work 'em? Be softer than normal. She'll respond to the change in your touch. Push them together, and lick down the middle. She will love it. Always keep them in mind during action. Many woman can orgasm by breast stimulation alone, so grab them, squeeze them, kiss them, tease them...Always.



NICOLE KITTEN SAYS: " Nothing turn's me on more than when my man runs his fingers through my hair, just before he kisses me."

ANGELA KITTEN SAYS: " It turns me on when my boyfriend grabs my butt while we are kissing. It shows how much he wants me."

LAUREN KITTEN SAYS: " My nipples are so sensitive, I can orgasm by breast stimulation alone. And that's hot!"

STOMACH: The really hot scenes in movie sex are those with anticipation, where the man is worshipping the woman's body. Spend time touching, kissing, and massaging around her belly button. This will make her feel comfortable and sexy-most women think of this as their "trouble" area so if you're giving it a lot of love, she'll warm right up.

HIPS/BUTT: Men always rush straight to the "target zone." Take your time tonight and grab her hips. Kiss them, brush them with your finger tips, and give them more attention than normal. Roll her over on her stomach and do the same to her back end. She'll feel like a goddess.

LEGS: Use them to prop her up on a table while you kiss her back and spend time making out with them too. Kiss and caress her inner thighs, blow softly which will send tingles straight through her entire body. Pull them apart, get in the middle, but don't seal the deal. Tease her a little- make a game out of it. She'll love being tempted.

FEET: If you're a foot man, this is your heaven. Don't they look delicious in strappy heels or cute flip flops? Massage her feet or start there and kiss your way up. The key to her pleasure is to take your time with this one. The sensations and anticipation will have her on the verge of ecstasy... You know what's coming and so does she.



*Caitlin
Sixx*

A woman with long, wavy blonde hair is lying on her back on a white, wrinkled fabric surface. She is wearing light green lace underwear. Her head is resting on her hands, and she is looking directly at the camera with a slight smile. The lighting is soft and even.

May

KITTEN OF THE
MONTH



Hometown: Houston, Texas

Turn On's: Strong arms and a great smile

Turn Off's: Jersey Shore types

Hobbies: Cooking, watching movies, and fitness.

Favorite Sport? Football

Favorite Cocktail? Skinny Bitch- vodka, soda, lime

What's your favorite sports car? Ferrari

What do you look for in your KASANOVA?

Someone handsome, strong, and loves to laugh.

I love to be with someone who doesn't have to be serious all the time and can just let loose and joke around.



Caitlin Flux



CATLIN

PHIXX



MERCEDES-BENZ
SLS GULLWING AMG







KASANOVA brings to you this month the Mercedes SLS Gullwing supercar. At first sight the Mercedes SLS Gullwing captures and excites the soul, as if you were a teenage boy looking through your first nudie magazine. With its beautiful lines and alluring stance you can't help but be mesmerized by this wonderful piece of machinery. The SLS is the latest offering from the geniuses at the Mercedes-AMG GmbH head quarters in Frankfurt, Germany. When looking at this car there is no dissention, that this car was designed with the legendary 300 Gullwing in mind. It has the same long front end, tight butt and Gullwing doors. From there on out make no mistake that this car has been completely re-designed to take on the very best the exotic sports car world has to offer, and come out on top. This is the first time AMG has independently developed a vehicle in the company's 40 year history and to say that they have created a master piece would be an understatement. The Mercedes SLS has surely thrust the AMG performance group into a new era.

The new Mercedes SLS marks the first time the German automaker has introduced to the world an all aluminum space frame design, shaving significant weight from their previous steel framed cars. This is evident in the overall curb weight of the car which tips the scales at 3571.488 lbs. Mercedes Benz AMG went over the frame design with a fine tooth comb to get the lightest possible body shell while still providing the most strength. The end result is that the body shell weighs an impressive 531.314 lbs. AMG designed this car to have a very low center of gravity, all this comes together to give the car unsurpassed handling characteristics, with direct transfer of drive, braking and suspension dynamics. The car also has little to no torsion roll.

Powering the new Mercedes SLS is a fine tuned eight-cylinder Mercedes-AMG 6.3 Liter V8 engine that develops a neck snapping 563 hp at 6800 rpm the AMG V8 also delivers its maximum torque of 479 pound feet of torque at 4750 rpm making it one of the most powerful cars in this segment.

AMG also moved to a dry sump oil system allowing for harder cornering and higher lateral G's without starving the engine of oil. The power to weight ratio on the SLS is one of the best in the Supercar segment, allowing the SLS to go from a standing start to 60 miles an hour in 3.8 seconds with a top speed of 197 miles an hour (limited). **The sound of the engine is absolute music to the ears.**

An all new intake system, valve train, camshafts and tubular steel headers with a de-throttling exhaust system. Forged pistons, reinforced crankshaft bearings, and a demand controlled high performance oil pump round out the engine modifications.



Photos courtesy of Mercedes-Benz



AMG Light weight 9.5 x 19 inch front wheels fitted with 265/35 R tires and light weight 11 x 20 rear wheels fitted with 295/30 R tires exclusively designed just for AMG SLS allow all the power to be put to the pavement. AMG high performance composite braking system enables the car to come to a stop in as little as 100 yards from 60 miles an hour. A feat few exotics have been able to manage (With the upgraded carbon ceramic disc brake option).

The AMG V8 6.3 liter engine is mated to 7 speed double-declutched transmission, and is connected to the rear differential via a carbon fiber driveshaft, incased in a torque tube to suppress noise, also to provide rigidity, giving optimum support for the forces created. The carbon fiber drive shaft is very similar to the setup used in Mercedes DTM C-Class touring cars.

With the AMG SPEEDSHIFT DCT 7 speed transmission the SLS gives the driver almost super natural shift changes in as quick as 100 milliseconds. The transmission gives you four driving modes to choose from. "C" (controlled efficiency), "S" (Sport), "S+" (sport plus), finally "M" (manual). There is also a really cool race start function that enables you to pull off a perfect race start with no loss of grip at revs. (Michael Schumacher "Eat your heart out").



The interior of the SLS is very luxurious and comes with some nice options, leather or suede wrapped dash with the usual luxurious gauges that we've come to expect from AMG. Gauges are placed perfectly and the whole thing screams sophistication. Standard options included are keyless ignition & entry, auto dimming mirrors, bi-xenon headlights, auto-dimming mirrors, power folding mirrors, park assist, power/heated seats with memory function, navigation system and premium sound system with 6 disc CD/DVD changer, satellite radio and IPOD compatibility.

There are a number of upgrade options like the 11 speaker Bang & Olufsen sound system, carbon ceramic brakes, race track tuned suspension, leather and suede wrapped steering wheel, carbon fiber engine bay and body accents and finally, custom paint schemes.

The price of the SLS AMG with all the options puts you in the \$200,000 mark. Not bad when you compare what's out there in this category. This car is a super car that can be your reliable daily driver, not just a weekend warrior like some other exotics. All in all, I think this car would make a great addition to your collection and when confronted with the decision of which keys to grab off the rack, 90% of the time they will be the SLS AMG'S. This car is the perfect embodiment of what a KASANOVA man wants; power, sophistication and something truly unique and awe inspiring.



For Your Eyes ONLY

Sunglasses do much more than protect your eyes from the sun; they make a statement about who you are. This season aviator sunglasses have made a comeback. Nevertheless don't limit yourself to the standard Ray Ban style; there are plenty more choices that are comparably priced that make a much bolder statement.



David Yurman show off an array of aviator sunglasses in their Phantom Collection. In gold, gunmetal or black, each pair features the Rubberon David Yurman cable and custom ZEISS lenses. Gold frames feature 20k gold electroplating while the black feature onyx PVD. Priced from **\$495 to \$595**



Dior Homme sunglasses demonstrate quality craftsmanship and attention to detail in every pair. These lightweight metal glasses come in stylish black or warm brown and feature a sculpted plastic temple and tinted lenses. **Price is \$285**



Tom Ford began his company designing eyewear. His take on aviators comes in three styles; John is a double bar oval shape whereas Charles is closer to the original style. In black or brown, they offer 100% UVA protection and logo accents. **Price \$320** – Cyrille are also classic aviator, but feature a resin frame, goldtone temples and gradient brown lenses. **Price \$430**



Dolce and Gabbana have always been a bit more daring and their take on aviator sunglasses is no exception as they offer three bold styles. With no brow bar, the first pair comes in black or the daring combination of gold and black with smoke lenses. **Price \$365** – Their 70's retro style feature double metal frames, engraved logo plate and flex hinges. **Price \$380** – The Clip-detail aviators feature a sporty metal clip detail, acetate temples and block logo. **Price \$160**



Giorgio Armani offers aviators in lightweight metal frames with plastic at the temples and logo accents. With 100% UV protection, they come in your choice of dark Havana green or dark ruthenium back. **Price \$295**



Gucci aviators are unisex and come in lightweight silver-tone metal with contrasting brow bar. Your choice of antique gold Havana brown or ruthenium black-dark grey; they feature tinted lenses and logo accents. **Price \$320**

One of the greatest dreams one can have is to own a piece of luxury real estate, some dream even bigger and hope to own a private island, or at least vacation on one! That dream can become a reality with a lot of hard work, focus and knowing where to find them. True Island life is like nothing else out there...A private experience to indulge in life's sweetest pleasures.

KASANOVA shows you where to go for Private Island Living at Its Finest...

Musha Cay, Bahamas **\$32,250 USD per day**

David Copperfield, the world renowned magician actually owns these 4 private islands in one. Located just 85 miles southeast of Nassau, Bahamas anyone who's anyone can use the private landing strip for private entry. This resort style island life offers 5 homes to be enjoyed and complimented by snorkeling, diving, windsurfing, walking paths, a private gym, and of course the option of one of 7 private beaches. Copperfield claims he found "The Fountain of Youth" on this jewel...Isn't that priceless? Well, for a day excursion of 12 people or less, \$32,250 USD will keep you young too.

Piedade Island, Brazil **Price: Available Upon Request**

A quick 2.5 hours from Rio De Janeiro, Brazil and is one of 365 islands in the Angra dos Reis archipelago. This hot spot is fully developed with a lavish resort complete with a full time staff and four sandy beaches to choose from. This is one of the rarest private tropical islands outside of the Caribbean and makes the perfect addition to a trip to Brazil. Available for rent only.

PRIVATE ISLAND LIVING AT ITS FINEST





© Masha Cay



Necker Island, British Virgin Islands
\$329,000 USD per week

Richard Branson, yes the media mogul of Virgin Record's knew what he was doing when he purchased this beauty and created an out of this world resort. Surrounded by the Caribbean Sea and adorned with the world's most exotic wildlife ever seen, there's no wondering why it rents for \$329,000 USD a week. Rock Stars party here, Hollywood Starlets relax here, and the World's Billionaires get married here, and the closest most people will ever get is on a Caribbean Cruise. The most unique feature is 360 degree open bedrooms offering indescribable Sunset Views. At \$47,000 USD a day...It's worth every penny.



Isla de Sa Ferradura, Spain

\$39,700,000

Situated just off the coast of Ibiza, Spain this beauty is 14 acres of a fully developed resort style property with a hacienda, full kitchen, sparkling pool, ready for entertaining bar, and even a wine bodega. Complete with over 300 days of radiating sunshine and light blue Mediterranean Sea; this is one of the most exotic private islands money can buy. If it's out of your price range for purchasing, enjoy it as a vacation rental for \$230,000 a week.

Cabbage Cay, Bahamas

\$2,500,000

This home away from home is located in the world famous Bonefish Flats within the inner bay of North Eleuthera in the beautiful Bahamas. Lush with green vegetation, three warm sandy beaches and an abundant exotic wildlife are just a few of the gems you'll find on this Treasure Island. There is a road built to the island, so easy access is guaranteed. So dock your boat, have fun in the sun, and enjoy this luxurious living like nowhere else in the world.

The price tag? Only \$2,500,000 USD.

Teiatora, French Polynesia

Price: N/A

Situated 40 miles north of Tahiti, this hot little piece of Heaven is comprised of 12 small islands. Made famous by the late Marlon Brando, the only full time resident is actually Brando's son, Teihotu. Lucky kid! There are actually no accommodations available for guests until the new hotel aptly named, "The Brando," is completed this year. Stay tuned...This is one island life you'll want to experience.

Singer Castle on Dark Island, Canada

Price Available Upon Request

Located along the St. Lawrence River between Ontario, Canada and New York this true castle built in 1905 boasts over 100 years of history. Not popular for its white sand beaches or tropical landscaping, this escape from the hustle and bustle offers a once in a lifetime experience of decadence and old world charm. With towers and secret passages throughout, you can get lost in this dream home and be the King of Your Own Castle. Unfortunately, this rare piece of real estate is not available for sale, but can be rented when available. So take a quick helicopter ride to the shore, and live like a king that any woman would adore.

Nygaard Cay, Bahamas

\$42,000 USD per day

Indiana Jones meets Robsinon Caruso...This Mayan architectural resort is like nothing you have ever seen before. A true adult playground amidst the rainforest, this is sure to be an unforgettable experience. Indulge in the waterslides, warm pools, hot tubs, tennis courts, and an 85 foot yacht. This is the only way to vacation in the Bahamas. Only \$42,000 USD per day. Honey, pack your bags!

So when the time comes to buy your very own island or just rent one for a weekend getaway...now you'll know where to go and what it will cost you. Indulge!

Dayna Wells
Sultry, Sexy, Sweet

Photos by: Mario Brown





Meow...

KASANOVA discovered this wild cat on the hilltops of Utah. Dayna Wells, an aspiring model is as humble as they get. With a heart of gold and looks to kill, this sensual KITTEN puts Utah on the map.

And with a view like this, who's complaining?

Here Kitty Kitty...

Astrological Sign? Aquarius

Turn on's: Confidence, Funny, Considerate, Family man

Turn off's: Bad hygiene, Uptight, Self Centered

Hobbies: Traveling, Sports, Working Out, Camping

What is your favorite part of the male body? Arms, love big arms, something to hold on to

If you could have sex in any place in the world, as if no one was watching, where would it be? I'd love to do it in Central Park

Favorite Cocktail? Sex on the beach and a shot called "the wet pussy"

Best pick-up line? There are no good pick up lines out there.. sorry boys!

What do you look for in your KASANOVA? Someone who is easy to talk to. Funny, caring & attractive. Buys me flowers, but my favorite kind, not the usual roses. A family man, someone who takes care of himself but who is also selfless.





Picture Perfect



KASANOVA's CHOICE

Some of our
favorite things ~



Cuff Him Links

Designer Olga Nelson takes men's handwritten initials and turns them into one-of-a-kind silver, gold and platinum cufflinks. This is done with 3-D CAD software and these very special cufflinks are presented in a gorgeous mahogany box. Customers cannot find a more "personalized" sentimental piece- our cufflinks work perfectly for grooms, heirlooms, corporate gifts, etc... and because they are beautifully made and each is one-of-a-kind, they are the ultimate luxury item.

www.CuffHim.com



DeLafée Golden Chocolate "Intimacy" box

Finest Swiss chocolate pralinés adorned with 24 karat edible gold. A small luxury gift box "Intimacy" with 2 pralinés is often used by lovers to express their feelings and passion towards their beloved person. Made from a "grand Cru chocolate from Ekuador, and goldleaf Delafée's Swiss chocolate offers the perfect blend for a round, satisfying and sensual chocolate experience ...
DeLafée's gold pralinés are made of a shell of 56% cocoa filled with a creamy chocolate ganache. DeLafée's 24 karat edible gold flakes shine like little stars on the chocolate bars. In addition to their esthetic appeal they are a universal symbol of success, beauty and eternity.

www.Delafee.com

Grip Pro Trainer

Pro trainer is an extremely effective finger-hand-forearm strength and endurance trainer. Grip Pro trainer is very portable and easy to use almost anywhere/anytime at your desk, stuck in traffic, walking on the treadmill, etc.

Try 3 sets of 30-100 reps a couple times a week for best results over time. Its also great for stress relief.

www.gripprotrainer.com



Never Compromise, Limited Edition

Enjoy the complete selection of custom putters. Inspired by the brand name itself, Never Compromise Limited Edition Putters are for Golfers both novice and expert. The gambler series features four classic designs, each individually machined with a unique artwork on the sole. All models are forged using 303 stainless steel. The combination of the soft material and forged grain structure provides unprecedented feel at impact. Machined to perfection, these putters hold some of the tightest tolerances in the industry. Classic design and modern construction, give these putters a unique look, appreciated by the world's most demanding and refined customer. Each product is truly a masterpiece.

www.NeverCompromise.com



Rolex Cosmograph Daytona 40mm, Everose Gold

Sporty yet elegant, the Oyster Perpetual Cosmograph Daytona is a chronograph that features a central chronometer seconds hand, minute and hour totalizers activated by screw-down pushers, and a graduated bezel that serves as a tachometer. It is the ideal instrument for measuring elapsed time and calculating average speed. 18K Everose gold case, tachymeter engraved bezel, screw-down push buttons, black dial with Everose subdials, and Oysterlock bracelet with Easylink.

www.Rolex.com



King of the Kastle





KASANOVA travels the world and seeks the most luxurious and tasteful homes that give any KASANOVA himself the lifestyle of living that he deserves. With elegant design, sleek architectural lines, and ambience of tranquility, This home is sure to be the heart's desire of any discerning KASANOVA out there.



Nancy Gibson, a Realtor with the Northbrook office of Coldwell Banker Residential Brokerage, has been honored with the "Home of the Year" award for her listing at 3345 Sunset Trail in Northbrook by Unique Homes magazine, which showcases the most spectacular properties throughout the world.

The Northbrook property was built by Orren Pickell and designed with smart house technology, an automated system that enables quick and easy touch control of security, lighting, heating, air conditioning and entertainment. Its 6,706 square feet include five bedrooms that each has its own private balcony and private bath. It has a banquet-sized dining room, a library, numerous game areas, an exercise room and an acoustically sound-proofed home theater with leather reclining seating and a 96-inch projection screen, as well as a four-car heated garage. Some of the home's other features include a free-floating staircase and two stories of curved glass, which leads to an upper level gallery overlooking the entire main floor. It has hand-applied, silver-leaf pillars in the great room, custom entertainment cabinetry that surrounds a gorgeous curved granite fireplace, and a beautiful kitchen that has a sweeping, wraparound breakfast bar, large center island and cherry cabinetry. The sunroom has glass windows that retract completely to make it fully open to the outdoors, where a covered portico with heated floors leads to a spa-like, in-ground pool with a waterfall Jacuzzi.

"It's an honor to be working with the homeowners of this magnificent property," said Nancy Gibson. "To be selected as the winner for Home of the Year in its category (\$1 million to \$4,999,999) truly shows how spectacular this home is. It has one of a kind features, design and amenities which place it in a category of its own."

The home is located at 3345 Sunset Trail in Northbrook, Illinois and is listed for \$2,874,900.





SCOTT KAY

THE KING OF ARTFUL CONCEPTION

Scott Kay, owner, founder, artisan and leader of Scott Kay, Inc. has long been committed to changing the industry, by playing by his own rules. Since exploding on the scene 25 years ago, the Scott Kay brand has come to mean many things – arbiter of platinum jewelry in the United States, palladium advocate, bridal jewelry advertising revolutionary, men's fine jewelry pioneer and perhaps above all else, a passionate artist committed to his craft.

A pioneer in his field, Scott Kay has carved his own path in the Jewelry industry and set himself along with his unique business philosophy, a part from the rest of the crowd. With a simple motto to live and work by: "Never Compromise." Scott Kay has been the guiding light of his own success, and has created an empire of products and designs within the Scott Kay brand.

Jewelry is an old business – and has been in existence since the beginning of time. Men and women all over the world have always come to appreciate adornments of unparalleled beauty. Perhaps that is why Scott Kay's dedication to hand-drawn, hand carved, hand-cast and locally manufactured products is to be expected— especially since the brand is now the best-selling and most recognized in the country.

Scott is most famous for his vision of seeing the profound impact bringing platinum to the forefront of the bridal realm of the industry. Shortly after platinum exploded as one of the most popular metals to be used in almost all jewelry lines that exist today.

This has served the brand and the industry well, says Platinum Guild International USA President Huw Daniel. "Scott was very smart to see that by using platinum as an ingredient to support the positioning of the Scott Kay brand he was able to differentiate him in the marketplace at that point in time," Daniel says. "Now, he has been able to ride the white wave."

Not only did Scott Kay see the relevance of Platinum as an integral part of conceptual design, he also realized that Palladium, too, could revolutionize the way the business functions. Platinum prices were at record highs, as was the public's appetite for high-quality white metal. Scott Kay says, "Palladium is a major asset in the jewelry industry."

It is nearly identical to platinum in appearance and other properties, but costs a fraction of the price and is 40 percent lighter. The labor involved in his palladium pieces is the same as that of their platinum counterparts, "But the material makes it more affordable and yet far superior to white gold," he says.



Scott Kay's men's fashion line – which quickly became the top-selling brand in the category at Sak's Fifth Avenue – is another example of Scott Kay's forward-looking business sense. It has become clear that men are interested in expressing themselves through fashion and jewelry, and they're willing to spend on bold accessories. Scott Kay first acknowledged this when he bucked the tradition of matching his-and-hers wedding bands by rolling out several lines of unique men's bands. "I was the first one to suggest 20 years ago that men and women's wedding rings don't have to match," he says. "Do couples go out dressed alike like nerds? Each person should express themselves through their jewelry."

Throughout Scott's career is a recurring theme, being the best of the best. This includes choosing the best materials for his work as well as the best people to work with. Scott's choices of partnerships—design and material, business and people—have driven not only his own success but also that of the people he has touched and worked with over the past quarter century. Ultimately, this story is one of shared success, a celebration of these partnerships. Scott's first 25 years give us all an example of how industry comes together to combine business and creativity, and with the influence of a true King in his field, we look forward to the future of Scott Kay and his revolutionary mind of artful conception.

www.ScottKay.com



ASK GET TO THE NITTY GRITTY - ANSWERS TO QUESTIONS EVERY MAN WANTS TO KNOW

KASANOVA

DEAR KASANOVA,

IS IT COMMON FOR MEN TO TRIM OR SHAVE THEIR PRIVATE PARTS?

SIGNED, WONDERING

Dear Wondering,

I'm glad you asked this question. And in fact, many men are not sure as to whether or not they should.

Here are a few simple reason why you should shave your shaft and scrotum, and at a very minimum, trim and groom regularly.

1. Cleanliness: The crotch is a focal point for heat, sweat, and bacteria. Trimming or removing your pubic hair makes that area much easier to keep clean, and more importantly, smelling clean. She's more likely to explore that area up close if it's well maintained, and you'll have the added confidence of being well kept.

2. It's More Inviting: A woman will be more likely to spend more time down there, if she doesn't need a weed whacker to find the parts. And don't forget the scrotum, because she will enjoy sucking and caressing that area too, if she's not worrying about getting hair in her mouth. Do this for her, and you'll reap the benefits more than you know.

3. The Gains: You just might be surprised at how much BIGGER it makes your erect member appear. No joke! The stray hairs could be hiding at least an inch of your manhood, and with that exposed, it can go along way, and not just for your ego.

4. Appearance: A more clean cut, trimmed male specimen will always win a woman's affection, and this goes for your "Big Head" and your "Little Head"...It simply looks better.

So trim, cut, or shave the hair !...Whatever you do, get rid of it and at the very least make sure there is as little as possible.

Now go get 'em KASANOVA...There's women out there just waiting to expose your new revealed member!



DEAR KASANOVA,

WILL EATING CERTAIN FOODS REALLY MAKE YOUR SEMEN TASTE BETTER FOR A WOMAN?

SIGNED, SWEET & SOUR

Dear Sweet & Sour,

I'm going to be completely honest with you. About 5 years ago my girlfriend at the time "snowballed" me with my own semen. She was going down on me at the time, and when she kissed me afterwards there were gifts. But it wasn't Christmas or my birthday. No, I wasn't expecting presents. Naturally she thought it was hilarious, rolled over in laughter, and I was left there traumatized. Frozen in fear as if a baby bird egg had just fallen out of a tree, and broke open in my mouth. It was horrible, and truly the worst thing I've ever experienced.

Thinking back now all I can remember is how bad it tastes. Surely women can't actually enjoy that. Then I remembered hearing about how eating certain foods can improve the deliciousness of your semen. Not for you of course, but the person willing enough to let it inside their mouth. If your jizz were to actually taste alright she would be even more willing to let that happen more often, and even swallow it if you asked.

So basically these are a couple diet changes you can make to help improve the taste. First of all alcohol, coffee, caffeine of any kind, and cigarettes will only make it worse. These are all pollutants, and won't help things in the long run.

So you know if you were out last night getting hammered, don't ask her to swallow it in the morning. Also try to drink more water, as not only it's good for you, but also for your flavor. This helps flush out nasty toxins. Naturally eating pineapple, mangos, apples, or any other kind of fruit is good. Fruits that are naturally high in sugar will help your semen taste less bitter. Vegetables are also great as they will help flush the bitterness.

Thing is, there's a couple of them to avoid: Cauliflower, broccoli, and asparagus. Anything from the cabbage family will backfire on you. Red meat, dairy, and cheese will only make you taste more salty, and you're better off with protein such as chicken or turkey. Fish is an ongoing argument as whether or not it helps, so this one's up to you. It's proven that cinnamon, cardamom, peppermint and lemon make your semen taste that much sweeter. Try to include these things. Also stay away from candy. Chemicals and preservatives will only pollute your natural taste. Start communicating with your girlfriend, and find out which foods work better for you. She will be more than willing to play, and soon enough everyday will be a happy ending!

DEAR KASANOVA,

SHOULD I GET STD TESTED BEFORE STARTING A NEW RELATIONSHIP?

SIGNED, CLEAN OR DIRTY

Dear Clean or Dirty,

The answer to this is simple. Always a Yes. In fact, you should be practicing safe sex with any one-stands, flings, or non-serious girlfriends, so that when Ms. Special comes along, you know you're not going into it with any baggage, if you know what I mean. In today's day and age, safe sex is just smart. You should always be thinking about your health and sexual safety, and that of your partners. It is perfectly normal that you ask her if she has been tested, and that she is clean. If she isn't that would make a difference right? Then you have a right to know, and so does she. Getting checked is the fastest way to catch any symptoms or diseases before they get worse. And using condoms is the simplest way to avoid them. So, Mr. Clean wins.

ASK GET TO THE NITTY GRITTY - ANSWERS TO QUESTIONS EVERY MAN WANTS TO KNOW

ASK KASANOVA

DEAR KASANOVA,

MY FIANCÉ AND I HAVE BEEN TOGETHER FOR 3 YEARS. I LOVE HER. I REALLY WANT TO ASK HER TO START EXPLORING SOME SEXUAL FANTASIES WITH ME. NOTHING CRAZY; ROLE PLAYING, SEX IN PUBLIC PLACES. HOW DO I APPROACH THE SUBJECT WITH HER?
SIGNED, CURIOUS

Dear Curious,

It is perfectly normal to expect to have a sexual relationship with your fiancé without inhibitions or boundaries. In many cases, that is why we get married, so we feel emotionally safe enough to explore together. The best way to suggest sexual exploration is playfully. When you're at dinner at a restaurant say something like, "We should sneak in the bathroom right now, I can't wait to have you." Even if she rejects the idea, she will start thinking about it. And you never know, she just might be up for it. Don't bring it up in a way that she feels like you are sexually unsatisfied. The power of suggestion is extremely strong, and the more you use it, you'll start to see her coming around and getting excited about the idea of sexual creativity too.



DEAR KASANOVA,

I MASTURBATE ALOT, IS THAT NORMAL?
SIGNED, NOT SURE

Dear Not Sure,

Masturbation is completely normal and a healthy way to explore your own sexuality. In one national study, 95% of males and 89% of females reported that they have masturbated. It is also a healthy way to relieve sexual tension for those without partners. It is only a problem when it inhibits sexual activity with a partner, is done in public, or causes significant distress to the person. By exploring your own body through masturbation, you can determine what is erotically pleasing to you and can share this with your partner. So, enjoy!



DEAR KASANOVA,

HOW DO I MAKE MY WOMAN SQUIRT?
SIGNED, READY TO PLEASE

Dear Ready to Please,

Every woman wants to squirt at least once in her life. And if she hasn't yet, this will teach you how to be the Ultimate KASANOVA who makes her. I don't know whether or not you are aware, but your woman is capable of transforming her vagina into a garden hose. It's awesome, and by far the most intense orgasm she will ever have. The squirting orgasm. Maybe you have seen this in porno films? How they convulse around, and look possessed? Doesn't that look amazing? Surely you wish to do that to a woman, right? It's not as mysterious as people try to make it seem, and really not all that complicated. All it takes is heavy g-spot stimulation. Do you know where the g-spot is? Well I'm going to lay it out, and explain to you how to make a woman squirt.

First of all squirting isn't no quickie thing, and you only need to try & make it happen when you have the time. Start out by kissing her, really kissing her, and don't ignore her neck or below the ears. Whatever it is you already know that turns your woman on, than this is the time. It's all about foreplay, and get the idea of you cumming out of your mind.

This is about her, and what you're about to see. Tell her how much you love her, and how tonight is all about her body & how

she feels. Once you're sure she's turned on, and her vagina is really wet. Go ahead, and start stimulating her clitoris. The top of her vagina, and watch her face for which movement seems to please her most.

Her face will tell you everything you need to know through-out this whole ordeal. Next you want to insert your middle finger in her vagina first, and then your index finger next. Put both fingers together, and hook them upwards like you're telling something inside there to "come here!". Feel along the roof of her vagina until you come across a small bump. It should feel different from everything else. Like maybe the roof of your mouth. This is her g-spot. The money spot, and what you are going to use in order to make this whole squirting thing happen. Caress this area, and stimulate it in different ways while watching her face. Try lightly tapping at it, rubbing circles around it, or flickering at it like a switch. Notice which one she enjoys most, and stick with it varying speeds & pressure. This is it, and sooner or later she's going to start squirting around & thrash a bit. This is the fun part.

You are driving this woman wild, she adores you, and it's almost time to turn her into a water gun. She might start telling you to stop, because it "feels too good" but encourage her to let go, and this is good. It's very, very, important you don't stop or switch techniques. Repetition and persistence is key to this. Keep stimulating the g-spot as she enjoys most, and never let up! Really go at it, and you're about to be rewarded. Keep in mind she might say she needs to pee, because this all comes from the same tube, but encourage her that's just her orgasm. Truth is she might actually pee on you. There is a risk to everything beautiful in this life, and a woman squirting isn't any different. You also might want to keep a towel handy as some women will truly gush. After she squirts her juices she may feel a little bit embarrassed about what just happened. You can comfort this by using a towel to wipe her thighs and vagina. She's only going to love you more. Making a woman squirt is letting her know that you are sexually advanced, and this is a good thing in her eyes.

Good luck, and happy squirting!

Featured
KASANOVA



WHAT DREAMS MAY COME...

NOSTALGIA AND THE BUSINESS

HUGH HEFNER

STORY: CHELSEA DILLON-MILLER

“There are many roads to Mecca,” asserts Hugh Hefner. As for his life’s happiness, he found it following his dreams. Hefner notes, “The best dreams come out of youth. Pursue those inner most dreams.” He self descriptingly broke the social norms of his time to redefine what it meant to be a man in America. SIT DOWN WITH HUGH HEFNER, THE ULTIMATE AND CONSUMMATE KASANOVA.

Featured KASANOVA

His driveway is not paved with gold, yet, it might as well be. On a slow and quiet rainy day our BMW drives the windy, floral littered road into the Playboy Mansion Estate. The 1920's designed castle says it all. These walls echo with life and they've seen the world pass through.

A world that Mr. Hugh Marston Hefner created.

We sit in his leather bound chairs surrounded by intimately decorated wood panel walls and ceilings. Luxury is not an acceptable word. This is beyond luxurious. A Pablo Picasso and Jackson Pollack hang in the preceding rooms. Photos of Hugh throughout his life line the bookshelves- a black and white of him standing next to a now vintage airplane, his new fiance Crystal Harris, his sons Marston and Cooper, his mother, even his former wife Kimberly Conrad.

A painting of Hef lies over the mantelpiece and an enlarged backgammon game board doubles as a coffee table. They say he's a game lover and hugely competitive but that is not the reason for our visit. We are present to hear him talk. Here, in the intimate office of Mr. Hefner is the story of a life well lived, beginning with a childhood dream and all that has, and, may yet come.

Where do we begin? The emperor of the modern media world sits down with the KASANOVA team to discuss his life: highs, lows, and all his dreams-come-true in between. "We meet with a common interest," he says, knowing the connection of a men's lifestyle magazine and so much more.

His story begins to unfold.

Hugh was born on April 9th, 1926 in Chicago. Raised in a conservative, Puritan mid-western family, his outlet then and now always seems to be poignantly placed humor. As a young child, at the age of nine, he partook in Penny Publishing and by sixth grade he worked with the school newspaper, then titled "The Pepper." A self admitted fiend and collector of comics and second hand books, he began his self-published comics and short stories during this young and creative time.

In high school, Hef self-published "School Daze," a humorous autobiography and comic based on, and for, his friends set with Hef as the leader of the pack. Hefner says he put his then life "center stage and created a world of my own." The theme of self-publication and self-aware material continues to follow Hef throughout his life.

He admits, "I've been rehearsing for this role all my life."

After high school, Hugh was drafted to the Army to serve as a newspaper writer and editor for the tail end of World War II. In 1949, at the University of Illinois, Hefner earned a degree in psychology minoring in creative writing and arts. Makes sense.

HUGH HEFNER

Fascinated with sociology, Hugh enrolled in a graduate class at Northwestern University where he wrote a thesis analyzing United States sex laws. As a brilliant young mind, he finished his coursework in only two and a half years, going on to work for independent comic magazine Shaft, the Chicago Cartoon Company, and as a promotional copywriter for Esquire. Rumor has it, after being denied a \$5 raise, he quit. In the long run, it seems to have paid off however, at the time, it was one of many risks this entrepreneur would take.

From there, he says he followed "a common path," marrying a grade school acquaintance turned love. Ever the romantic, he still gives the impression, as he sinks into the plush upholstered sofa, that marriage was expected, common, and the only "accepted" path for the time.

His eyes suddenly read with pain, even for an event that happened decades ago. One senses an extreme sensitivity to this seasoned media mogul who has, as they say, "seen it all." Hef continues.

Heartbreak soon flows through his life story as he learned that his soon-to-be betrothed had wandered from his affection. The marriage takes place and "two beautiful children came from it," however he admits it was "less than successful."

"In retrospect, I was devastated and heartbroken," he admits after learning of his wife's infidelities. "It was clear she was looking for someone different, but because of the times we were married anyway." Hefner is not self deprecating as he describes his early awareness of marriage. It seems to be the impetus for something larger still sparkling in this 84, almost 85 year old's eyes.

His story continues...

The time is 1953 and Hef's first child, Christie, has arrived followed by his second, David in 1955. He is working as a publisher for a Children's magazine. Just a year before, in December of 1952, Hefner returns to his high school play ground with a friend to host, write and MC an Alumni show.

This was his turning point. Crushed from the failure of a marriage and joining friends in the memories of his creative high school days, Hugh takes an evening stroll on a lone Chicago bridge. "Is this all there is?" he says to himself, realizing there had to be more.

More to a life than the typical marriage. More to a life than the typical job.

He was about to create a whole lot more.

He talks about this night in his life as a "eureka" moment.

Hugh Hefner became a man, essentially the man of the times, at that moment. Recapturing his creativity from his, "dreams put away," this trip to Chicago and down memory lane helps Hefner rise as a phoenix from the ashes. His breakdown creates a breakthrough and as he says, "within weeks," he began the planning for the Playboy Magazine turned empire.

The business strategy unrolls.

Hefner received a \$600 loan from a local bank and drew in investors, mostly friends and family summing to about \$8,000, to launch and publish the first copy of Playboy. He was working out of the living room in his apartment. At that time, the magazine was undated according to Hefner, "because I wasn't sure I'd have enough money for the next edition." He featured an up-and-coming blonde model and actress named Marilyn Monroe as the first playmate, using images from a nude calendar shoot she once posed for.

Hef had never met her.



He took a chance on the publication and risky photos, all the while knowing it was illegal according to the US Government and Post Office to produce and mail nude photos for a public magazine. This was, essentially, his beginning as a political activist.

Playboy would go on to open numerous social, political, and economic doors for Hefner throughout his life. Although, at the time, he had no idea. He was simply following his heart and its desires. He wanted to produce an excellent men's magazine, and, that he did.

Hef originally conceived the magazine with the name Stag Party and after receiving a "cease and desist letter" just days before he was to go to publication from the already existing Stag magazine's lawyer, Hef changed the name which he had "reservations about anyway," to Playboy. The Playboy Bunny came from the need for a sexy, animated logo and was later adapted into the famous costumes for the female bunnies.

This memorable moment, as well as his many intuition sparks and business decisions are as he says, "Impossible to separate from each other. My life is filled with inspired moments. I call them my eureka moments."

When asked where his personal inspiration came from for the brand, he notes, "I had no idea it would become what it did. I just wanted to make a good magazine for men. The men's magazines at the time were outdoor related. After World War II, men's magazines included True, Argosy, Stag, and Esquire. I wanted to create a men's magazine with sophistication." His vision was for the American Dream the men had all fought for, including Hefner, who served in the Army between 1944 and 1946.



At his core, Hugh is a staunch Americanist and romantic, who believes in the truths of his country. He set out to make sure, personally and professionally, that our constitution would be upheld, and more specifically, its first amendment including freedom of speech and press.

Hefner wanted to offer something different, saw the opening, and filled it. "There was room for a young, urban society," Hef notes. A men's magazine that featured culture, romantic concerns for men, fashion, food, drinks, cars, apartments, and style, "you know- the lifestyle," he says.

The nudity factor and pressing social issues were a side note that Hef was anything but shy about conquering. The 2009 bio-documentary Hugh Hefner: Playboy, Activist and Rebel, directed by Academy Award winning Bridgitte Bermen, quotes him, "I courted controversy."

Hefner would be damned if Playboy seemed to be just another "men's magazine." He was creating THE men's magazine. To do so, actually, just in order to mail it to his subscribers, Hefner applied for a second class mailing subscription in Washington DC and was denied, twice, due to the content. With a lawyer, he fought the ban and overturned it nationally. It was one of many barriers broken, physically and metaphorically, throughout Hef's lifetime.

He continues.

Inspired by the roaring 20's of his generational birth, Hefner notes, "Post World War I was a party. It was the jazz age, dress hems were higher, and life was a celebration. When we all got back from WWII, I wondered where the party was?"

When asked, "So you created the party?" He responds, "Yes, exactly...(laughing)."

Featured KASANOVA - HUGH HEFNER

He realized Playboy was a "sensation" from day one. His original idea of offering an entertainment and lifestyle magazine for men, as opposed to the typical outdoorsy mags offered at the time, was the metaphorical golden ticket. The business growth was impossible to stop, especially amongst college campuses. Hef's magazine photographed nudity which captured the seduction men were looking for. Talk about drawing from the times, every red-blooded American man was willing to peek and peak.

It wasn't just for the boys and men of the day. The Playmates were specifically chosen as non-models. Hef wanted them to be the "girl next door." Their suggestive poses were revolutionary for the 1950s. He tapped into the fundamental core of human's nucleus: sex and its stem from instinctual desire.

Men wanted it and women wanted to be it. He gave our desire as humans a physical, visual, and monthly form within his publication. Women wished to be desired, and men desired to desire. There, in the pages of Playboy lie visual fantasies for a young America's voyeuristic desires. The world was changing and Hugh was at its cutting edge.

Mixed with political satires in the form of cartoons, foretelling interviews, and lifestyle pieces, and reader letters and suggestions, Hef created the winning combination that still captures our attention today.

At the time, he worked noon to night promoting with friends during the evening. In 1959 Playboy organized a huge jazz festival in Chicago with the likes of Duke Ellington, Louis Armstrong, Miles Davis, Dizzy Gillespie, and Ella Fitzgerald playing and singing- as Hefner says, "A jazz group that could never have been put together again." The jazz festival was an enormous success adding to the notoriety of Hefner and Playboy, just as he had planned.



He smiles and relishes in the good 'ol days. It seems this is when the entrepreneur remembers it all taking off.

His favorite movie is Casablanca. If that doesn't give you insight into his mind, nothing else will. The movie plays on his birthday every year in his film room, just outside the den where we are interviewing. He's looking forward to it, as it's only weeks away. His anticipation and excitement poised with a calm collection is, essentially, his charm.

When asked why this ultimate movie he notes, "It has a little of everything: story line, plot, music score, and lifestyle." He was inspired by the generation saying, "Rick has everyone at his place, the bar, and now everyone's at Hef's place, the mansion."

Akin to his favorite movie, this American classic says, "I quite literally made the American dream come true. I could never have imagined. I continued to do what I loved. The response was positive and I had no idea what lay ahead."

His gentlemanly modesty makes him anything but the domineering exposurist he has been portrayed as. One senses this gentlemanly quality is, in fact, what draws people towards him. Hef could be the most arrogant son-of-a-bitch alive and none of us would judge him the worse. He isn't, however. He is classy, stylish, educated, articulate, humorous, and charming, to say the least. To say the most, he's a revolutionary.

Much like his magazine empire, we suppose.

A lot of Hef has rubbed off on Playboy. In a good way. A very good way. He explains, "Everything is essentially, based out of my ideas. Over the years I've had an excellent team and support system. But, it all started with me. The idea, the centerfolds, the business plan were mine."

He has worked hard for his millionaire share over the past 50 plus years, estimated at a personal wealth of over \$50 million net worth. This, ironically, excludes his Playboy stock and assets.

The Playboy Incorporation is estimated at well over \$300 million in publication, company, stocks, and assets. The international multi-media company holds the publication, rights, magazine, corporation licenses for memorabilia, shwag, clothing and all consumer products, as well as the Playboy and Spice Channels, Playboy DVD's and external media, Playboy.com, International Playboy Clubs, two former television shows, Hefner's digital and physical archives spanning the thousands, and the famous former Playboy Jet Airliner, to sum it up.

Hef is as self-made as was the American Dream. And, when asked his savvy business method he proclaims, "You can't do it for the money. It's easy for me to say that now sitting where I am. But, the truth is, I did it because it was my passion and dream. I wanted to create an excellent men's magazine. And, at times, did it at a loss. For instance, when the Playboy club opened in New Orleans in the 1960s the franchise owners would not let in the African American key club members. I said I believed it was unconstitutional. So, at a loss, we bought back the club and re-opened it for all members to join."

We go back into the story, as he elaborates.

"At the time, this was a huge change. But, I did it because I knew it was the right thing to do. Not just for money or for business. It was about what Playboy represented. I had to stand behind the good product I had created and believed in."

He admits, "I was always very aware, from childhood on, what was censored in our news, media, and society. I contemplated why we as humans did the things we did. Why did we hurt people? Why did we deny love?" If there ever were a revolutionary to change 20th Century American media, Hugh Hefner is it.

Even with a psychology background, he admits some of it must have been "subconscious."

"I grew up in a very conservative era and household, politically, sexually, and socially. Post World War II was a conservative time, during the Red Scare and censorship media wide."

He remembers the barriers he was breaking at the time, socially and artistically. "When the late-night syndicated television shows came about, I decided to create the set as if you were joining me, in my living room, for an elegant and fun night." This was exceptionally revolutionary at the time when television was new, as was late-night. To set the scene even more, and in comparison to his contemporaries, this was the era when "I Love Lucy" could not refer to Mrs. Riccardo as being pregnant, but instead, "with child."

Poppycock to all that. Hef was about to make some serious changes.

He had done research, along with other cutting-edge psychologists of the time, about the sexual laws and statutes held by the US government. Fallacio, even within marriage, was not permitted and considered illegal. Birth control and abortions were illegal. Under this level of legal marriage, sex was essentially illegal and had these laws been enforced, many healthy Americans would be arrested for participating actively in sexual acts.

To show a man exercising his social freedom, with a living room, women, and a party was- to say the least- groundbreaking for public television.

There is, and has only been since these days, one Playboy.

The smut doesn't relate. The art isn't real. Hef spoke to all the masses of America in between.

"At the time, a nude was either art or was obscene." He gave the message, "Sex is okay. Nice girls like sex too."

The playmates of the time, according to Hefner, "were discrete compared to now. They were posed to suggest something. Stylized but real. You see a beautiful girl, semi-dressed, perhaps a glass or a pipe laid out. Implying a male presence. We gave the playmates context." Again, revolutionary, in the magazine publication world. Nothing like this existed, and arguably, has since.

It was an immediate hit. The time is now 1960. The country is on the verge of a sexual revolution. Birth control is introduced legally as "the pill," social norms are being broken, the Vietnam War is being high publicized as negative. The cultural youth are breaking with the convention of the cookie-cutter 1950s and finding a wild, free-spirit, independent voice.

Sure to never miss a business opportunity, or write about it, Hef used his company to reflect the social, political, and economic needs and changes of the times. The difference between him and everyone else? He made millions because Playboy was a sounding board for American liberal culture, including exclusive editorial features from Hefner and featuring letters from readers.

This fits conclusively with the Playboy profile. As Hef says of his dream, "It's one part inspiration and nine parts perspiration." Another part, one could argue, is timing. It didn't hurt him.

The subscription membership jumped from one million circulation per month in the 50's to seven million per month, by 1960. With new material and the integral college audience created by the baby boomer generation of the previous decade, Playboy magazine became Playboy Enterprises.

Within five months, between the seasons of 1959 to 1960, Hefner fed this jump in sales with unprecedented marketing vision. He purchased the Playboy Mansion in Chicago. His location was set. He opened the first Playboy Club in February of 1960. The public persona was established. And, he hosted the first Playboy television show, Playboy's Penthouse (1959-60) with guests and friends like Tony Bennet, Bill Cosby, and Sammy Davis, Jr.

Of this time, he says, "I came out from behind the desk and became Mr. Playboy."

Hef was living the life he was creating in his magazine. The parties, celebrities, and experiences were epic. What's the point in trying to describe them? We couldn't even if we tried. Imagine the wildest, sexiest days of your life. Multiply them by 1,000. Now, you have Hef's life.

Actually, it was more than a party for Hef. It was business and publication as usual. He's an admitted work-a-holic, as his daughter Christie labels him. The goal was to push the boundaries and boy, did he. Artistically, the magazine was publishing nudes. Socially and politically, it was also pressing buttons. Hef published the then unknown Fahrenheit 451 by Ray Bradbury within three consecutive Playboy magazines, plotting the futuristic US where critical thought through literacy is outlawed. The Crooked Man by Charles Beaumont followed a dystopian world where the persecution of heterosexuals in an ironically turned future existed, where homosexuality was the norm. In 1955, these revolutionary ventures were unheard of and along with New Yorker cartoonist Gahan Wilson, Playboy was catching some attention beyond its fans and readers.

A statement, what Hef called the "Playboy philosophy," was made.

Featured KASANOVA - HUGH HEFNER

The House Investigation Committee was formed to blacklist for McCarthyism and Hefner was a staunch opposition. It seemed to him that the very thing his country had fought for in WWII, freedom, was unfortunately what America had turned its back on for the sake of censorship, socially and racially.

After featuring the newest column, interviews with celebrities of the times, like Charlie Chaplin (once considered to be a Communist sympathizer), Shel Silverstein (later author of *The Giving Tree*), Princess Grace of Monaco, Bob Dylan, Martin Luther King, Malcolm X, Jim Brown, Jesse Jackson, Jimmy Carter- all conducted by the then unknown writer Alex Haley (later the author of the famous American novel *Roots*).

Hefner gave beginnings to and put to publication the literary and political giants of our time. As they say, no good deed goes unpunished. Some were still skeptical.

As the interviews continued, the government took notice. Hugh received a letter from then unknown Ronald Regan who wanted to let him know there was no approval for his Playboy philosophy and nudity, including his conceived radical and liberal political undertones.

Hef responded and let Mr. Reagan (later known to be an informant for the FBI and a President) know that he, and his interviewees, were just as American as anyone else, and that the constitution protected them while exercising a right from freedom of speech and press.

In 1963 Hef was arrested and brought to trial for publishing nude photos of Jayne Mansfield by the conservative Catholic city government of Chicago. The jury was hung and Hef was released. It was a victory for the ever optimistic publisher.

Readers could not have been more interested. Hef had struck the right chords: sexually, socially, and politically.

The magazine had surpassed *Esquire* membership and Hef's wildest imagined goal.

He began opening Playboy clubs around the world, including Los Angeles.

In 1965, he moved to the West Coast and made LA his home, living in the sheik condo above the Playboy Club, just a short walk to work. In 1968, he began hosting the second Playboy television show, *Playboy After Dark*. In 1971, his then girlfriend Barbi Benton was scouting for real estate and found the now famous and infamous "Playboy Mansion" in Bel Air.

The \$54 million dollar estate is all-inclusive boasting a 1927 Gothic-Tudor castle-esque residence, a custom sprawling pool with waterfalls, gardens, fountains, guest houses, play-rooms, the world-famous grotto, the only private zoo in Los Angeles, and of course, bunnies galore.

His guests and friends include Hollywood royalty like Ringo Star, Steve Martin, Mick Jagger, Muhammed Ali, Paul Newman, Elton John, Gene Simmons, Arnold Swartzeneggar, Jim Brown, James Caan, and Jack Nicholson just to dust the top of the iceberg.

Personally and professionally, Hef was ecstatic. During the 70's business continued to boom. He has since used his wealth for good contributing to the USC film program along with partner and board member George Lucas, as well as contributed to the restoration of the Hollywood sign, and the lending of his Airplane to rescue, yes, Vietnam orphans coddled by bunnies as they safely made their trip back to the states.

Yes, he's a generous man. And, philanthropist.

In the 1980's, plagued by the conservative Reaganomics of the time, Hefner was blacklisted and courted by the FBI for his belief in, and publication of, leniency on marijuana possession under legal action (for others, Hefner is an admitted non-drug user), as well as his sexual undertakings. It's rumored that the FBI assigned agents to read Playboy cover to cover for surveillance monitoring and in response Hefner authored columns like *Sexual McCarthyism* and used satirical cartoons. "Nothing defuses censorship like humor," Hef notes.

For his actions supporting freedom of speech and press in America, his daughter created the Hugh Hefner First Amendment Award, celebrating creative minds pushing the boundaries of American critical thought, speech, film, and publication.

Perhaps all of this work, in the slightest, can equate to his fashion sense. He strolled into the meeting, as he strolls through life, in a red, silk robe.

Hef is known for his gentlemanly fashion including the famous robes he adorns. When asked why, he notes, "Eventually I could get away with it. People were disappointed if I was not in my robe. It evolved out of working late at night, in and out of the home office, and necessity."

Back at his mansion, Hef smiles as he talks about his upcoming wedding set for June of 2011. When asked "Why now?" for marriage, he simply responds, "I want the security for her and myself. I was subconsciously looking for it."

Hef could have any woman he wants. He admits love has kept him young. However, he wants Ms. Crystal to be Mrs. Hefner, "for the rest of my life."

A glimpse behind the curtain of the ever-evolving and distinguished life of Mr. Hefner.

The mansion seems to have a life of its own. It whispers of good times.

The playmates and guests to the Mansion are, of course, legendary. Marilyn Monroe is the first and ever-beautiful playmate of all time. From there, the list continues. Most recently, Kim Kardashian, Cindy Crawford, Pamela Anderson, Jenny McCarthy, and Anna Nicole Smith, just to name a few over the past 20 years. Being asked to be a playmate has become, and we suppose always was, an honor. It has MADE careers.

It became exclusive in the early days of Playboy, for men to have it and for women to be in it. Today, Playboy still is the exclusive carrier of class, style, and the sex that comes along with it.



Photo courtesy PLAYBOY Magazine © Playboy.

Other famous gals? Betty Page, Shannon Tweed, Dorothy Stratten, and Jayne Mansfield. It can be argued that Hefner gave women their power back. "Inherently, sexuality is a power we all possess," he says. He liberated women, and allowed them to own their gift of sexuality and nudity. For all of the playmates, it advanced their careers, notoriety, and fame. To be a Playboy model today, is to be amongst the list of icons from modern-day womanhood.

He doesn't understand when people equate him with female exploitation or negativity. Nor should he. A self-proclaimed "humanist," he sees the beauty and romance life has to offer and says it should be lived with a level of "class." It's either Hef's way, or the boring way.

We choose Hef's way.

He followed his intuition and "eureka" moments every step of the way. Most importantly, he trusted himself. Enough to stand up and fight, support, even monetarily back what he knew was right, or wrong.

Along with the gift of empowerment for women, creating a media mogul empire, the ultimate business man, winning the respect of men, and earning the affection of women worldwide, including the creation of the Playboy empire, when asked how it feels to change the world, he answers, "Very, very good. I wouldn't change spots with anyone."

Everyone wants to know how he is? How he seems? What he's like?

We'll let one hint slip. He's content. Beyond relaxed, yet professional at the same time. He carries a smile and eyes that prove he's seen the world, conquered it, and is pleased.

There is a feeling, however, this is simply his personality. One could see him as content, if he were still just a six-year-old, drawing cartoons.

The most poignant trait? When asked how it feels to be a featured KASANOVA, he notes, "I'm grateful. I'm grateful to be acknowledged for the things I've achieved. Thank you." This seems to be the cherry on top of the cake for Hef, he is grateful for all he has, all he's accomplished, the people he's worked with and the legend he's built.

He's grateful that he is himself. Perhaps the best advice he could give any man or woman, business savvy and entrepreneur, alike, "Follow Your Dreams and Believe in Them."

Hef, here's looking at you, kid.



RAPID FAT LOSS AND MUSCLE BUILDING MADE EASY

Story by: Minh T. Nguyen & Dan Trongone

Health & Fitness

Who doesn't want a fit muscular body? Women love it, you look great, feel great, but most importantly you perform great. Be it in the boardroom or the bedroom, you are high performance machine. So Minh and I are going to talk about how to get a rock solid body that women will notice and you will want to keep. Minh T. Nguyen is a raw foods fusion chef who has been personal training and healthy foods prepping for the past 10 years. I, Dan Trongone, have been personal training, rehabbing cardiac patients, rehabbing spinal cord injury patients, and training average fitness practitioner and professional athletes for the past 10 years as well. We are pretty confident in our ability to get you where you need to go. **SO LISTEN UP...**

First off, working out has to go hand in hand with nutrition and rest. If one of these things is off, your physique transformation will be off. Minh is going to be talking nutrition and I will be conquering the exercises. Just make sure you attempt to get 7-9 hours of deep restful sleep each night. Rest allows your body to heal from your workouts and stresses of daily life. If adequate rest is not achieved, you will be a person no one wants to be around, on top of having poor performance at work and play.

So the big question that Minh always gets is "What should I eat?" Or "What foods will help me burn fat?" Minh is going to talk a little about what whole food means and give his top 10 foods. First, let's understand how your body processes what you put in it. Whole foods are when the food is grown from the earth and man has not manipulated it. These types of food stuffs provide nutrients, help our body function, heal, and cleanse us from daily toxins that we ingest.

So how does this work? Let's mention one of the most important organs in our body that assists us with detoxification. It is the liver. Everything that we put in our body has to go through the liver. The liver has to make sure the food is safe for us to consume. The more we eat foods full of toxins, the more work our liver has to do to clean and purify the blood; highly toxic foods make the liver work overtime and causes serious stress to it. Poor liver function will occur after high levels of stress and prevent you from burning fat efficiently. The liver will also be so focused on detoxification which will cause fat loss to come to a screeching halt.

So what can we do about it? We need to eat as many cleansing foods as possible so your liver won't work so hard at detoxification. It will focus on functioning at its optimal rate of fat metabolism. This will help keep us at our ideal weight and keep our bodies feeling and looking amazing.

Here are some foods that will keep your liver functioning like a top fuel dragster that scorches fat as fuel:



1) Eat your veggies, organic and raw when possible. They have high amounts of anti-cancer properties and anti-oxidants. Some of my top choices are...-Broccoli, spinach, asparagus

2) Eat your fruits, organic and raw when possible. They are very high in anti-oxidants and vitamins to fight free radicals. Some easy to grab fruits are: Grapefruit, organic green apples and berries.

3) Add more herbs into your meals! Herbs serve as amazing medicinal properties to our bodies. So why not eat as much as possible? Not only do herbs cure many illnesses, but will help help in the cleansing

properties to your liver that aid in producing optimal function. This will cause more fat to be used as fuel. Some great herbs are spicy peppers to rev up your metabolism and ginger. The bottom line is, just add any fresh herbs to your meals,

4) Eat clean protein sources: Studies show that if you replace 1/5 of your daily carbohydrates with protein, you will burn more calories each day.

My top lists are:

- Wild Alaskan Salmon...Not only do salmon have high amounts of protein; they are one of the cleanest fishes that have high amounts of omega-3 fatty acids. Omega 3's is amazing for brain function.

- Grass fed beef. You don't have to be afraid to eat red meat anymore. Cows digestive tracts are designed to eat grass, not grain. If cows eat grass all year round, they are usually leaner than their grain eating counterparts along with a high amount of omega 3 fatty acids (good fats).

- Organic turkey or chicken
- Free range organic eggs....One of the best proteins on earth!

5) Eat your good fats. Eating fats will actually help your body burn fat! Yes, I said correctly. The only fats that usually gets stored as fat is the one that goes rancid and has been overly processed. The processing of food has destroyed many of its good nutrients. We need to eat fats so our bodies will want to burn fat. So start adding more of these into your daily intake:

- Avocado
- Extra virgin olive oil
- Extra virgin coconut oil
- Raw nuts and seeds

6) Drink your liquids
- Spring water
- Teas of all kinds (Try all the different kinds out there for variety)
- Ionized water (Since our body can get very acidic, alkaline water is very helpful for us to bring down our acidity back to normal).



The road to an optimal body that says, "I kick ass in everything I do," is difficult. Minh and I pursue this quest every day. Exercise is meant to be challenging. No ab rocket, shake weight, or thigh master will sculpt anything. In the weight room and kitchen, it is an all out war on fat destruction and muscle creation. Here's how we win...

Weights that are heavy need to be used. I am not saying do 1-2 repetitions as hard as you can, I am saying pick a rep range and find the heaviest weight you can use to perform a given exercise in that rep range. If you want to be an endurance athlete (for example, a runner) 12-15 repetitions usually performed from 1-3 sets per exercise is a great foundation to start. If are you looking to build a combination of strength and endurance, 4-6 sets at 8-12 reps would be a good range to start. If you want to be a strength athlete, 4-6 sets at 3-5 rep schemes can work.

The key is using resistance that will cause voluntary fatigue in the rep range you are attempting to train in. If you are able to perform all sets at the high end of your rep range on 2 consecutive workouts, raise the weights. You must say to yourself during the workout, this load/weight is challenging. If you are not saying this, then the load/resistance is too light.

Health & Fitness

Next are the types of exercises you need.

If you are a novice lifter, exercise machines are good to learn from. After a month or two, I would get off and stay off machines. You want to learn free weight exercises along with body weight exercises as much as possible. Why? Free weight and body weight exercises use more muscles to control and lift the resistance and the body. More muscles used, means better muscular coordination, development and overall more calories burnt. I call this the best bang for your buck. Always start your workout (after your warm up) with exercises that are called large muscle exercises. For example, Olympic lifts, plyometrics (high force production drills) squats, dead-lifts, bench, back row, vertical pressing (a.k.a. shoulder press), vertical pulling (pull ups). These big exercises use smaller muscle (a.k.a. assistance muscles) groups to move the resistance. After the big exercises are performed, then move onto smaller stuff such as bicep curls and triceps extensions.

Now let's talk about speed of the workout. The old school methodology is slow and controlled movements, NO, NO, NO. This is necessary only if you are doing rehab. Fast and controlled is the key. The body works on electricity. When the brain sends a signal to the muscles that are either pushing/pulling a heavy load or need to be accelerated, a huge electrical nervous signal is sent down the nerves to turn on all the involved muscles.

More speed uses more muscles at once to create movement. For example, jumping drills use the entire leg musculature to its full potential versus doing a body weight squat slowly that isn't challenging.

Did you ever watch the news and see someone lift a car in order to free a loved one from being trapped under that car? People usually say that was all adrenaline. That is BS! Adrenaline takes too long to be produced. The brain, in a highly stimulated emotional state, tells the muscles with a huge electrical

neurological impulse, "HEY! WE NEED YOU! MY BABY IS TRAPPED AND I NEED THAT CAR GONE!" So the body recruits everything by sending this huge surge of neurological activity down towards the muscles via the nerve pathway in order to generate maximum strength. Remember, more work done from exercise, creates a conducive environment for muscular growth as long as rest and nutrition are following suit.

Frequency is also key. I recommend training 3-4 days/week with resistance training. I am sure some of you are saying, that is not enough, I do back/chest days, nipples/feet days, lower back and upper abs days, etc. If you are a body builder, great. This article is not geared for your lifestyle. You should train upper body days, lower body days, or whole body days for athleticism and health. One can train M/W/F, M/T/TH/F, T/TH/Sat., MW/TH/Sat., the possibilities are endless. Just make sure you don't do the same workout in 2 consecutive days. This will allow your body to heal and prep for the next bout of exercise.

One of my favorite methods for training is doing equal and opposite styles of interval training. This means that if I do a pulling exercise (be it

upper body or lower body days), I rest briefly immediately followed by a pushing exercise. Training equal and opposite allows you to develop muscle evenly around the body in order to keep posture and decrease the risk of a variety of problems such as bone, joint, circulation, and nerve issues. The brief rest allows the heart rate to stay elevated to get a cardiovascular effect, while simultaneously strength training. One can also do all exercises in a row (a.k.a. circuit training) or you can stay with exercise pairing. DO NOT DO 1 EXERCISE AT A TIME THEN MOVE ON. Either way, interval strength training will beef you up and lean you, while saving time in the long run.

Now you have some insight in order to get you thinking about how to create the body of your dreams. Incorporating these rules and recommendations into your daily life and work-out routines, will allow you to progress to where you need to be, and ultimately really want to be. I hope you enjoyed the article and we look forward to continuing to coach you. One of my favorite quotes is "If the mind can conceive, the body can achieve." So, visualize your new physique and then let's go to war.



Before

After

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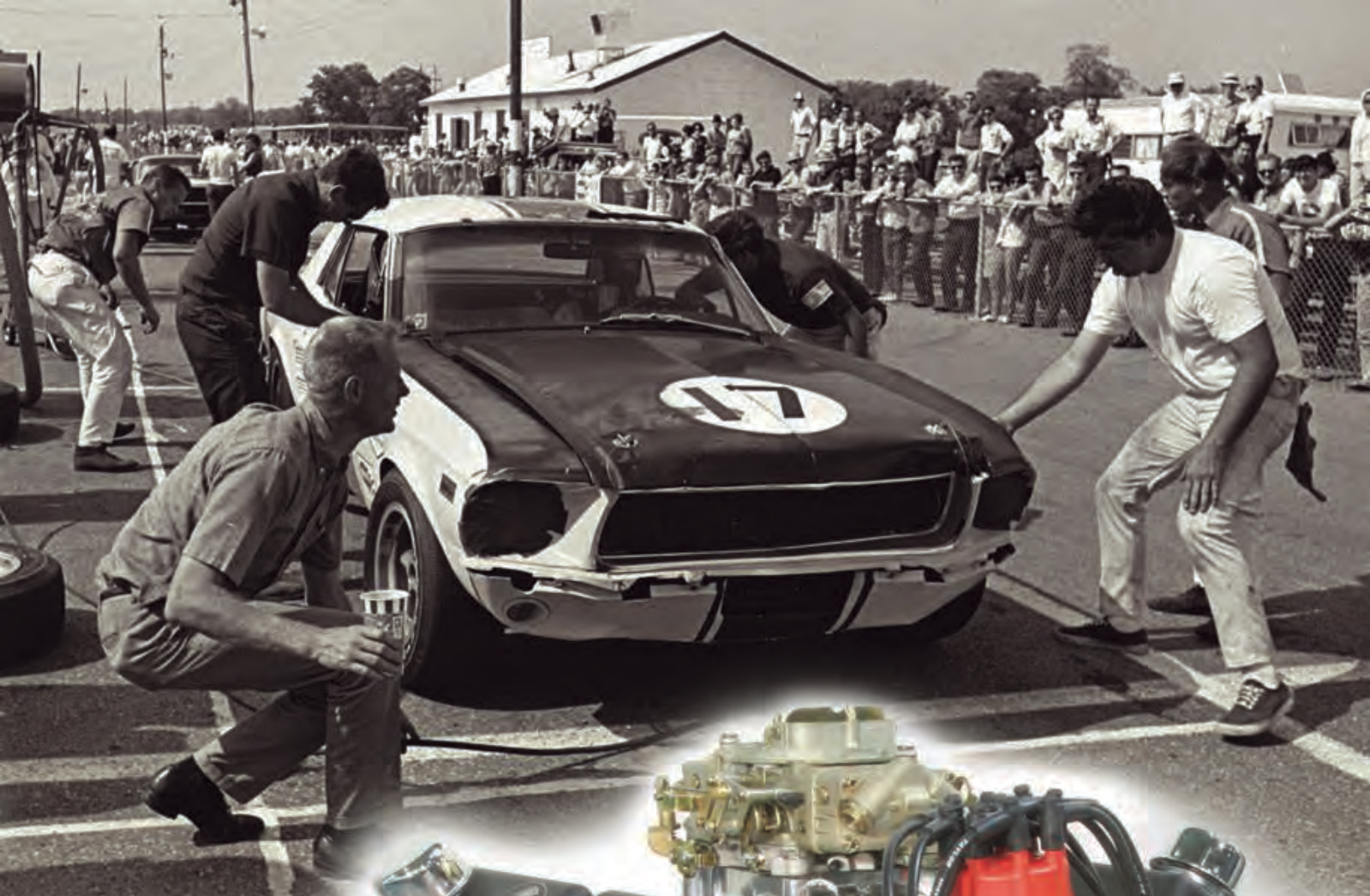
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SCC Ultimate Aero



Story: Terence Maddison Photos Courtesy of ShelbySuperCars

Shelby Supercars is the manufacturer of the SSC Ultimate Aero supercar you see here. Mr. Jerold Shelby (no relation to Carroll Shelby) is the brain behind the development of the SCC Ultimate Aero which on its debut, broke the record for the fastest supercar in the world, since reclaimed by the Bugatti Super Sport. Mr. Shelby started out building replicas of the Ferrari F355 and the Lamborghini Diablo, but after awhile got the bug to build his own supercar.

I would be watching out for pot holes because this car sits so low to the ground with a clearance of only 4in.

The Ultimate Aero can thank its light weight to the extensive use of Carbon materials throughout the vehicle. The whole chassis is made of carbon fiber, except for the two aluminum crash rails, as well as all the body panels. This vehicle has undergone extensive wind tunnel testing and in tests has been shown capable of a top speed of 273mph. It also has a really low drag coefficient of 0.357. There is a complete belly pan with underside venturi's to help suck this car to the ground.

The goal was to build the Ultimate drivers car and to be the fastest in the world, (a feat he accomplished in September 2007, verified by the Guinness Book of Records with a top speed of 257 mph).

Today's Ultimate Aero is powered by a SSC designed, one-piece aluminum V8 block with twin turbo chargers producing an astounding 1287 horse power, and 1112 pound feet of torque. The engine was designed with structural integrity and oiling capabilities in mind, to create the most powerful and reliable engine.

They also enlisted the expertise of the American company Aeromotive to create the fuel delivery systems that could handle the demands that an engine like this has. With a curb weight of 2,750 lbs, this gives the Ultimate Aero an unmatched power to weight ratio of 2.14 lbs/Hp. The Ultimate Aero also has an ideal overall balance of 48/52 front to back which gives the car an unbelievably stable and controlled feel at speeds. It has a 105.2" wheel base and an overall length of 176.2".



The car also has track tuned suspension and has all these features; Unequal Length Upper and Lower A-Arms, Coil Over Springs, Remote Reservoir-Adjustable Penske Coil Shocks, Cab Controlled Air Lift and Anti-Roll bars. The Aero also has Carbon Ceramic Brakes and has huge 14in rotors all the way around, with 8 piston calipers up front and 6 piston calipers in the rear.

The Ultimate Aero is equipped with Forged 3-Piece Alloy wheels 19x9-1/2 in front and 20x13 in the rear. The wheels are fitted with Michelin Pilot SportPS2 tires 235/35YR/19 in front and 335/30YR20's in the rear. You can upgrade to the lighter carbon fiber wheels, this is a must have option in my opinion.



The interior of the Ultimate Aero is quite nicely appointed with a leather wrapped dash, gauges are all in the right places and it has quite a lot of head room. It also has some really nice creature comforts that you wouldn't expect in a car that was made to be the fastest in the world, these include; Air Conditioning, Power Windows, Power mirrors, Tilt-Steering, Cab-Controlled Front Air Lift, 10 Speaker premium Audio, CD/DVD system w/7.5 inch Display Screen, Automatic Backup Camera and a Navigation system.

The Ultimate Aero has a suggested retail price tag of \$650,000 and when you take into account what you get for that, it sounds like a bargain to me. You get the world's second fastest car (second only to the Bugatti Veyron Super Sport with a price tag of over 2 million), 1287 horse power, top speed of 257 mph, jaw dropping good looks and you also get a 1year unlimited warranty. ***This is a collectors must have supercar.***



Keep your eye out for SSC newest edition to their line up, the ultra secret next generation Aero, set to brake all records and place SSC firmly as the fastest road car manufacturer once again.

June

KITTEN OF THE
MONTH





April



April

Astrological Sign? Leo

Turn On's: A gentlemen, ambition, a guy that smells good, hot body, a guy that loves animals and cupcakes!

Turn Off's: Body odor, d-bags and bad breath.

Hobbies: Running, working out, playing with my puppies, boating, shopping.

Favorite Sport? Football

Ultimate Sexual Fantasy? Candles everywhere, rose petals, stormy night, fireplace, the man totally takes charge.

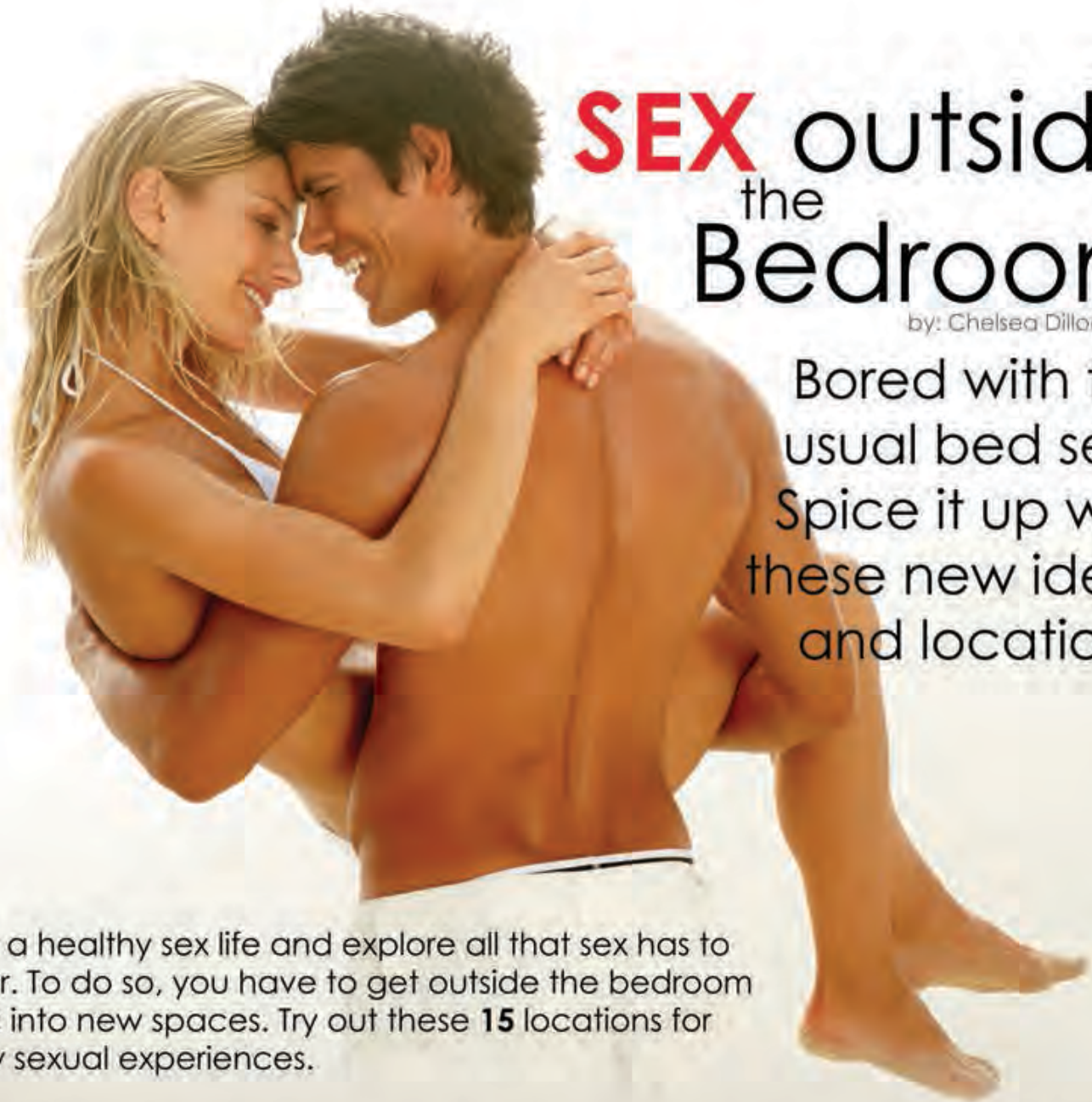
What do you look for in your KASANOVA?

A gentleman who treats a woman with respect.









SEX outside the Bedroom

by: Chelsea Dillon-Miller

Bored with the usual bed sex? Spice it up with these new ideas and locations.

Get a healthy sex life and explore all that sex has to offer. To do so, you have to get outside the bedroom and into new spaces. Try out these **15** locations for new sexual experiences.

1. Car: You drive everywhere. But do you really enjoy your car? Next time the sun is setting, pull into a dark alley and pull it out for her. The best part of car sex- her on top.

2. Public Restrooms: We're not condoning public nudity, but if you happen to slip into a lockable restroom for ten minutes to handle your Kasanova business, your lady might just be surprised by the stealth-like skills.

3. Beach: Nothing is hotter than sandy bodies rolling around while waves crash all around. If you have a beach nearby, preferably with warm water, hop on in and let the magic happen. You won't be the only person getting wet. Your woman will be, too.

4. Jacuzzi: Warm bubbly water and not a soul around? Time to make some love. Sit down and have her on top. Grab her by the waist and lift her up and down. The water will help to stabilize her and make her more buoyant. When things get too warm, put her on top of the steps and finish her off.

5. Pool: Jumping in a pool naked reminds us all of being 15 years-old again. Let your passion roll, swim and frolic like you're a youngin' again. Kiss and see what else can happen underwater. Something about the liquid element just brings out the wild in all of us.

6. Kitchen: This is the perfect spot to work up an appetite for breakfast, or a little wake-up sex. Leave the burners on and see what gets cooking in your kitchen. Put her on the countertop or lie on the floor and let her get on top of you. It's the perfect place to ignite romance.

7. Office: Who couldn't use a little break during the day? Schedule your lady an "office visit" and lock the doors. Unplug the phone and put her on the desk. You can also use your office chair and let her get on her knees. Every once in a while, a girl likes to submit.

8. Outdoors: Find a meadow, take a hike, or go camping. When no one is around, make your move. Being outdoors brings out the primal beast in all of us. Roll around in the dirt and get messy. The sex will take on these elements, too!

9. On the floor: No time to leave the bedroom or on a strict schedule? Move your little rendezvous from the bed to the floor. Start on the bed if you like and push it onto the floor. If things are rolling around, just let it happen. Gently holding a woman's arms above her head and thrusting heightens her awareness and experience. Mmmm....

10. Elevator: Every hotel has one. Late at night or just when there's a break in foot traffic, see what you can accomplish in one minute or less, as the ride goes up, or down. Like the Aerosmith song goes, "Love in an elevator, livin' it up as we're goin' down...."

11. Washing machine: If you're at home, traveling to a timeshare, or staying at a second vacation property- chances are there's a washing machine around. The natural rhythm of this machine helps out the love making process. Either you or her get on top. Put a load in the machine and let the good times roll.

12. Boat: Weather it's a boat, dingy, or catamaran; this is a fun place to get things cruising. Find whatever free area you can or dock in an abandoned area for a romantic feel.

13. Piano: Find one of these musical instruments and make your woman sing.

14. The zoo: With zoos around the world, there's plenty of time and room to find an area and get exotic with your woman. Holler out like a wild animal. Hey, when in Rome!

15. Limo: Rent one or own one, and roll the windows up. With plenty of room to stretch out, this vehicle will get your love life out of the bedroom.

When the sex life needs a boost or a jump, get outside the bedroom Kasanova.

Switch it up and live it up!

Wet & Wild IN THE WATER

BY: CHELSEA DILLON-MILLER



Kayaking

Expense: **\$ Mild**
Experience needed: **Mild**
Overall difficulty: **Mild to medium**
Manliness: **Sexy because we can do it together**

This sport can be done in the ocean, or on rivers, bays and lakes. Beginners are recommended to take lessons in a single or double kayak. Kayakers use a double sided paddle to help glide through the water easily. Different types of kayaks include white-water, playboat, creekboat, racing, recreational, sea, sit-on-top, surf kayaks, wave skis, canoe, inflatable, multi-hull, outrigger, and fishing kayaks. Take your woman out for a day in the kayak and impress her with your sporty spirit. Check out www.kayakonline.com for all the news on this up-and-coming sport, including a list of all states and countries in North America currently supporting the industry.



Standup Paddle Boarding

Expense: **\$ Mild**
Experience needed: **Mild**
Overall difficulty: **Mild**
Manliness: **HOT because it works or shows off the abs**

Evolving from the surfboard and catching more publicity in the past 10 years, this activity can be done in the ocean, calm rivers, bays or lakes. Paddleboards are usually three foot-plus wide and ten foot-plus long, with a six inch thickness and usually hollow inside to help with the paddle boarder's buoyancy. You can kneel, sit, or stand as you paddle right to left, usually with a single fin paddle. This activity focuses training emphasis on the calves, thighs, abs and shoulders- essentially a full body workout. Get the lady in waiting in a small bathing suit and paddling around on one of these surfboards, and you two can have another full body work out later on, after your fun in the sun. Find out more at www.paddleboarding.com or take lessons from the No. 1 surf school in the industry, Pacific Surf School located and teaching in San Diego, Los Angeles, Hawaii, Costa Rica, and Bali. See more at www.pacificsurf.org.



Yachting

Expense: **\$\$\$ Heavy**
Experience needed: **Medium**
Overall difficulty: **Heavy**
Manliness: **Any man that can afford this, can afford me**

This sport is the recreational or competitive aspect to sailing or boating. Yachts can be rented or purchased and owners are usually part of a club or membership centered on the docking station. Take a day trip on a yacht or spend a week on the open seas being your own captain. Popular all over the world, from the Italian Riviera to the Pacific seas, this sport is the established man's sea adventure. Ahoy-matey! Bring your wench along for the rough or smooth sailing seas. Find out more about the yachting community at www.liveyachting.com.

Get your heart pumping and your hair blowing back with these exciting and enticing water sports. Women love a man's man. Try one or several of these sports on your next vacation. Better yet, plan one just for these activities.

Check out our rating technique to find which sport, or sports, suits your tastes best. Each category will be rated by mild, medium, or heavy. Expense will determine the amount of money each sport generally costs to partake in, and experience needed tells you what type of physicality the sport requires. Overall difficulty will determine if lessons or instructions are necessary and "Manliness" will rate how the babes see this sport. Let's get WET.



Wakeboarding

Expense: **\$\$ Medium**
Experience needed: **Medium**
Overall difficulty: **Medium to heavy**
Manliness: **If a man's athletic, this is his sport**

This sport came out of the combination of water skiing, snowboarding, and surfing techniques. The wake boarder is towed behind a motorboat at speeds between 17 and 24 miles per hour. Classes are recommended and beginners are pulled at lower speeds and encouraged to "stand-up" on the wakeboard, a fiberglass covered board about four feet by two feet. Riding can also include tricks like hand grabs, 180 degree, and 360 degree turns. With other maneuvers nicknamed the "G-spot," "Tantrum," and the "Hoochie Glide," this sport might just improve your love life maneuvers as well. Try out www.wakeboarder.com if you're interested.



Barefoot Waterskiing

Expense: **\$\$ Medium**
Experience needed: **Medium**
Overall difficulty: **Mild to medium**
Manliness: **Do you really need skis? Try something new.**

Still a little unsure about this sport? Here's the down low. This is essentially water-skiing, without the skis. Normally referred to as "barefooting," the speeds of this sport are higher than the average waterskiing due to the lack of skis. Said to have originated in the calm waters of Florida, the necessities for this sport are relatively low: a boat, a handled rope, and perhaps for beginners, shoe skis (smaller skis about 18 inches long). The upside to this water sport is freedom of movement compared to waterskiing, as the athlete is no longer constricted with skis. Connect with the "barefoot" community at www.barefootcentral.com.



Whitewater Rafting

Expense: **\$\$ Medium**
Experience needed: **Mild to medium**
Overall difficulty: **Mild to medium**
Manliness: **Pretty burly. Wear your beard for this one. I'll want you scruffy for this adventure.**

Originating in rivers worldwide, this sport is for the novice and advanced athlete alike. Instructions and group lessons are always recommended as this is a highly dangerous sport but as they say, nothing ventured, nothing gained. Traveling abroad? Join a group and find out more about the International Rafting Federation at www.internationalrafting.com.



Skimboarding

Expense: **\$ Mild**

Experience needed: **Medium to heavy**

Overall difficulty: **Medium to heavy**

Manliness: **Better be a surfer or skater to handle this one. Put me on the beach and let me drool away while you skim for me. I might skim you later, stud.**

Think of a smaller, thinner surf board. Then, imagine skimming the shore and water with the board, after your toss it through the waves and jump on. Skimming originally started out of the surfer creativity during the off season, when the waves were small, which is technically the perfect conditions for this sport. A skim board is short, small, thin and light. It's thrown down and "skims" through the shore-water or travels quickly up a small wave. During this time, the "skimmer" chases after the board, running, and leaps on to it to enjoy the rest of the ride. When done correctly, skimmers surf, glide and pass through or on waves and water effortlessly. Truth is this is a tough one. Experience is necessary. For all those watermen out there looking for the next challenge, here it is. Find out more at www.skimonline.com.



Jet Skiing

Expense: **\$\$ Medium**

Experience needed: **Mild**

Overall difficulty: **Mild to medium**

Manliness: **If you're a family man, this is the sport for you. We can do it with the family and then have alone time after.**

This is a personalized watercraft used singularly or in a double-ride to "ski" through the water at fast speeds. They can be used in the ocean, but are more common in bays, rivers, or lakes. Perfect for the family get-away, one needs but simply to rent and ride. Most water towns have them available right on the water or at the docks. Races and trick competitions occur worldwide too, find out more at www.jetski.com.



Parasailing

Expense: **\$\$ Medium**

Experience needed: **Mild**

Overall difficulty: **Mild to medium**

Manliness: **Very romantic. Take me now.**

Parasailing is the sport where a person or couple, are towed behind a boat as they fly in the sky, 20 to 30 feet behind and up, floating with a specially designed parasail or canopy. Often, parasailing lovers can go higher and enjoy the beautiful vistas offered by the ocean scenery. Plan a trip at www.parasailing.com.



Windsurfing

Expense: **\$\$ Medium to \$\$\$ Heavy**

Experience needed: **Medium to heavy**

Overall difficulty: **Mild to heavy**

Manliness: **This sport is for a true waterman.**

Windsurfing is the sport of attaching a stand-up sail to a surfboard, and surfing the water directed by the wind. Lessons or instruction is highly recommended for beginners or introductory persons to the sport in general. Offering a full body workout, windsurfing is the hot sport on the West coast in California and Hawaii. Usually medium to heavy winds are desired for an effective ride. This is a hugely competitive sport, find out more at www.uswindsurfing.org.

Get wet and wild in the water. Your woman will be impressed and turned on. You'll feel like the energetic man you want to be. Hit up the water Kasanova, just jump in.

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LEXUS

Story by Terence Maddison Photos Provided by Lexus

LFA



Without a doubt by now you have heard of the new supercar the **Lexus LFA**. The LFA represents the first time that the Lexus automaker has developed a supercar in the history of the company. Lexus spared no expense or lack of time on creating the exotic beauty you see in front of you here. Lexus poured every ounce of their heart and souls into the LFA, to produce a truly amazing tantalizing driver's car.

The development of the LFA took a dedicated team of engineers, handpicked by the chief engineer at Lexus, Haruhiko Tanahashi, almost a decade to create the LFA completely from scratch. Everything on the new Lexus LFA has been designed and manufactured in-house right down to the carbon fiber reinforced plastic (CFRP) for the chassis and body work. At four times the strength of aluminum, the CFRP process created some major advantages, giving the LFA significant weight savings of 100 kg, also giving it the strongest, most ridged chassis and body work possible. The LFA uses advanced resin technologies utilized by aerospace programs; 65% of the car is CFRP and the remaining 35% is Aluminum Alloy.

Hurling the LFA to its top speed of 202 mph and its 3.7 second zero -60 time, is a bespoke, naturally aspirated V10 with a displacement of 4,805cc, creating an impressive 552 horse power through its 9,000 rpm range. The V10 produces 354 pound feet of torque at 6,800 rpm with 90% of it available from 3,700 rpm to its 9,000 rpm redline. The engine was designed by Lexus in a partnership with Toyota Motor Corporation to create the most compact, light weight engine ever imaginable. The V10 has some cool design elements like the 72-degree angle between the cylinder heads (which is the perfect angle to produce an exceptionally smooth running engine).

They also gave the engine individually electronic controlled throttle bodies to each cylinder, giving it the best possible throttle response. It is also equipped with a dry sump lubrication system, allowing lower center of gravity placement in the engine cradle, equal length exhaust manifold and high volume fuel injectors, as well as the Dual VVT-I technology.

The engine was also harmonically tuned to sound like a Formula 1 car. The engine has an unbelievable sound that can only truly be appreciated in person.



Photo's Courtesy of Lexus

Getting all this power to the ground is an equally advanced transmission, specifically designed for the LFA. It is an automated 6 speed sequential gearbox (ASG) transferring the power to the limited slip differential. This is contained in a trans-axle located in the rear axle, giving the optimum 48:52 front to rear weight distribution. It is operated by a paddle shift mechanism that has blindingly fast up-shifts of just 0.2 seconds. The ASG has four driving modes to choose from Auto, Sport, Normal and Wet. Each mode comes with specific gear shift programs and engine/brake control logic, so the driver can tailor the car's performance to suit any driving conditions.

Controlling all this power and bringing the car from speed to a stop, is one of the most advanced braking systems in the super car world. The LFAs disc brakes are made from carbon ceramic material (CCM) and the brake pads are high friction micron pads, giving the LFA fade free braking in all conditions. Six piston aluminum brake calipers up front and 4 pot calipers in the rear. The LFA has track tuned suspension coming from hours of testing at the famed Nurburgring's Nordscheiffe circuit to give the LFA the best balance of comfort and control. The Bespoke double wishbone front/multi link rear design uses aluminum alloy for its strength and weight saving abilities. They even used the aluminum monotube dampers from the LFA race car. The LFA comes equipped with light weight 20-inch forged aluminum BBS wheels that are fitted with asymmetric Bridgestone tires 265/35ZR20 up front and 305/ZR20 in the rear.

The LFA leads the field in aerodynamic design, achieving excellent high-speed handling, stability while providing drive train cooling, and more than enough air to cool the high revving V10 motor. It has a .31 drag co-efficient, so slicing through the air comes as effortlessly as a samurai warrior slicing his opponent with his sword. All airflow is controlled precisely around, under, and over the LFA giving it high down force at top speeds. It also has an attractive rear wing aiding in the down force. The side mirrors were even designed to move air into the rear air scoops. Now that's innovation.

The interior of the LFA was designed with driver focused ergonomics, and comes with only the finest leather and Alcantara upholstery throughout. The race inspired seats give the perfect amount of support needed in a vehicle capable of hitting the 200 mile an hour zone. There is also lots of exposed carbon fiber throughout, giving the performance inspired look and feel. Owners have options of paint schemes and interior details to suit their individual tastes.

The coolest feature is the LCD digital display console, fitted with Thin Film Transistor (TFT) and a motor-drive moveable ring. It has a single circular dial with digital tachometer needle. Lexus had to go digital because conventional gauges couldn't keep up with the V10's quick rev changes. While driving, the digital display keeps driver's aware of upcoming shift changes. The display is fully customizable, so go ahead and set it up how you want it. When the car is started, the instrument display is triggered, creating an awesome visually appealing show, of the four dials radiating out of the center to their positions around the center tachometer. These include the fuel level, oil pressure, and water temp gauges. Very cool.

The price of the LFA is set at \$375,000 and does not include delivery, processing and handling fees. There are only going to be 500 examples made, worldwide. This keeps this car super exclusive. Place your order before there are none left. With quality of design and craftsmanship, these beauties are going to go fast, and not just on the roads. The Lexus LFA is the first true supercar to come out of Lexus and I think it is an amazing piece of machinery. *Can't wait to see what they do next.*



LEXUS LFA

THE RIGHT WAY TO PLAY

HOW TO DO BUSINESS ON THE GOLF COURSE

Ken Gilbert spent more than 25 years working in advertising and marketing for Snapple, Rolls-Royce, UniWorld, Ford, AT&T, and other globally-recognized companies. Gilbert started playing golf after observing how his wife used the game to develop relationships with her clients in the reinsurance business. He now runs his own company and plays 60 rounds of golf a year as a member of the Canyon Club, a private country club in Armonk, NY. Gilbert discussed the basics of mixing putting and pitches with Monarch.

1. IDENTIFY YOUR OBJECTIVE

Gilbert recommends that anyone looking to mix business and putters should identify beforehand which of following three golf rounds they are playing.

Getting to Know Your Client – Both parties are fairly unfamiliar with one another, but recognize the potential for a mutually beneficial relationship. Focus on learning about your potential business partner and establishing a certain comfort level. If business is to be discussed, let them bring it up first.

"If I'm taking a client out on the golf course for the first time, I take advantage of that time on the golf course to get to know them," says Gilbert. "People reveal a lot about themselves on the golf course that they may not reveal in a boardroom or in a conference call," says Gilbert.

Tackling Issues With Existing Business Partners –

Both parties are familiar and comfortable with one another through prior business or social engagements. It's more appropriate to directly address business issues here.

"Sometimes I'll invite someone out to play golf and I'll say 'Let's play golf and when we have time I would also like to talk about this,' because they are prepared for it. And most of the time they'll want to talk about it also, so they'll bring up [the business proposition] when they're comfortable."

Enhancing a Relationship – You may want to further solidify an existing relationship or introduce two parties who have ongoing business with, but do not know one another. Again, the focus here is less on business issues and more on really getting to know the person you are working with.



2. AVOID HARD BUSINESS AND SURPRISES -

Bring Up Important Business Well Before Reaching The Golf Course -

Any business to be discussed should be addressed long before your client takes his or her first swing. Any serious negotiations should be left for the office.

"I would only bring something like that up if it was something that we were previously discussing," says Gilbert. "If it's extremely serious and involves something that I want to happen only in an environment where we are concentrating and focusing on this point of negotiation, I won't do it on a golf course because you're not going to get someone's full attention."

Showing that you are willing to spend the time and money required to know more about the client and their business needs can prove beneficial to both parties.

Don't Force It -

Having a hole-by-hole strategy to tackle a tough course is expected. Planning a step-by-step strategy to enter into new markets may be necessary to get support from key executives in the office. But planning hole-by-hole exactly when to bring up business issues during a round of golf with a business partner is generally ineffective, and can be downright annoying for your guest.

The purpose of taking a current or potential client is to get to know them and their needs better. Forcing the issue shows a disregard for their business and personal needs. Treat the day like a first or second date. If you feel you must bring up an issue that you did not mention beforehand, feel it out and wait for the opportune time. Again, it's all about showing the client that you are sensitive to them and their needs.

3. BRING YOUR GUEST ETIQUETTE

Do not take off your shoes at a parking lot. –

"You need to put your shoes in a bag and check it at the pro shop, because most likely your host has already told the pro that you're coming...Change your shoes in the locker room," says Gilbert. "Most people at private clubs do not like to see people change their shoes in the parking lot."

Tip, tip, tip –

Tip the service, including the locker room attendant, and especially the bag boy and the shoe cleaner. Never less than five dollars. Sometimes if you offer to tip, the staff will graciously say "No, thank you, we can't do that". But you should offer to tip.

Don't cheat!

4. BE A PROPER HOST

Do what you can to make your guests happy – Get there before your guest arrives. Make sure they are checked in. Give them your cell phone number so they can call you when they get near by or

get lost. Bring extra golf balls. Do everything possible to make sure it is a pleasant experience for your guest. Going the extra mile can put you in good favor.

"Sometimes I'll ask someone to come out and play golf and I'll say "Does your boss play golf?" And if that person says "Oh yeah, my boss loves to play golf," then my next question immediately is "Does he belong to a club?"

If the answer is no, then it is the perfect opportunity to give your client's boss a chance to play at a private country club. Going above and beyond makes the client more comfortable with you and gives an indication of the kind of dedication you bring should they decide to become your business partner.

Don't suggest any "friendly wagers" -

Just the idea of putting money on the line, no matter how much, can be uncomfortable. But if your guest offers, feel free to take on the challenge if it is within your comfort zone.

Avoid off-color stories and language -

You never know what values and beliefs are important to client. Saying the wrong things can quickly put a damper on the mood. Better to be safe than sorry.

Don't tell people how to play –

Gilbert suggests not giving swing advice unless you are a one or two handicap or professional golf instructor. He also refrains from telling golfers how to play the course, regardless of how foreign the terrain is to them. They should instead, be given the option of asking for a few ways to shave points off of a course they are unfamiliar with.

5. IF YOU ARE NATURALLY COMPETITIVE, BE COMPETITIVE *If you are naturally competitive, don't shy away from your urge to win.*

"Business people appreciate competitors. Competitive means being sharp at what you do and that you want to win," says Gilbert. "It doesn't mean that you necessarily want to win at their expense, but you don't need to play "client golf."

6. KEEP IT FUN

Keeping the client entertained is crucial. Negotiations are delicate and tough to manage, and the last thing you want is a client's bad experience to carry over to the boardroom. Take advantages of high points during golf rounds. These provide excellent opportunities to bring up negotiations.

"There's nothing like introducing a business subject after a client has hit a great shot," says Gilbert.

The Girls of Reality



Rachel Reilly

Rachel Reilly is an American bikini model, actress, television personality, burlesque dancer and sex symbol. Rachel has been featured on numerous Internet and social media sites.

She is a character in a soap opera, playing Julie the waitress in "Bold and the Beautiful" and had appeared for the summer of 2010 on national network TV co-starring in "Big Brother 12". Rachel has recently guest appeared internationally on television, making a feature appearance on the Slice Network of Canada and also was featured in a film.

Rachel was featured on the cover of Sturgis Magazine with Rock Icon and American Idol judge Steven Tyler, as well as a poster, pamphlet and billboard with the legend.

Rachel has had a national swimwear campaign, which was featured in national magazine ads, and the cover of a catalogue. She has appeared on 4 national magazine covers, 12 posters, 7 calendars, and 3 catalogue covers.

This bikini vixen has also won many titles and contests based on her vixen like curves and fun effervescent bubbly personality.

This young starlet has a fan base in the thousands and growing. It's no wonder why.



Kristen Bitting

Kristen come to us from Philadelphia, PA and describes herself as determined, strong-minded and loveable.

Her turn-on's are big muscles, intelligence and open-mindedness.

Her turn-offs include ugly tattoos, ignorance and pompous jerks.

Kristen enjoys skiing, running, traveling, reading, learning new things and art. Her idea of a perfect date is running with the bulls in Spain. You will recognize this beauty from Big Brother 12.

Accepting who you are and being happy with yourself and your life is what she believes makes a woman sexy.

Her favorite part of the male body is back and shoulders, and if she could have sex anywhere in the world with no-one watching: The Colosseum, Rome.

Her life goals include becoming a television host, a motivational speaker for woman and an author.

Her perfect KASANOVA? Someone who is confident but not cocky and who is crazy about ME!



Jill Haneey

Jill grew up in a small town in Ohio called Valley View. After leaving her hometown she moved to Chicago where she lived for 7 years as a hair stylist.

A family girl who claims, "I couldn't have better parents than my Mom and Dad. I also have two older sisters, and we're all closer than ever!"

Since moving to California, Jill has changed her career path from working in a salon to working in the film industry doing hair and makeup. Jill loves working with new people and new locations all the time.

Jill can be seen on this season of *The Amazing Race*, Sunday nights on CBS. Jill says her favorite travel spot on the show was St. Petersburg, Russia.

This *Doll Face Beauty* is self described as independent, compassionate, and outgoing.

She enjoys biking, running, yoga, reading, and volunteering at pet rescues.

She continues to pursue her styling career in tv and film.

So don't be surprised when you see her in the next hit show!



Kelly Czarnecki

Don't be fooled by her girl-next-door looks Kelly Czarnecki is an adventurous spitfire from the mid-west who loves the outdoors. She was the hottest blonde on CBS SURVIVOR – Season 17 GABON. Kelly can hang with the guys- throw a ball, fish, camp and loves a good time.

This could be because she is the only girl in a family of three brothers who have helped make her both physically and mentally tough.. but don't be intimidated she has a girly, sweet, wild side too!

Want to wild her up? Shower her with any gummy candy and you won't be sorry! She dreams to one day open up her own Candy Store.

Look out for this energetic, free spirited, candy lover...she will take you by surprise. Kelly now Resides in Los Angeles, California.

Make sure to tune in to NBC's "Minute To Win It" every Wednesday at 8/7c



Bridgetta Tomarchio

Being in the entertainment industry's spotlight, you are always judged. Especially when you're also a beautiful woman. True, Bridgetta has always been known to have a little bit of a bite to her, but she's actually been biting her tongue more than you know. Now with her new show, "Spittin' Venom", Bridgetta exposes her raw backside – LIVE & UNCENSORED!

Her extremely blunt opinions and insanely clown-like antics are enough to keep you tuned in on their own. Add to the blender a kooky co-host-Aron, from a different planet himself, a panel of lively characters, sexy games, celebrity guests, a mix of moronic escapades, and the fact that "Spittin' Venom" takes place at a fully stocked liquor bar. You won't believe your ears!

Bridgetta is being called the female Howard Stern as she is finally able to say all the things she wanted to say but never could. The gloves are off. The veil has been dropped. You've been warned!

Self described as crazy, ambitious, UNSTOPPABLE! This girl is going places, so keep your eye on her.

Like that's going to be hard...Meow!

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- 1 Surprise Her:** Spontaneity is a sure fire way to light up her life. Whether it's telling her you're going to dinner at the local joint and instead taking her to a candlelit gondola ride, or renting a Ferrari for a day. She'll love the unexpected behavior and it will make her think she always has something exciting to look forward to with you, even if she doesn't know what it is.
- 2 Make Her Laugh:** When we laugh it gets our endorphins flowing, so it enhances any experience we're having. If you make her laugh whether it's by cracking a joke or acting silly, she'll associate positive feelings with you, and she will want to spend more time in your company. Besides, it's nice to be able to let loose and enjoy uncontrollable laughter together.
- 3 Wine and Dine Her:** Women love to get dressed up and feel like Julia Roberts in *Pretty Woman* for a night, yes, spoiled. So make reservations at the best place in town, buy her a dress complimented with a red rose, and give her a romantic evening of bedroom eyes, kisses on her hands, sweet conversation, over an expensive candlelit dinner. The ambience of the evening will light the spark to her flame, and keep it burning for you.
- 4 Take Her Away:** Whisking your woman away for a quick weekend getaway or a ten day European cruise, will add adventure to your relationship and create memories together that will last a lifetime. There's nothing like exploring a new place with your partner and indulging in all the pleasures it has to offer, whether it's lounging poolside, jet skiing for hours, sightseeing, or meeting new people. The experience of vacationing together creates an "out-of-this-world" experience for her, where falling in love is par for the course.
- 5 Cuddle with Her:** Women love to cuddle. Something about being wrapped up in your warm arms gives her a sense of safety and protection. If it's an after dinner walk where you wrap your arm around her and pull her close, or early in the morning when you share a deep embrace under the covers. Cuddling with a woman will make her feel secure with you, and she will gladly open her heart to you if you do.
- 6 Be Intimate with Her:** Intimacy does not just mean sex. Though your sex life will be highly satisfying if you are genuinely intimate with your woman. True intimacy involves disclosing personal thoughts and feelings with each other, talking about meaningful people or memories in your life, sharing your goals and dreams together. Intimacy in a relationship will develop trust and an unbreakable bond that will solidify any relationship and make it last.

11 WAYS TO WIN HER HEART

Sweeping a woman off her feet is like a fairytale experience for her with you playing the Prince. Women love the romance of a love affair. So to win her heart you have to give her experiences that enhance her world and idea of love. Remember, when you were a boy you were playing with monster trucks and remote control cars, while she was reading, "Beauty and The Beast." The fact is, the Beast did win his Belle and they lived happily ever after. With these 11 Ways to Win Her Heart you can give her that fairytale romance that will keep her yours for years to come.



7 Introduce Her to Your Friends & Family: When you invite a woman into your world, it means exposing her to all aspects of it, including your closest friends and family. They say to judge the character of a man, look at his friends. Women want to get to know your friends and family too, especially if she is dating you or in a relationship with you. This will make her feel at ease with you because now you will have a sense of closeness that only connecting personal social circles can bring.

8 Trust Her: If you want to have a woman in your life, to spend time with and enjoy experiences with, you have to trust her like you would a great friend. Tell her things in confidence. Know that she is someone you can rely on, someone to talk to who will respect you and the things you say, and she'll care. When you show a woman you trust her, she will go to great lengths to keep that trust. It's important to her.

9 Be Transparent with Her: Transparency is about being honest and upfront. This includes your thoughts and feelings about her and about the relationship. Women long to know where they stand with a man. So tell her. If you love the way she laughs, tell her. If you're falling in love with her, tell her. "The truth will set you free," was not just a tag line for no reason. It has merit. So keep it mind and be honest with her, she'll love you for it.

10 Love Her: If you are serious about a woman and want the relationship to see the next levels, then let yourself fall in love with her and really love her. To really love a woman means to want to know almost everything about her, to admire the special qualities about her that make her unique, to respect her for her decisions and dreams in her own life, and to care enough to stand by her side and give her any support necessary to sustain her happiness. The love you give is the love you get.

11 Marry Her: C'mon boys... We all know how fairytales end. Happily ever after with a white dress, a pretty ring, and a smiling bride and groom. Yup, happily ever after does exist, but you have to be the one to create it in your own life. So, if you've found that amazing girl that you love everything about, you get along magically with, you can't get enough of her and you sincerely care about her happiness, marrying her is the ultimate way to win her heart forever.



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