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Title: Make foreplay an all-day affair

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It's the end of the day, and you're tired. You try to get out of work mode, but your mind keeps flipping back. The nights with your partner are getting quieter, and your bedroom is starting to be used only for sleeping. You both know you have to get your sex life back on track. It's all about the foreplay, folks.

Even as you head out of the house, you should be getting back into each other. You just need to stay connected. Foreplay can be an all-day, out-of-the-bedroom affair.

So start early. The morning is your opportunity to set off the day. Forego the oranges and juice up on a nice morning kiss. It's got all the nutrients you need. Leave a suggestive note before you leave in the morning. A to-do list won't cut it unless it's to be fulfilled later in bed.

A little flirting can take you everywhere. Leave a voice message waiting for your partner at work. Detail the specifics of what you'd love to do later. Your messages can be as dirty or as clean as you're comfortable with.

If the morning isn't your bag, get things going once you're already at work. Take the time; it'll be worth it. The connection you and your partner share by day will nurture and incite your intimacies at night. Keep it vital.

Of course, sweeping the files off your desk and going for a mad daytime session would be a sweet idea if not for all of those pesky co-workers. No need to hotel it; you can have foreplay all day without ever touching. Start small. If you have a door, shut it. If you don't, grab your cell phone and some privacy. Then give your partner a call and let your imagination loose. Get outside of the day and inside of your partner's head. Take a chance in the conversation; communicate what you'd like to be doing together. It may be loving touches you desire; if it's frosting slathered all over each other, so be it. Get talking. Get communicating on how being together at that moment would feel. Why not? While your co-workers go out for their afternoon latte break, get your sugar from your partner.

If giving good phone isn't your style, use your hands. Flirt in a text message or an e-mail. Make sure to use your private account. You don't want your boss in on the action. Lather your partner with everything you'd love to do together later. Smear your fantasies of what's to come all over that little screen. Be intimate. Take a chance and trust. Talk dirty, talk light, whatever your style is. Communicate it. Get each other ready.

Real sex starts with understanding your partner. Small favors and little statements go a long way. If your partner is feeling bogged down, helping around the house can be just as sexy--if not more than--as anything overt you can muster. Just stay connected and committed to doing what it takes, inside and outside of the bedroom. Lingerie delivered

in a nondescript envelope by a messenger, golden. Whatever is sexy to you, share that with your partner.

It's all about involving your partner at rare times during the day, and in different ways. Going to lunch together? Bump it up. Surprise your honey with a lunch so special it could be dessert. It's all about indulgence and spontaneity. Make a date to kiss, on the street, wherever.

You'll find that kissing ass during the workday can take on a totally different meaning. Get to it.

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