

SORRY, ED, A 'HANGOVER' LIKE THIS ISN'T VERY FUNNY

IN FACT, WE REALLY HOPE IT'S THE LAST ONE WE HAVE TO ENDURE. PAGE 14



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Soldier murdered on London street

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Cash in with our new dating columnist

PAGES 20-21

Summer getaway must-haves are here

PAGE 19



Why we're keeping our eyes on the 'ball

PAGE 22



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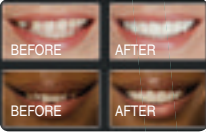
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GET PAID AND GET LAID

Bad sex doesn't magically happen. Fear of inadequacy, limited skills, distaste for confrontation and passivity are but a few among many identifiable afflictions that could jeopardize your orgasms — and your career. It's worth noting the behaviors that make your genitals frown could also decrease your paycheck. I'm not going to explain why you might suck in bed. Quite the opposite; I want you to have a better sex life. And you deserve more money.

Whether you wish to be properly paid or laid, the secret could lie with recognizing your self-worth. Confidence is strongest when based on what we believe to be fact. People who think they are beautiful exude higher self-esteem, regardless of height, thigh width, hair length or other physical traits. Likewise, when you know the value of your contributions to the

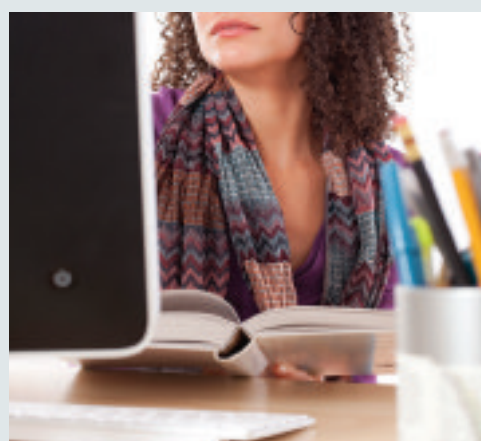
workplace and can communicate them effectively, it's easier to ask for a raise. So do it!

—Twanna A. Hines is an award-winning educator and sex columnist. She has contributed to CNN, NPR, Sirius, Lifetime, Mashable, Nerve, Fast Company magazine, CBC (Canadian National Radio), Paris Première (French television) and Al Jazeera. She's online at FUNKY BROWN CHICK®, and you can follow her on twitter @funkybrownchick.

Do your research

Get Paid

DO: Use an online salary calculator to estimate what peers at similar companies earn. Adjust upward for years of experience, degrees and company size.



The information is out there — it's up to you to chase it down.
 GETTY IMAGES, FOGSTOCK

Get Laid

DO: Read credible articles, books and advice columns. Listen to podcasts and talk with your doctor. When it comes to sex, more information is better.

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Communicate and listen to needs

Get Paid

DO: Remember that salary is only one aspect of compensation. Include flexible hours, more vacation days or other perks in the conversation about your employment needs. Also pay attention to what your employer needs from you.

Get Laid

DON'T: Expect your lover to read your mind. Be vocal inside and out of the bedroom. Also, pay attention to what your lover is looking for.



NO ONE IS A MIND READER!
ASK FOR WHAT YOU NEED
AND LISTEN TO YOUR PARTNER

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Walk away if you need to

Get Paid

DON'T: Remain with an employer who is either unable or unwilling to adequately compensate your work. If you have to find a better match and break up with them over it, seriously consider it.

Get Laid

DO: Realize you are worth more than your most horrible relationship. Stay solo when necessary because your own company is better than bad company.



If your partner or your job aren't giving you what you deserve, hit the road.

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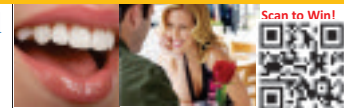


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