

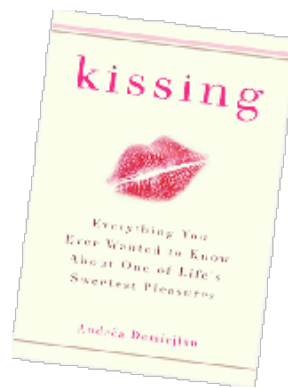


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Did You Know:

* We'll spend an average of two weeks kissing in our lifetimes?

* The average woman will kiss 79 guys before she's married?

* Champagne, caviar and oysters are not the only aphrodisiacs? Buttered popcorn, black licorice, pumpkin pie, donuts and cheese pizza can get a guy's libido pumping. For girls, it's banana-nut bread and cucumbers.

Former ad exec Andrea Demirjian, a single forty-something New Yorker, learned these facts and more when she wrote [Kissing: Everything You Ever Wanted to Know About One of Life's Sweetest Pleasures](#), just in time for Valentine's Day. We enjoyed chatting with Andrea:

Women & Wine: What on earth possessed you to write a book about kissing?


Andrea Demirjian: A few years ago I was experiencing a bit of a kissing drought. Then at a party I met a man, ended up kissing him and it woke me up off my glass bed. It led to kissing not only him, but other guys, some of them old boyfriends. I took notes and produced a spread sheet.

W&W: A spread sheet on kissing?

Andrea: I put in data on the color of guys' eyes and hair, and whether I liked the way they kissed to see what kind of guys I was attracted to. I thought older men with dark hair, but the data showed I was attracted to younger guys with light hair. My friends loved the report, wanted me to do reports for them. It was a hysterical girl-talk things that led to my doing massive amounts of research and taking polls, and writing my book.

W&W: What did you learn about the relationship between kissing and having sex?

Andrea: Guys in their 20s and 30s, for the most part, said for them kissing should lead to sex. The older men I polled said it's okay to kiss and cuddle without it leading to sex. When I asked women if they had to choose between kissing or sex, 63% of them said they'd give up sex.



"Those bonding girlfriend trips have benefits that last long after the bags are unpacked"

Kitty Bean Yancey
USA Today
April 28, 2005

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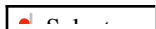
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"Women & Wine combines the best components; great wines with unforgettable experiences...."
-Karen MacNeil, Author of *The Wine Bible* and Chair of the Rudd Ctr. at the CIA in Napa

W&W: Kissing, the short history?

Andrea: One theory is that it started with cave women – mothers who passed regurgitated or chewed-up food to their babies' mouths. Another theory is that cave men kissed women to see if they would make a healthy mate. If the cave girl had bad breath, it signaled poor health. Ancient India was a hot bed of kissing, as in the Kama Sutra. After Alexander Great invaded India in 326 BC, he brought kissing back to the Mediterranean, where the Romans elevated it to an art. But some say Roman men kissed their wives when they came home at the end of the day was to see if their wives had been into their wine vat.

W&W: What about kissing in Asia?

Andrea: In the 16th and 17th Century, men and women in China kissed openly. In the mid 20th century, the Chinese government nixed kissing, said it was unhygienic. Today, with the influx of Western media, the young Chinese want to kiss in public. Companies are sponsoring kissing contests--and older people are trying to outlaw them!

In Japan, people are traditionally reserved. Some of today's Japanese teenagers make a big thing out of kissing in public, just to stick it to their elders. They even have a term for it: "Hito mae kisu." Islamic culture forbids kissing, and in parts of India and Turkey you can be thrown in jail for kissing in public.

**W&W: What happens biologically when you kiss?**

Andrea: Your hormones pop. Lips have lots of nerve endings, so when you stimulate them, it sends signals to the brain, down the spinal column, to your private parts.

W&W: Can you teach a guy to be a better kisser?

Andrea: You have to do it very very subtly, trying new ways of kissing without letting him know it's because you don't like his. A guy you think is not a great kisser might be a great kisser to someone else. Kissing is a form of communication; it reveals things about personality, whether you're reserved, generous, outgoing, or quiet and shy.

W&W: Is there such a thing as chemistry between two people?

Andrea: Yes, it's all about pheromones. Every person has a body chemistry and emits chemicals and hormones. You can't smell them, but we are animals by nature and there are things we don't think about day to day that connect us on a primal level. They especially come across in sexual intimacy. Some people connect better than others and it doesn't have to do with body types, but intangible qualities we can't see or touch.

W&W: What about kissing and wine?

Andrea: Wine definitely relaxes you and gets you in the mood. If you think about a romantic dinner, it includes candlelight and wine, right?

W&W: Who are you kissing these days?

Andrea: My perverse irony is that I'm so busy with my book, I have no time for kissing!

To order *Kissing : Everything You Ever Wanted to Know About One of Life's Sweetest Pleasures* , click [here](#).