

penile) region, which may be a big reason that women are so focused on shoes—yours and hers. Carrie Bradshaw was on again, off again with any number of men, but her Manolos endured. And perhaps now we know why Imelda sought solace in 1,060 pairs of shoes. But even if you're not a Filipino dictator, you can make this work for you. "There are 36,000 nerve endings in the foot," says Kathleen Miller-Read, a massage therapist and spokeswoman for the American Massage Therapy Association. "By exploring these, you can find sore spots all over the body." If your girlfriend has her feet crammed in high heels all day, she's bound to have aching toes and a sore back. Use your thumb and forefinger to gently pull, twist, and rub below her toes. For her back, focus on the heel of her foot, moving your knuckles in a circular motion all over the heel. She'll let you know when it's working.

Where Your Kinkiness Come From

Weird sexual fetishes or fantasies are brain symptoms. They fall into the category of impulsive-compulsive disorders: impulsive when you can't control the behavior and compulsive when, even though you may want to, you can't stop.

A person who's prone to voyeurism, exhibitionism, bestiality, transvestism, S and M, or infantilism (deriving sexual pleasure from being treated like a baby) often has too much activity in the emotional parts of the brain, as we see in people who have obsessive-compulsive disorders, and too little activity in the PFC, or judgment center. A study of 26 men with unusual sexual fantasies found that using medications to balance these two areas of the brain gave the men significant relief. But then, so did wearing an adult diaper and being handed a rattle. You can't tell with some people.

How to Control Your Brain

Even though men are programmed to look at beautiful women and populate the earth, the human brain, especially the prefrontal cortex, has evolved to the point where, with proper training, we can be thoughtful, goal oriented, and focused on our families. You are not a rodent, doomed to follow the pattern of hormone receptors in your brain. Ask yourself: What are my goals for my relationships? Stay focused on loving and protecting the people in your life, and it's mind over what really matters.

