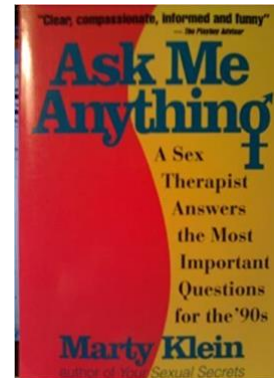


**"Ask Me Anything:  
A Sex Therapist Answers  
the Most Important  
Questions for the '90s."**

**Author Marty Klein**

PhD, Certified Sex  
Therapist and Licensed Marriage  
and Family Therapist for 34 years



**Question #11 from "Ask Me Anything," page 15**

**11. Certain nonsexual smells turn me on. Why?**

You're not alone in this regard. The nonsexual smells that arouse various people are almost limitless and include those of foods, cleaning materials, clothing, machines, animals, furniture, and even medicine.

Why does this happen? Because smells trigger memories. Your first kiss may have been in a kitchen filled with fresh-baked pie; mine was under a recently polished mahogany desk. The first place we have sex, the breath of a special person, the hideaway where we met a secret lover, the soap we used when preparing for a date—all get an honored place in our olfactory hall of fame.

Like taste, smell bypasses the cognitive, rational part of the brain. This makes it a perfect way to store memories connected with feeling rather than thought. The smell of mahogany polish—and the taste of the boysenberry jam my six-year-old girlfriend had been eating—will *always* excite me just a bit.