



MY FAVORITE SUBJECT

How to have
more and better
SEX...Guaranteed



MY FAVORITE SUBJECT

A Guide For Men Who Want More Sex

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Preface

When you get into a relationship, you would like sex more than once per week, month, or year right?

Having a lot of sex is often thought of being reserved for the single guy, but that's just a myth. When you are in a relationship, you **CAN** have sex just as often as a single guy, and guess what – you can have **better sex than the single guy**.

Understanding the information in this eBook will help you be a rockstar in bed when you do get into a relationship. It is better to know how to rock a woman's world in bed before you get her, rather than have to learn when you are with her – or worse, after you lose her!

Being in a relationship allows you to be open, honest, and comfortable in a way that you can't have with a stranger. When you are in a relationship, you can just get down to business and do the things you really like without worrying about what she will think.

The point I want to make is that if you don't pay attention to what I have to say in this eBook, then you will always be the guy who only gets sex once a week (or less.)

This eBook is going to show you how you can have sex way more than one time per week, no matter how long you have been with your partner...and

not just have sex, but have GREAT sex.

Any guy can get their woman to 'give in' and have sex with them, but not all guys can get their woman to *want* to have sex with them.

Trust me, having sex with a woman who wants it is always better than having sex with a woman who wants to get it over with! But, I may not need to tell you that.

In part, this eBook is about sex as it pertains to women. It will talk about why sex is important, how women view sex, and what you need to do in order to get a woman in the mood before sex, how to keep her excited during sex, and how to make her want more sex after sex.

In short, this eBook will help you get laid more by understanding what makes women want to get laid.

So...let's talk about sex.



This doesn't have to be you!

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Chapter 1: Sex In A Relationship

The first few chapters of this eBook are about sex in general. I debated putting this stuff in, but I feel it is important to talk about this stuff first to help set up where you are in the sex department or where you need to be.

In short, I wouldn't recommend skipping these chapters if you really want to learn how to please your woman and why you should!

Tip 1 – The Topic Of Sex Can Be Offense To Some Women

When I write about sex on my blogs, many people are extremely offended. I'm not talking about just a little ticked off, I'm talking about downright pissed off that I have mentioned anything about sex online.

Many people label healthy 'sex talk' as pornography. I've even had people refuse to be a part of my blogs because the word 'sex' is found somewhere on them.

Really?

I'm always astounded at some people's reactions towards sexual conversations, because, as I see it, sex is very important in intimate relationships, and it is a huge part of life in general.

Most of us are having sex in our relationships because it is a natural and appropriate part of an intimate relationship, and if you are offended by sexual education or a sexual discussion then I'm willing to bet that you may be experiencing a problem in your own sex life.

This type of disgusted attitude has been picked up by women more so than men. Women tend to hear 'sex talk' and automatically think about pornography, whereas men are more open to talking about sex and what they want.

Because of this mentality, many women will not broach the subject of sex and talk what they want. It is just not a subject that they feel comfortable talking about. And that means that a lot of their questions, needs, and concerns are never talked about either – which is why I feel many women are lacking in the pleasure department.

The good thing is that the Internet makes it easier to search for answers without having to admit that you are searching for answers. Therefore, curious women can search for answers to their most off-limits topic. However, not everything can be answered on the Internet because some subjects are still just not talked about.

For instance, many women do not know if their vagina looks normal. There are not a lot of discussions about women's vaginas on the Internet, and this can lead a woman to feel uncomfortable with her vagina.

What does that concern you? Because it makes her uncomfortable during sex as well and it can put a big damper on your sex life.

So, if your woman is not keen on talking about sex, then chances are she has some questions, needs, or concerns that are unanswered and hindering her ability to have pleasurable and uninhibited sex.

Your job is to ensure that your woman feels comfortable talking about sex around you. No question or concern should be off limits.

If she is comfortable talking about sex around you, then she will be

comfortable having sex with you.

If you do not currently openly talk about sex, then you can make her comfortable by opening up to her first. Talk about your sexual concerns (even if they are embarrassing or something you would not talk about with the guys.) By doing this you are opening a new line of communication in your relationship that she will likely not have with anyone else, even her doctor, and this will strengthen your sexual bond together, which will result in more sex down the line.

Tip 2 - Sex Is Important In A Healthy Relationship And A Healthy Body

Anyone who tells you that sex is not important in a relationship is lying. (So, if your girlfriend or wife tries to use that line, call her on her bullshit.)

Being close sexually *is* important in every intimate relationship. In fact, sex is the reason that you have an intimate relationship. Without it, you are just friends.

NOTE: In this eBook, the meaning of the word *sex* includes the physical act of sex as well as kissing, touching, caressing, and – well, all that stuff that women need to feel intimate and connected...*but we will get to that later.*

Why is sex important in an intimate relationship? Well, for one, it gives us a break from everyday life and the stress that comes with it. During sex our thoughts are *normally* geared towards pleasure and intimacy, and we are swept into a world of naked bodies, fantasies, and pleasurable feelings.

Obviously that is a vast difference from our non-sexual life where stress, worry, and anxiety can play a huge part in our days. When we are having sex, and we are not focused on stressful things, our stress melts away, and the positive result of that can last well beyond the act of sex.

Sex also allows you and your partner to get physically closer (obviously right). The great news about that is that touching someone in a romantic or loving way actually makes you healthier.

Just a few of the benefits of touch are:

- Lower blood sugar
- Increased immune function
- Less anxiety
- Lower heart rate

According to a study done at Wilkes University in Wilkes-Barre, Pennsylvania, people who have sex a few times a week had 30 percent more immunoglobulin A (fights infections) than people who did not have sex as often.

So, if your woman needs a reason to have sex, then tell her that sex can literally make her healthier both mentally and physically.

Tip 3 - Sex IS Special And It Affects The Rest Of Your Relationship

As I said, sex is a special part of an intimate relationship that you don't have with anyone else. It is a special act that only the two of you share, and it creates a special aspect to your relationship that you don't have with anyone else. Sex can make you feel more accepted and involved with your partner.

During sex you allow yourself to be vulnerable, both physically and mentally, to someone in a way that you do not do with anyone else. This can

only tighten the bond of trust between the two of you because being vulnerable requires trust.

Have you ever had a dry spell in your sex life only to find the rest of your relationship suffered as well? If you haven't, believe me it affects the relationship.

When sex is not healthy in a relationship, it can lead a woman to feel disconnected, unattractive, and undesirable to her partner.

A man can feel as though he does not satisfy his partner and bring her the pleasure that she needs from sex. It can make him feel inadequate not only in pleasing her in the bedroom but even out of the bedroom.

With feelings like this it is only natural that they start to leak into other aspects of your relationship. You may become withdrawn from your partner and feel less connected than before. You may start to feel as though you are inadequate in satisfying your partner in other areas of your relationship as well. Negative feelings have a way of taking hold and snowballing into something bigger and more negative.

Therefore, it is important to keep your sex life healthy and happy if you want the rest of your relationship to be healthy and happy.

Tip 4 – Always Treat Sex Like Air or Food In An Intimate Relationship: It Is THAT Important

So, back to the sex-talk haters...whoever closes their ears and waves their fingers about sexual discussions may need to think about their own sex life because something is probably lacking.

Close mindedness about sexual education and discussions may lead to close mindedness about sexual pleasure inside of the bedroom. And as we just

discussed, that may lead to other relationship problems both in the relationship and the individual.

Sex is an important part of *all* intimate relationships.

Don't stop talking about your sex life (or lack of it) with your partner because if it gets brushed under the rug and becomes non-existent, then you will end up with huge relationship problems, and most likely a breakup. Keep sex a continuous and important part of your relationship at all times.

Also, don't close your mind to reading about sexual topics (anything that interests you or could help you) as it may be something you can use in the bedroom tonight and bring you and your partner closer.

It's interesting to note that the less sex you have in your relationship, the more important it becomes to the success of your relationship. Therefore, if you are having sex 7 days a week, sex will be less important to you (and cause less problems) than if you are having sex 7 times a year.

Tip 5 – Three Benefits Of Really Good Sex

As I said, whether you are just starting out or you have been in a relationship for a long time, sex can bring you closer to your partner both physically and emotionally, as well as make you healthier both physically and mentally.

Sex can also change your perception of each other and the relationship itself. For instance a relationship that was on the rocks can become much stronger when healthy sex becomes a consistent part of it. What better reward is there when your love gets stronger and sex is the reason for it?

Following are three other benefits of a really good sex life that will help make the relationship and the sex even better.

1. You trust each other more than ever.

Sex involves letting ourselves be vulnerable and completely open with one another. We trust that our partner will treat us with respect and love while we expose our most intimate details and fantasies in life.

When we are in this state with each other, and there is no judgment, fear, or any other negative emotion, our trust in one another is naturally going to increase. **Trust is one of the biggest components of any healthy and happy relationship** and this type of trust will naturally leak into the rest of your relationship.

So, if you find that you trust each other more than you ever have before, and you can be open and honest in the bedroom, then sex is likely pretty good in your relationship.

2. Communication becomes easier and more natural.

Communication is just as important as trust in any intimate relationship that stands the test of time. When you have great sex, a natural form of communication that flows easily and effortlessly between each other also emerges. You'll begin to talk about more important stuff than you used to, whether it be about your relationship or about your beliefs and needs.

Not only will your desire to talk to your partner increase, but you will talk about stuff that you may not even talk about with your closest friends.

3. You begin to understand and accept each other more.

Sex can make you see your partner in a whole new light. The fact that the two of you are engaging in an activity that results in more trust and better

communication (which should naturally bring you closer), the way you look at each other will be affected as well.

You will become more patient and willing to see each other for who you really are and become less judgmental and opinionated towards each other.

Annoyance and irritation will fly out the door and be replaced with patience and acceptance. Instead of ‘the annoying habit’ it will just become the habit that they have always had.

Tip 6 – There Are Even More Benefits To Having Sex

I know I’m talking a lot about sex and the benefits of it, but it is important to know the benefits so that you can encourage your woman to have sex and spot when sex is going well.

First, you burn calories while having sex. It may not be a ton of calories, but if you add some cool moves to your sex session it will be a lot more calories than you would burn sitting around reading!

But research has shown that having regular sex affects every part of your body, inside and out.

Sex is a natural stress reliever. When you’re having sex, you feel good. Guilt, negative thoughts and stress tend to melt away, and instead you focus on the moment and pleasure at hand. This puts you both in a happier mood that helps you tackle life in a positive and productive way. Also, blood flow to the brain increases, giving you more ability to stay mentally sharp. So if you want to be more productive, then have sex!

Research has also shown that having sex can **keep your antibodies at a high level**, which means you will get sick less and have fewer infections. I can attest to this, my husband and I are hardly ever sick – although, we do

eat a pretty decent diet and get a lot of exercise, but for the sake of this article, I would have to say having sex is something to do with it.

Are you having circulation problems? Having sex helps to **improve blood flow which in turn improves circulation in the vascular system**. This helps you to have brighter and healthier skin (which will be a huge benefit for most women!)

In fact, there are lasting beauty benefits from having sex with an orgasm. **Orgasms trigger endorphins and growth hormones** that aid in healing skin damage caused by smoking, the sun, and other factors. A study done in Scotland showed that people can look up to 12 years younger by having sex every day. So, the next time your woman complains about how old she looks, give her an orgasm!

One of the biggest benefits of having sex is that it is **heart healthy!** Skip the vegetables and have sex instead! (Okay, well maybe include the healthy food as well.) **Studies have shown that men who engage in sex at least two times per week have a lower chance of getting heart disease than those poor men who only have sex once per month.**

Sex also gives you more self confidence in life. Sex helps you to feel attractive both inside and outside of the bedroom, and that confidence can carry over into other areas of your life as well. (I always picture the geeky guy in the movie who gets laid and comes out feeling and acting like a confident man ready to take on the world.)

And of course pain relief is another benefit of sex. Remember the old ‘sex cures a headache’ line – well, it is really true. **The release of endorphins, which happens right before climax, has a similar effect as opiates, and triggers the morphine receptors in the brain.** So, cure an ache with some sex, but make sure you include an orgasm! (Don’t worry, we talk about giving a woman an orgasm later if your woman does not have orgasms.)

Interesting note: Ever wonder why you’re hungry after sex?

Apparently, inside the stomach, gastric acid secretion increases while you're having sex and this promotes hunger.

Chapter 2: Sexless Relationships

If you are in a relationship that doesn't include much sex, then you will be happy to know that you are not alone. In fact, you would be surprised at how many people are in a sexless relationship. Recent surveys have shown that *millions* of couples are in a sexless marriage.

A **sexless marriage** is defined as having sex less than 10 times per year, which roughly works out to **once a month**. With life getting in the way, you can see how this can happen very quickly!

The problem with a sexless marriage is that, as we discussed in chapter 1, being intimate is an important aspect to any happy marriage and healthy relationship and life. (Anyone who tells you that sex isn't important is probably in a sexless marriage themselves and has given up on trying!)

When you are not having sex and being intimate, it can cause problems in the relationship. Fights can occur due to being frustrated, angry, bitter, resentful, and sad. Not to mention that sexless relationships can result in an affair, which can add more stress to a relationship and cause it to break up very quickly.

Tip 7 – Spotting The Phases Of A Sexless Relationship

A sexless relationship doesn't just happen...in most cases. I have watched shows where really awkward people get into a relationship and because the sex is so awkward they just decide not to have sex at all.

If that is you, then you may want to visit a sex therapist or sex coach that can help you turn your not-so-fun sex life into something fun. Everyone deserves to experience fun and satisfying sex.

However, chances are that you have not always been in a sexless relationship. If sex has dwindled, then you are in one of the following three phases.

Phase 1 – Realization

This is the phase where you realize that sex has dwindled down to nothing and you start to get worried. You want to fix the situation, so you talk to your partner to find out why sex has become non-existent in the relationship. You and your woman probably have both agreed that you are going to try and do something about it at this point and start to look for ways to rekindle the relationship.

Phase 2 – Nothing Has Changed

Despite your desire to have more sex, nothing has really changed. All of that ‘action’ that you and your woman talked about has resulted in a big, fat nothing, and you are still not having sex as much as you would like to (if at all).

This is the phase that lasts the longest in a sexless relationship, and if you are not having sex right now, then the chances are that you are currently in this phase.

This phase is your last chance to find a resolution and start having sex again. If you don’t, then you are going to enter into the next phase at some point in your relationship.

Phase 3 – Death To The Relationship

There is only so much that you can take. In this phase either you or your

partner has become so upset with the lack of sex that you do one of a few things.

1. Look for sex elsewhere and have an affair.
2. Start to withdraw from the relationship on all levels.
3. Start to live as roommates instead of lovers.

This phase will be the death to your relationship if you can't get yourself out of it, and by this point it can be very hard to start having a healthy sex life again. (Not impossible, just harder than if you were in one of the other two phases).

Tip 8 - Reasons You Are in a Sexless Relationship

If you are in a sexless relationship, you have to figure out the underlying issues. This means that you may need to confront some uncomfortable moments with yourself and your partner, but the bottom line is that if you can figure out the core reason why you are not having sex then you can find a solution, fix the issue, and start being intimate again.

The Difference Between Men And Women

Men and women are different in their approach to relationships, and that includes their approach to being intimate. The reasons for not wanting to be intimate can be quite different for a woman than a man, and vice-versa. This is why men and women may have very different reasons for ending up in a sexless relationship.

Reasons for Men

- His woman doesn't engage in the sexual activity that he wants.
- His woman doesn't like to have sex with him, or at least doesn't express enjoyment.
- He is not attracted to his woman anymore.
- His woman has changed in physical appearance drastically.
- He has erectile dysfunction and hasn't told his woman.
- He is cheating and satisfying his needs elsewhere.
- He wants out of the relationship.
- He is dealing with emotional issues like depression or anxiety.
- He has a hormonal issue affecting interest in sex
- He has an illness affecting interest in sex

Reasons For Women

A woman may have one or all of the reasons above (except for erectile dysfunction.) However, there are additional reasons that women are living in a sexless relationship.

- Her man doesn't connect emotionally with her during sex.
- She is not comfortable doing the things that he likes to do in bed.
- She has gained weight or lost weight and she is not comfortable with her body anymore.
- Her man has ticked her off and she hasn't dealt with the anger.
- She can't reach orgasm and she doesn't want to disappoint her man.
- She can't reach orgasm and doesn't experience true physical pleasure from sex.

- Her man does not make her happy emotionally.

Of course these are just a few of the reasons that both men and women would end up in a sexless relationship, but they are a place to start and help you move forward.

For example, once you realize that your woman is dealing with depression instead of purposefully not wanting sex, then you can start to deal with the core issue – depression.

Tip 9 - How to Fix a Sexless Relationship

Once you figure out the underlying reason for being in a sexless relationship, you can start to do the work to fix it.

The first thing you want to do is to start talking about the core issues! Being honest and communicating is very important in any relationship, especially one that is suffering through some sort of difficult time. If you don't talk about the situation, you will just create more problems and grow further and further apart.

Of course, if you are not having sex then your relationship may be lacking an intimacy that allows for easy communication. This is where the awkward part comes in, but it is necessary and it will make things much better in your relationship.

Then seek help for your issues. Chances are you will have to seek help outside of the relationship, because if you haven't been able to fix the core issues so far, you will have a hard time doing so even when you realize what they are. However, this depends on the issue. Sometimes, for example, the realization that her not having orgasms is the issue can easily be fixed by learning how to give her orgasms, and you don't need to look to far out of the relationship (sex therapist etc.)

The next thing you want to do is find a compromise between the two of you when it comes to sex or other issues you are having. For instance, if you find that sex is not occurring because of a difference in what causes pleasure then you have to find a compromise to make both of you happy.

Leaning towards what one person wants more than the other is not going to help when it comes to fixing the situation. It's just going to cause more problems and resentment. You should both be happy in order to feel a sense of intimacy between the two of you.

And lastly you must be committed to working through the issues you are having. This means taking all the action that you need to take in order to fix the issue, and sticking with it even when the going gets tough.

If you find that you have to face difficult emotions, then you have to trudge through that in order to get to the other side. Don't get stuck and stop moving towards happiness (and good sex) because you are uncomfortable dealing with things that come up.

Chapter 3: Becoming Sexually Confident

There's nothing worse than having a sexual encounter and wondering what your partner is thinking throughout the whole thing.

Unless of course you include trying to perform *that* move that you heard about, or trying to move your body in the way you think looks sexiest to your partner instead of just moving it the way that feels good to you.

The insecurity that comes from a lack of sexual self-confidence makes you have to put way too much thought into sex, and it takes away from the spontaneity, pleasure, and excitement of the whole situation.

Becoming sexually confident is imperative to letting go and experiencing sex to the fullest, and there are a few ways to become more confident starting right now.

Tip 10 – How To Become Sexually Confident

First, throw body image out the window before you begin any sort of sexual experience. (Yes, I know that women are the ones who are noted for worrying about their body image, but I know that there are many guys out there who are also worried about the way women view their body in bed.)

When you focus on your body image and, for example, hold your body in the 'perfect form' so that your partner gets the best view possible, you take away from your pleasure.

Remember, just like your partners body is not a mystery to you, your body is not a mystery to your partner either! They know what you look like from

those rare moments you let yourself relax, uncover, and loosen up (let it all hang out), and they know what you feel like when you are not naked (which is a good indication of what you look like naked).

Unless you think they are somewhat challenged in their perception of your body when they touch you, then you have to know that they have already 'seen' your body with their touch and they love the extra lumps or bumps.

And if they run away screaming when you get naked then they were not worthy of your sex to begin with.

Second, learn how to be honest with what turns you on. Self-pleasure is the best way to figure out what you like and what you don't like. **It may be interesting to know that men have an easier time with this as women tend to skip the self-pleasure and leave it up to the men to figure it out.**

Doing that is not fair to you because it takes away from your pleasure and it makes you have to search out her magic spots, which are usually very hard to find!

But we are talking about YOU right now.

So, in order for her to know what you like, you have to tell her what you like. Trust me, she will want to please you if you are pleasing her, and she will be more than willing to do what she knows pleases you. Women can be just as awkward around the male body as men are around a female body if they don't have direction.

Once she starts to please you in the way you want, you will feel better about sex and yourself in bed.

Lastly, arm yourself with tons of information about her desires and

pleasure to help you become more confident in bed. Read up on what turns the opposite sex on so that you can be more confident that you are going to do things that she will like. The more you know, the more confident you will become – it is that simple.

When you walk into the room knowing that you are going to please her, you can't help but be confident.

That is what this eBook is about. After reading it, you will have armed yourself with some information about women and what they want in bed, and you will know how to find out what your own personal woman wants in bed.

A woman's body can be harder to figure out than a man's body. Ok, it is harder to figure out.

When it comes to having sex with a woman, there are many more things to consider than just how a certain move feels to her. You need to take into consideration all of her senses while you are having sex, and if you are a fumbling mess then she might lose interest, and an orgasm, very quickly.

One way to get information from your woman is to ask questions in the moment. **For example, if you are wondering if the way you are performing oral sex is actually turning her on or not, you need to ask.** Asking may be uncomfortable at first, but it releases the pressure on you to find the right spot and it gives you the power to get there quickly without having to think about it. She will appreciate it and you will feel more confident that you are pleasing her.

The same goes for the other side of the situation. If you are getting oral sex and wish she would do it in a different way than she is, then you need to just go ahead and ask her to do it. There is nothing sexier than knowing your own body and what you like done to it AND verbalizing it to your partner. You take out the mystery and thought that your partner has to go through

while she tries to figure out what's working and what's not working, and you let her just enjoy pleasing you.

In the end, becoming sexually confident means empowering yourself with information about what you like and what she likes, as well as being comfortable with yourself, letting go, and enjoying the moment while you are in it.

Tip 11 - Using Sex Appeal Will Help You Be More Confident

Sex Appeal Definition: The ability to excite people sexually OR immediate appeal or obvious potential to interest or excite others, as by appearance, style, or charm.

We all have sex appeal inside us whether we know it or not. Yes, even you!

You can use this sex appeal to your advantage to help you win over your woman and get her to have sex with you. It doesn't matter how long you have been together, true sex appeal will make her knees buckle and want to get into bed with you.

You can even win over another guy with sex appeal; although, with him it may not be a sexual thing, but it will definitely be a respect and desire to please you or work with you thing.

When someone oozes sexual appeal, it causes an instinctual attractiveness that others can't ignore. You have probably experienced this many times in your life.

For instance, you have probably been more willing to please someone who has sexual appeal (regardless of their sex) than someone who does not seem to exhibit even an ounce of sexual appeal. Think about this...I'm willing to bet you can come up with a few examples.

But we are talking about sex and your woman here, so how can you use your sex appeal to your advantage with your woman? Well, first you have to know what part of you can be used to exhibit sex appeal.

The first part of your sex appeal is your looks. We get caught up thinking that the sexiest people look like Brad Pitt or Angelina Jolie, but the truth is that everyone is attracted to different looks. And because you have already attracted your woman, you know that she is attracted to you physically...she wouldn't be with you otherwise!

Everyone finds different physical traits attractive. I had a friend who found her husband's big, skinny nose a turn-on, not just attractive. It was just something that she liked and while most women would have not been a fan of his nose, she couldn't get enough of it.

The point is that your woman chose you, in part, because of your looks. So be confident that no matter what you look like - you are a guy that she is attracted to.

And if you really think that you lack in the appearance department, then luckily for you, your sex appeal is much more than just looks.

The second part of your sex appeal is your charm or demeanor. In fact, this is MORE IMPORTANT than your physical appearance. Even the sexiest man can be single for life if he has a shitty attitude and the ugliest man can always have a woman if he has the right personality.

Most women find a man who is thoughtful yet 'manly' the sexiest. For example, letting your woman go through a door first, or opening her car door

as she gets in, is a very thoughtful and manly thing to do, and it adds to your sex appeal to her. She views you as her 'man' who offers protection and comfort (two sexy things) and that will excite her.

This is also why women like a man fighting for them. It makes them look manly (standing up to someone else without fear) and thoughtful (caring enough to stand up for her).

The third part of your sex appeal is confidence. You know how there are some people who are just hard to resist? Those people always have confidence in themselves and know they have what it takes to make people like them. There is no exception to this rule. If a person does not have confidence in themselves then their sex appeal is not going to be very high, whereas a person with a high level of confidence will be sexy.

Note: There is a fine line between cockiness and confidence. Cockiness is not attractive at all. Even though you still may draw some level of respect from people, you won't win over people with sex appeal this way!

When it comes to relationships, you have to be confident in your abilities to please the opposite sex in and out of bed. If you are, then all women will notice right away, and it will turn your woman on in a huge way!

Confidence in the way you talk, walk, and deal with situations is the biggest trait you can have to sway your woman (and other people) over with your sex appeal.

Real confidence in yourself also brings about happiness in your life because you feel good about yourself. This makes you a joy to be around, which of course is another huge quality that screams sex appeal.

Don't *pretend* to be confident as that will not come across as sexy. Instead **find your real confidence** and feel good about yourself naturally, as you

will find that it will work wonders.

Once you have your sex appeal working hard for you, you will be able to turn your woman on and get her in the mood easily.

You will also be able to sway the opposite sex, and your own sex, into helping you achieve things you want in life. Your charm will win them over almost every time and you will find that people are willing to break the rules a little just to make your life easier.

Chapter 4: Women And Sexual Preferences

Okay, on to the good stuff. At this point in the eBook we will start talking about women and how they think and react towards sex, as well as what you can do to help please them and satisfy their needs.

Tip 12 – You Are Probably Not A Stud In Bed

Some guys are really good at the *act* of sex...I'm talking about thrusting and holding in their orgasm. They can go for a long time, and barely break a sweat.

The problem is that many of these guys think they are a stud in bed and that their woman is probably the happiest woman alive and counting their blessings to have such a stallion in the sack.

I hate to break the bubble boys, but that's probably not the case.

All the women I have talked to and listened to over the years have told me the same thing. They either hate sex but don't know how to change it or they enjoy sex but they don't *love* it.

There are NOT too many women who are completely satisfied with sex, even if their man can go for a long time.

That should tell you two things:

1. The amount of time you take to orgasm (how long you can go) is not the decider in how good the sex is.

2. The act of sex is not the only thing that pleases a woman, and without the others factors (we will get to that soon) she may *never* be completely satisfied.

It's not all doom and gloom for men out there though. I have talked to women who are very happy with their sex life. Their men obviously know the above two points – *like you do now* – and have adjusted their sex life to make a woman really happy in the bedroom!

Tip 13 - How To Tell If She Loves Having Sex With You

So are YOU pleasing your woman in bed, or is she just *kind of happy* with her sex life and doesn't feel the need to complain?

Here's how to tell if she enjoys having sex with you at a high level.

- When a woman loves having sex with you she will be uninhibited and wild in bed.

- She will not be scared to ask for what she wants and she will want to please you at moments inside and out of the bedroom.

- During sex, you will know that she is having a great time just by the look in her eyes.

- She will initiate sex at unexpected times.

- You will not be in a sexless relationship (1 time or less per month); in fact, you will be having lots of satisfying sex.

- She is not afraid to tell you what she wants in bed.

Of course, the men who are with these happy women know exactly how to press their buttons to get them hot and in the mood. That's why these guys are so good in bed - they know how to take full advantage of pre-sex, during sex, and after sex moments to make their woman want them again and again.

And believe me it's all about the whole circle of sex for women, not just the bedroom part. This is why many men fail. Most men only focus on the *act* of doing sexual favors and not the other stuff that women need to get turned on.

This is not entirely the guys fault though. Women tend to not speak up about what they want, how they want it, and where they want it. Whether it's been bred into us women, or it's just a "he should know this already" thing - it's the truth.

I know of many women who have been turned on but don't act on it because they are waiting for their men to take the reins and give them what they *need* first. Of course the guy has no clue what she is waiting for or he would be doing it over and over again – and so the circle of disappointment continues.

So what do women want?!

- They want more than just your interest in them sexually.
- They want to know they are loved, cared about, craved, desired, and needed.
- They want your interest in them to shine through in more ways than just sex and sexual contact.
- They want the romance, the acknowledgment, and the passion that comes with a healthy satisfying relationship.

If you can figure out how to give them that, then you got it made, and your woman will view you for the stallion you are, no matter how long you last in bed.

Tip 14 - What Women Really Want In Bed

What one word could sum up what women really want and expect in bed?
Pleasure.

Pleasure is the ultimate reason we jump into bed, and the less pleasurable each time is, the less we want to have sex. It's that simple.

So a man's ultimate goal would be to pleasure his woman every single time in one way or the other. This secures another romp in the sack very soon - followed by another and another. Sadly, there are not many men that can actually do this, which makes men that *do know* how to treat a woman in bed so desirable.

You can blame a woman for the lack of pleasure because she doesn't speak up, but it's really not totally a woman's fault. Women and men think and act differently than each other; it's the plain and simple truth. Our goal should be to learn and understand our different needs and wants, and then act on them.

Women need to speak up in bed and tell men what they want and which way they want it, but a lot of women believe that men should *just know*. It's built into many women to think like this. They think that men should instinctively know what will please them and make them happy in bed, and until women change that way of thinking, many men are going to have to do the work themselves.

That's where books like this come in. You can learn what women want, and more importantly, learn how to find out what your woman wants without her having to give you the information first.

Here's a pretty universal list of what women want.

- Women want foreplay, touching, caressing, kissing etc.
- They want some sort of connection with their man that goes beyond just the sex.
- They want to be noticed and appreciated and cared for and loved.
- They want someone who makes them feel special and gorgeous, outside of bed AND while they are getting it on.

For women, sex is not just about the sex. The true appreciation for sex comes with the intimacy and connection that precedes and follows sex. Of course, an orgasm is good too, but if that connection is not there, then a woman will never be fully satisfied in bed anyways.

Tip 15 - How To Instantly Step Up Your Connection

There are two things men can do to instantly step up their game in bed and make a woman feel more connected to them.

1. Eye contact!

Want to send her a message that you enjoy have sex with her and not just her vagina? Then make eye contact.

Eye contact gives her those warm fuzzy feelings along with those warm wet feelings. There is honestly nothing better than opening your eyes and seeing your man staring directly into them. It's hot, exciting, and validating, and it's

a huge turn on.

Try it and you'll see what kind of difference it makes.

2. Make her feel more connected using touch.

Many men will kiss, lick, and touch only certain areas while in the act of sex, such as her breasts and vagina. This is essentially telling her that you only want to feel certain things, and that the rest of her body doesn't matter. In short, this sends a message that you don't care about her as a whole.

What men need to do is lightly touch everything along the way. It lets a woman know that her whole body is important to him and it also gives her a huge amount of bonus physical pleasure. (We will talk more about touch later.)

Use these two techniques tonight and you will feel the difference they make in your woman's view on sex.

Tip 16 - What Does Being Intimate Really Mean To A Woman?

Most men hear the word intimate and think sex.

Most women hear the word intimate and think close, cherished, and affectionate.

See the difference?

If you want to be truly intimate with your woman, you have to encompass all the areas of intimacy and not just the sexual areas. She will adore you for it

and your sex life will improve because of it as well.

Being Best Friends - This means sharing your experiences and life. Talking about your day and your future, and even your past, is part of feeling intimately close for a woman. Sharing inside jokes and beliefs is also part of being close. Of course, this involves communicating with your woman and sharing your feelings. But it's worth it because she will get so much from it and you will too.

Being Cherished - This means that you look at her as the wonderful woman she is, and you treat her like it too. You may be thinking 'I do cherish her, but why do I have to show it all the time?' The answer is simple. Because women like to hear it, feel it, and see it. It's a package deal. You have to hit every one of those avenues for her to *really* feel cherished. So start showing her how much you cherish her, and tell her whenever you get the chance.

Being Affectionate - This includes hugging, touching, kissing, foreplay, AND sex. It also means not having to have sex after any act that is before it. One can be done without the other; in fact, one *should* be done without the other often to show that you are not only concerned about sex.

Note: One way to tell if you have been affectionate without wanting sex is by showing her some affection and waiting for her response. If she says something like "I'm not in the mood" then you will know that she doesn't associate you showing affection without wanting sex, and that is not good! Make sure to increase your hugging, touching, kissing, and foreplay without the expectation (or demand) of sex.

Touching – I like to refer to touching as invading my space. Nobody else is allowed to invade my space like my husband can. In fact, I hate it when someone touches me in line at the supermarket, but I *need* that touch from my husband.

Touching can be done in many different ways and send many different signals to your woman. If you are always touching her with the intent of sex,

she will know it, and she will not appreciate it. Satisfying her intimate needs means touching her for the sake of just letting her know how much you are into her and how much you desire her without the call to the bedroom.

Engaging in foreplay – For the most part, women *need* foreplay in order to be satisfied. If you are skipping out on the foreplay, then you are sending the message that sex is all you want, and that she is being used for it – even if that is not your intent.

Most of the time you have to engage all of her senses to bring her into desire and pleasure. This is pure intimacy for a woman. If you don't build up her desire and pleasure, then you risk her 'just participating' in the act and not enjoying herself. This may lead to less sex for you, because really, what's in it for her?

So there you have it. Being intimate with your woman means many things to her, and if you include them into your relationship, then your relationship will be rewarded with happiness and more sex for you.

Also, all of these ways of being affectionate will be taken into account when she is deciding how good you are in the sex life department. If you hit all of these on the mark, then she will feel like the luckiest woman alive because most men do not do all of these things.

Tip 17 - What Women Like In Bed

The following list of things that women like in bed will apply to most women regardless of their fantasies or desires. As I said, most women like more than just the physical connection in bed and require some emotional connection as well to get them going. The emotional connection comes from **all their senses and not just the act of doing it**. So make sure to incorporate her touch, sight, and hearing,

1. Make eye contact now and again.

Whether you stare into her eyes or give her quick glances that she can see, make sure you give her some eye contact. Women love to know that their man is checking to see how they are reacting and what they are feeling by looking into her eyes. It also gives her a feeling that you really care about her as a woman and it validates that you find her sexy.

Plus, many people believe that eye contact allows your energy to connect on a deeper level. Probably because we don't just look with our eyes, we feel with our eyes as well – meaning what we see we experience. Therefore, if your woman can see that you are enjoying sex through the passion in your eyes, then she will experience you enjoying sex, and that will turn her on!

2. Touch her all over.

Make sure you touch her in more than just the 'usual' spots. You know those two spots that you can't get enough of?

Instead of focusing on the boobs and vagina, start from the top of her head and work your way to the bottom gliding over everything along the way. Women tend to associate your touch with you caring and acknowledging them. Through tender touch, you are showing her that you think every part of her is irresistible to you. As an added bonus, it also feels good and you'll hit those 'turn on' zones along the way.

3. Whispering something sexy in her ear.

Whispering in her ear uses two of her senses, her hearing and sense of touch. She will like the soft sexy voice telling her how hot she is or how much you want her or how naughty she's been, and she will melt feeling the soft wind of your voice in her ear.

Whatever you choose to say, make sure it's something she would like to hear

and not something that will make her annoyed instead of turned on. For instance, if she doesn't like to hear that her 'butt is so awesomely huge' while engaging in sex, then leave that out, even if you really believe it.

Tip 18 - How Long Do Women Want Men To Last In Bed?

In the beginning, sex is rough, quick, and dirty, and that's okay. Women don't expect hour long sessions when you first start having sex.

As your relationship moves along, women would like a little bit longer time spent on intercourse. However, too long of a session can create pain, dryness, and boredom.

Women are all different, and they all prefer a different number on how long they would like their man to last in bed. It really depends on the day and what is going on as well. For instance, if she has a bunch of plans for the day then she doesn't want long drawn out sex in the morning. She wants a quickie and then wants to get on with what she was doing.

For me, on average, I would say that anywhere from 5-8 minutes is preferable. Anything too much longer then that become uncomfortable and I start to lose my focus anyway.

Plus, because my man normally gives me an orgasm first through oral sex - sex is the icing on the cake and there is no need for him to worry about not lasting long enough to give me an orgasm, because I've already had one and I'm okay if I don't get there again.

If you want, check out [this sex calculator](#) that is fun and will give you a better idea of what 'average' really is in your age and ethnicity group.

The fact is that 5 minutes is actually extremely common average for intercourse - and here's the thing - while the intercourse may not have lasted long, you can do a lot before and after it. The sexual encounter could last hours, but the intercourse may be 5 minutes...for a woman it still all adds up to a lot of pleasure. So don't hurry straight into the intercourse and do your best to make the whole session worth her while.

The honest to god truth is that a man of modest endurance who is compassionate, loving, faithful, confident, and communicates well, will not only be a better companion than a man who can last a long time in bed, but a better LOVER as well, as that is what women are looking for.

If you want to get the most out of actual intercourse with a woman, the best tactic to take is to put off intercourse until she's actually begging for you to be inside of her. (She may be begging you right from the very beginning!)

Of course, to do that, the best thing you can do is learn is to be very skilled with foreplay and become an expert with your fingers and oral sex (which we will talk about later).

Tip 19 – How To Last Longer In Bed

If you feel that you absolutely want to increase the amount of time you last, then there are techniques that you can practice on your own that will make it easier to last longer and control when you have an orgasm.

For example there are:

Kegels – These are commonly called the best sexual exercises for men. They improve the health of the penis and increase your ability to last longer in bed.

A kegel involves contracting the PC muscle (the muscle you use to stop

urinating.) Most men find it very hard to contract this muscle and hold it for longer than a few seconds. In order to strengthen the PC muscle use it every second day by doing 50 kegels per day for at least one to five seconds each time. Once you can hold it for about 10 seconds, do a kegel before you are about ejaculate to stop the urge and then keep going.

Sensate focus – This helps you focus on the pleasure in a sexual session instead of just the intercourse, and it can help you last longer in bed - plus your woman will love it.

Sensate focus involves you putting your focus on touch, feelings, and love instead of the need to orgasm. To me, it is a way to be mindful about what you are doing in the moment instead of waiting for the release to happen, and I think that the more your practice it, the more it will benefit your relationship in the long run.

Start-stop technique – I think most of you guys have heard of this one. It is the practice of stopping all stimulation for about 30 seconds when you feel the initial urges of orgasm. This can help you last longer, BUT 30 seconds is a long time for a woman to wait to be pleased again. (When you read the section on a woman's orgasm, you will understand why.)

You can also wear a thick condom during sex. This will help to desensitize you and possibly help you to last longer.

You can also engage in breathing exercises, meditation, and relaxation techniques to help last longer in bed.

Chapter 5: How To Make Your Woman Want To Sleep With You

So, why would a woman flat out not want to sleep with you? I can tell you that there are a few reasons why the desire to sleep with you fades, and those reasons don't necessarily develop very quickly; instead they turn into issues over time.

However, once she starts to avoid sleeping with you during these times, it is very hard to get her to change her mind about jumping into bed with you (as many men already know.)

Tip 20 – Stop Being Selfish In Bed

Being selfish in bed will, without a doubt, cause your woman to avoid sleeping with you at all costs, and this is probably one of the biggest reasons many women out there are not having sex.

Think about it – why would a woman want to sleep with you if it is a boring experience for her and only pleasurable for you? That is more like a chore! And if she has a choice, she would rather do something that she does enjoy like reading, taking a bath, or even sleeping.

When you are selfish in bed you get in, get off, and get out. You do not give your woman a ton of notice that you are in the mood, and without turning her on or engaging in light foreplay (touching, caressing, etc.) you take off your clothes and jump on top of her. You may add in a kiss here and there and touch her in those two spots that you are supposed to touch a woman, but once you are satisfied that you have touched and kissed her enough, you are ready to go and there is no stopping you. You enter her and reach orgasm. Then you roll off her and abruptly go to sleep, watch TV, or do something else.

The sad part is that many women will enjoy this fast paced and foreplay-less sex in the beginning, but eventually when you don't give them more they will start to dread it.

I get it, you may not want to spend the time it takes to get her in the mood, pleasure her, and THEN please yourself. Life is full of activities and if you can save time anywhere, you will...but sex should NOT be one of those time-saving activities, not if you want to keep your relationship intact. Sex helps keep your relationship strong, and it deserves more focus than wham, bam, thank-you ma'am.

It's your choice - you can have a woman who would rather wash her hair than sleep with you, or you could have a woman who wants to sleep with you, probably even initiates it, and she'll please you just like you please her.

I think the answer is pretty simple.

How To Rectify Being Selfish In Bed

First of all you need to warm up your woman beforehand. Get her turned on and ready to go (we will talk about the 'how' later).

Next, take your time focusing on her **whole body** and not just a few certain parts of it. When she makes those 'happy sounds', it means she's turned on and ready for more of those same moves/gestures.

Remember, at that point, she does not want to end her pleasure so that you can start yours as soon as possible. When you hear a noise of pleasure stay there for a few minutes! At least a few seconds! Better yet, wait until she tells you to move on with her body or her words.

And lastly, when it's all said and done, make sure you spend a little time acknowledging the experience with her afterwards.

The bottom line is that if you want a woman to look forward to having sex with you, then you have to put a little effort in to getting her to an orgasm level or at least a high level of pleasure and satisfaction. And, if you can get her off before you than you've done your job! *Then* go ahead and get a little selfish.

Tip 21 – Don't Try Too Hard In Bed

Women want men to spend some time trying to please them, but believe it or not, you can actually try too hard in bed and that can turn a woman off from wanting to jump into bed with you.

Answer these questions:

- Is your main goal is to be the best lover that she has ever had?
- Do you want to have her screaming with pleasure at your every move?
- Do you use everything that you have ever learned, heard, or tried before in hopes that she will be wowed by your extensive bag of tricks?

If you answered yes, then there is a likely a problem.

First, you may pull out so many moves that her mind doesn't have time to catch up and enjoy what you are doing.

Second, you may give out a signal that you are not comfortable in your abilities to please her but instead that you are unsure of what exactly what will please her, and therefore you are trying way too hard to find something,

anything, which will work.

The irony here is the harder you try to please her, the harder it becomes when you are in that state of 'trying'.

Women need to be stimulated with many of their senses and if you are moving around from one area to another like a starving man in a buffet, then you are going to be stimulating her mind only - and in the wrong direction.

She will start to wonder if you know what you are doing and if she should pretend like what you are doing is great so she doesn't offend you, or if she should tell you that you are a disastrous hurricane in bed that she would rather not be with.

When her mind starts thinking like this, her body stops reacting in pleasure...and all of your effort is lost.

How To Stop Trying Too Hard

You need to slow down and stimulate her sense of touch, hearing, sight, AND her mind in a positive way to get the best response from her and really pleasure her the way you want to pleasure her.

For instance, if you know a few things that she really likes in bed, then take your time and do those things that always get a good reaction while learning about other things that also get her going.

Be a mystery in bed and alternate between things that she likes during your different sack sessions instead of trying to do everything at once. For instance, give her oral sex this time and stimulate her manually next time. She will never know what you are planning to do in bed this time and that element of wonder and surprise is exciting and a turn on.

If you don't know what she likes, then take the time to figure it out. Don't worry if you don't use all your tricks in one night. If you put too many tricks out there at one time, it will feel like you are just trying everything that you have ever read or heard about without actually listening to her body.

Take your time and figure out what she likes by monitoring her responses and you won't have to try too hard ever again.

Tip 22 – Stop Sucking In Bed

The title for this tip is a little harsh, but I couldn't find a better way to say it. You have to stop sucking in bed if you want her to desire you.

If you do everything wrong, then a woman will not want to sleep with you – it is that simple.

For example, if you hurt her instead of pleasure her, avoid doing the things that she has asked you to do, or do weird things that annoy her, then she will not want to sleep with you.

If you suck, don't take offence to that! You have to admit that you suck before you can start getting better. As Dr. Phil says, you can't change what you don't acknowledge.

It is the guys who don't admit they have issues that end up spending the majority of their nights sexless and on their own.

I knew one woman who was married to a guy that would not listen to her in bed. She repeatedly told him what she wanted done to her and he would do other things instead. Finally, she just stopped having sex with him altogether (in fact, the thought of sex with him totally turned her off.) Now they are

separated – of course. Don't become the guy that turns off your woman!

If you suck in bed, then she probably doesn't ever orgasm with you during sex or really feel connected to you. Could you imagine having sex with a woman and never having an orgasm yourself? How long would you want to keep sleeping with her?

How To Stop Sucking In Bed

Rectify the situation by becoming sexually confident. (Refer to chapter 3) Start to ask her what she likes in bed - and more importantly, do those things that she likes to her.

Also listen to her. If she tells you to move left, then move left. If she tells you to lick harder, then lick harder. If she tells you never to do something again, then listen to her. She knows what pleases her and what doesn't, and you need to pay attention to her and take what she says to heart.

Tip 23 – Understand That There May Be Other Reasons She Doesn't Want To Sleep With You

We touched on a sexless relationship before and why a woman would not want to have sex, but her reasons may have nothing to do with you and everything to do with her.

For instance, child birth can cause a woman not to want to have sex. The interest in sex lessens as the need to take care of their child grows, and physical issues can occur with her body that result in her not desiring sex anymore.

Other reasons she may lose interest in sex are:

- Menopause
- Depression
- History of sexual abuse
- Stress
- Medications that have a negative impact on sexual desire such as the contraceptive pill, painkillers, and anti-depressants.
- Hormonal issues
- Illness

And there are still more women out there who don't have the faintest idea why they don't want to have sex.

These women are scared to admit that they are lacking in sexual drive to anyone, maybe even themselves, so they just keep quiet about the situation and move forward with a wide arrange of excuses like 'too busy' or 'too tired'.

If your woman does not like to have sex, and can't pinpoint the reason why, then she needs to seek help to find out what is going on. Low sex drive is not normal in a healthy body or relationship, no matter what she tells herself.

She may even have something physically wrong, such as low levels of testosterone. Testosterone in women helps to regulate mood, energy, and libido. Production of testosterone is actually stimulated by regular sex, which is probably another reason behind the saying, "The more you have sex the more you want it, and the less you have it the less you want it!"

It may be awkward or even downright scary to approach the subject with your woman, but think about it this way - if you encourage her to find out why she doesn't want to have sex, then you can help encourage her towards

a life of fun filled nights and pleasure!

Chapter 6: A Woman's Body Image And The Influence It Has On Sex

One of the biggest reasons that women don't want to have sex or don't enjoy sex fully is because they are uncomfortable with their body.

Women don't just say that they are fat for the sake of saying it...they feel fat to the core of their being, and when they feel fat they feel unattractive. And when they feel unattractive they don't feel as though you find them attractive - and that inhibits sexual pleasure.

This is probably not because of you, unless you have told her that she is fat or ugly...which you better not have done!

Negative body image is a woman's constant fight in this world, especially in certain parts of the world where a certain body type equals sexy. I personally don't know one woman who is happy with her body and doesn't worry about what others think.

Women are bombarded with images of 'sexy' women, and because our body does not live up to that image, we become self conscious and sad about our bodies. We want to hide what we hate about ourselves, and because the bedroom requires us to be naked, we feel that shame the strongest inside of it.

When we feel shame about our bodies, it affects our sex life in a big way. Studies show that women who are self conscious about their bodies do not initiate sex often or enjoy sex as often as women who do like their bodies.

Tip 24 – How To Know When She’s Feeling Uncomfortable With Her Body

Are you in a relationship with a woman who is not comfortable with her body and, therefore, is not comfortable with YOU around her body? Do any of the following sound familiar?

- She will only have sex with the lights OFF.
- She doesn't want you to see her undress.
- Showering together is out of the question.
- She needs to do a full body makeover before you can get close to her!
- You can only have sex in certain positions!

There are many women who are uncomfortable with their bodies and will only let you see and feel them in a certain light and in a certain position, and this hinders both of your pleasure on a level that she may not even be aware of.

For instance, the chances of her having an orgasm when she is worried about her body image in the bedroom are small because her focus is not directed towards pleasure, but rather towards her image.

I never understood this until I got older and fell out of shape. My body used to rock, so I easily got naked in front of my boyfriends and let loose in bed. (Don't get me wrong, I still had the negative body image that most women have been taught to have since they were young, but I was just more confident in my body than usual at a certain age.) However, as I got older, I felt less comfortable with my body and my poor husband was the one to

suffer for it.

Speaking from experience, letting loose and being comfortable with your body is a freeing feeling for a woman. She can let go of all the pressure and stress about her body image and allow herself to relax enough to enjoy herself and possibly have an orgasm.

As I said, if your woman is not having orgasms, and you know that she is not comfortable with her body, then this is probably why! A woman needs to be fully relaxed and be in the moment in order to have an orgasm. She can't be stressed out about her body.

So how can you help a woman feel more comfortable with her body and just enjoy sex?

Tip 25 – CONSISTENTLY Let Her Know How Much You Love Her Body

A woman wants to hear that YOU feel like her body is the bomb! Even if she doesn't admit it and says things like, "No it isn't!" she WILL secretly believe you when you say it, and she WILL start to look at herself differently in the mirror.

But, you can't just tell her once or twice and expect to help her believe it. She needs to constantly hear how much you love her body until she fully believes it - and even *after* she fully believes it.

She needs you to say it repeatedly for reassurance that you are being honest and sincere.

Think of it this way - she has spent a long time telling herself that her body sucks (probably since she was in her early teens), and that can't be undone with one or two pats on the back. It took a lot of negative comments to get

her to where she is today with her body image, and it may take a lot of positive comments from you to get her back to a positive body image.

If you stop confirming that she is sexy at any point, then she may take that as a sign that you were lying or over-exaggerating, and you will make your woman feel as though the way she views herself is correct.

Really, it is not that hard to tell her consistently. Tell your woman how beautiful she is to you every day. The small amount of effort that this requires will earn you both a huge reward.

Tip 26 - Be Specific About What You Like About Her

Telling her that you love her body is not enough to make a woman feel better about her body.

To really drive home how her body turns you on, you have to be specific as well as general. For instance, you can tell her that you love the way her waist curves inward or that you love the way her ass is tight and makes you want to grab it. Focus on specific things to really let her know that you are paying attention to her body and that you really do enjoy the way it looks.

Believe me when I tell you that she will go to the mirror and check out her waist after you tell her you love it, and eventually she will start to believe it too. I personally still remember things that men have said specifically about my body and it is still a positive part of my body image.

Note: She may not ever look at the things you enjoy about her body because she is so focused on the things that she hates about her body! You may be the one who shows her that her body is actually pretty cool when she looks past her issues and into her assets.

Tip 27 - Make a Big Deal About her Body Outside of

The Bedroom

It can be very easy to talk about her body when she is walking around the bedroom, but if you talk about her body when you are not both naked, then that will show her that you are really sincere about the way you feel about her body and she will take your words even more to heart.

For instance, you can:

- Compliment her while she is walking up the stairs and you are behind her.
- Compliment the way her she looks when wears a new outfit.
- Tell her how sexy she is at random moments.
- Tell other people how great she looks to you.

Being Non-Verbal About How You Feel

You don't have to always verbally tell her how great she looks either. In fact, you should probably mix up the verbal and non-verbal communication so that she doesn't call you out as being excessively flattering (and therefore not honest).

Non-verbal communication is huge, and it will tell her much more than your words ever could anyway. For instance, I knew my husband was into me before he said anything to me (like most women). He would carry himself differently around me and look at me in certain ways which indicated that he was interested and attracted to me.

Most women are very good at reading non-verbal cues about how other

people are feeling, and you can use this knowledge to your advantage to really drive home the honesty behind your words.

For instance, you can:

- Let her catch you looking at her at moments that she shouldn't be looking at you.
- Look at her boobs while she is talking (this works during courting and in relationships!)
- Check out her ass when she walks away. (There is a good chance she will notice.)
- Look at her lips occasionally when she is talking to you.
- Make a turned on face when she walks into the room (you have one right?)

I should say that women know when men are into them even when they are not looking at them directly. It is a built-in sense that women have when it comes to body language and I can't explain it fully.

But I can tell you that I have known guys are looking at my butt as I walk away. I believe that this is a connection to the energy around us, a sixth sense, but that is another book for another day I suppose...my point is that you should use your body language to express your feelings and, if you do, she will get the message.

Tip 28 – Use Your Touch To Help Her Feel More Comfortable

This is a small but important tip. If you like her body then you will want to

touch it - at least that's what she thinks, so touch her and let her know that you crave her body just the way it is.

The more you want to touch it, the more she will believe that her body is something that you cannot get enough of, and consequently, her body image will start to improve.

The added bonus of doing this outside of the bedroom is that it will make your woman feel as though you really do like her body morning, noon, and night - and not just during sex.

Tip 29 - Never Tell Her She's Crazy!

I probably should have put this first...but I will leave it as a last thought for you because it something that you should not forget – EVER.

You may feel as though you need to tell her that she has lost her mind if she doesn't think that she is sexy, but don't because this is not going to help you make your woman feel better about her body image.

You have to understand that she really believes what she is saying when she says negative things about herself, and if you tell her that she is wrong, then you will make her feel like you don't think she's a rational person, and *that* will make her struggle with a whole new issue about you altogether!

You should, however, always follow her negative comments about herself with a positive comment. Do not ignore her concerns about her body because that can cause her to feel as though you don't care about her concerns. (I know, there is a fine line that you have to stay on, but it's worth it – trust me.)

For example, if she says that her ass his huge, then tell her that you love her ass and then spank it. If she says that her hips are too wide, then tell her that

you love the way her hips look and that you would love to be kissing them right now.

Always follow her negative comment with a positive comment to leave her knowing that your image of her body is a positive one.

Be consistent with this as well. Chances are she is going to have mood swings and be fine with her ass one day and horrified of it the next. If you say something like, "You thought your ass was hot yesterday, why did you change your mind all of a sudden?" then you are telling her that she is off her rocker (which she probably is at that point but she doesn't need to be reminded of that.)

Women do have different moods which affect the way they view their bodies, and while you can't stop her from having those moods, you can help her remember how much you love her body no matter what mood she is in.

Chapter 7: Finding Out What Your Woman Prefers In Bed

Do you know what your woman prefers in bed? Does she like to take the reins or does she like to sit back and watch?

Not many people think about this, but looking at dominance and submission preferences is a huge part of figuring out what a woman enjoys (or doesn't enjoy) in bed, and it is something that every man should know about his woman.

Every woman is most likely a little more submissive or dominant in bed. Unless you actually find out for sure, you may never know which one it is if she's just trying to please you and act the way she thinks you want her to act.

When we hear dominance and submission we think of hardcore masters and slaves, but that's not what I'm talking about...unless you are into that. I'm talking about the need to give up some control or take some control. There is a spectrum between pure dominance and submissiveness, and I think everyone falls into that spectrum somewhere.

The reason women hold back their preferences in bed is because of limiting beliefs. These beliefs are just as they sound...limiting. They put a filter on our reality and mess up our pleasure.

For example, a woman may believe that she cannot have a preference one way or the other. She may believe that she has to be submissive in bed. And because everyone has a preference one way or the other, this can cause her to miss out on pure pleasure during sex.

Limiting beliefs include:

- Women are not supposed to want to be dominant in bed.
- Men think that being submissive is a sign of weakness in all aspects of life.
- My man will leave me if he finds out my preferences.

Tip 30 - You Need To Find Out Where She Lays On The Spectrum Of Dominance And Submission

There are many more limiting beliefs when it comes to preference in bed, but just know that they are holding her, and you, back from experiencing the pleasure you both deserve in bed.

All of her fantasies are somewhere in the spectrum between dominant and submissive, which means that all of her pleasure is in that area as well.

Sometimes our fantasies don't actually equal pleasure in the end, but it is our right as humans to be able to experiment and find this out!

Most dominant woman will like to have some control in bed. However, many dominant women will not want to disappoint their man in the bedroom because it is a stigma that the man is supposed to be dominant. She may be really dominant, and not want to look like an insane person who wants to hold you down and have sex her way. Even though she probably wouldn't look insane in your eyes, she may view it that way when she imagines what you would think.

On the other hand, if she is very submissive in bed, you may not be as aggressive as she would actually like, but it may be hard for her to tell you that. Sometimes a woman who likes to give away the power in bed will not

want to look like she's just lying there so she will force herself to do more than she actually wants to do. I know of many women who orgasm harder and faster when they are being still and dominated without having to move or make any noises.

The point is that she likely falls somewhere on the spectrum of dominant to submissive. If you don't know for sure, you are missing out on some naughty role playing that could send her, and you, over the edge.

However, chances are she is not going to come out and tell you where she is on the spectrum if you don't ask – because of her limiting beliefs.

This means that you are going to have to enter the uncomfortable zone again and ask her. Don't worry, it only stays uncomfortable for a few minutes and then it becomes an interesting and exciting topic that you will both love discussing (and thinking about later on.)

When my husband and I first started dating it was one of the first things that I asked him. I remember it clearly. We were driving to a friend's house and I came right out and asked him if he was more dominant or submissive in bed. He almost lost control of the car! Then after some careful thought he said dominant, and I said, "Good, because I'm more submissive." There was a long pause of reflection after that and it set the tone for our sexual relationship, which may I add was a great tone!

In the end, once you find out which side of the line she falls on, you can use that to your advantage and start pleasing her by playing into her fantasies. She will be more relaxed and at ease knowing you accept her for whatever she wants or needs to do in bed to get the most out of it.

If you are both at one or the other end of the spectrum, then you need to compromise and take turns playing out your fantasies, but I don't think that is likely to happen. I personally have never met two people who are either dominant or submissive in the bedroom.

Tip 31 – How To Find Out Whether She Is Dominant Or Submissive In Bed

Okay, so we have established that it is important to find this out.

If she hasn't told you which one she prefers yet then chances are she is shy about it so you need to outright ask her.

It may be best to lead into the conversation with some sex talk. I know that I just asked my man what he thought and he damn near drove off the road. If your woman is shy (which my man is not) then she may do much more than what he did, so leading into it gently is a better way to go.

If she's still shy about it when you ask her, then let her know that once you know you will be able to please her even more in the bedroom, and that whatever her preference ends up being, you will LOVE it. That should get her to open up about which one she prefers.

Another way to find out is to watch movies that involve some dominance or submissiveness. If she reacts to certain parts of the movie, then you may get an idea about what she prefers and doesn't prefer.

But really, there is no magic pill for this. You are going to have to open the lines of communication unless you are a mind reader...and if you were then the chances of you not satisfying your woman in bed would be very slim.

Tip 32 – Don't Expect Your Woman To Be Like Any Other Woman Sexually

If you are heading into a new relationship and have visions of your new girlfriend acting the same in bed as your old girlfriend did then you are

setting your new girlfriend up for failure and yourself up for a surprise.

You've probably gotten used to the way you turned your ex on and got her in the mood for sex and think that it will work the same for your new girlfriend. WRONG! It couldn't be farther from the truth.

Every woman is different in their sexual habits, likes, and dislikes. Just because Susie liked to be rough in bed doesn't mean Jenny will, and if you expect Jenny to perform like your ex did, you may be setting her up for failures and yourself up for disappointment.

There should be no expectation chart for women in bed. They do not have to live up to the porno actress that you watch over and over and they do not have to move like a stripper in the club.

The fewer expectations you have with your woman the better. This way the new experience will be like something you have never had before and you'll appreciate the differences and new things you are learning.

Some women like to be kind of submissive in bed while others prefer to be totally submissive. If you try to completely dominate a woman who doesn't like that then you are going to turn her off and, more importantly, piss her off, which will ruin the mood for the night.

- Some women like the lights on and some like them off.
- Some will dress up in role playing costumes and some won't even think about.
- Some will use sex furniture and some think that's disgusting.
- Some will pretend to be furniture and others will run at the

suggestion.

My point is that you can't compare sexual experiences between women, and you can't use the same moves you used before for the new woman you have now.

So before you even get her into bed figure out what she likes and doesn't like by asking her. There is no better way to learn what she likes than to hear it from her mouth.

Chapter 8: A Woman's Orgasm

Woo-hoo! Now we get to talk about one of my favorite subjects – the orgasm.

Tip 33 - Saying I Love You With An Orgasm

Oh sure, the old standby of flowers, chocolate, romance, and a foot massage is a great way to say I love you, but imagine how much it means when you give your woman an orgasm!

A person's orgasm is an intimate thing that only two people should have control over - themselves and their lover. So that fact alone makes it a special and unique bond that two people share and should be very appreciative of it when it occurs.

For men, women giving them an orgasm with oral sex, manual sex, or just taking control of sex is a great way to say how much you love, want, and crave them.

For women it means the same thing, but it also sends a message of caring, love, and compassion.

Women relate an orgasm to love for a couple of reasons.

1. Women take a lot longer to reach orgasm, in most cases, which means that their man has to sometimes put in a lot of time and effort into that orgasm. Trust me - it's always noticed and appreciated.
2. Women also need the proper stimulation in the right place to get to an orgasm. This can sometimes mean very repetitive licking or touching on one

specific spot. What that means is that their man has to know what he's doing and pays attention to what he's doing for a long period of time. Paying attention to a repetitive move for a long time is no easy task for anyone! And that dedication is going to say more than I love you considering you could just give up and get yourself off instead.

I guess those two things were kind of the same thing, but you get the point.

The bottom line is that everything that you do to please a woman on the way to an orgasm will connect her to you and give her that feeling of her man caring and being affectionate towards her. It's just a matter of fact.

So, make her orgasm a priority and she will connect that not only with physical pleasure, but also with intimate pleasure.

Tip 34 – Know What’s Happening During The Female Orgasm

It is a miracle that women have an orgasm at all.

If you look at biology, women don't *need* to have an orgasm. They can get pregnant just fine without having an orgasm.

The clitoris does help to promote sexual excitement and reach orgasm; however the orgasm is not needed.

In reality, there is no other reason for a woman to orgasm than pleasure. Thank god for that!

The mechanics of it is pretty clear though.

During foreplay blood rushes towards the vagina and clitoris, and this causes a woman to feel excited. The walls of the vagina secrete lubrication and this is what we mostly refer to as 'getting wet'.

As a woman becomes more turned on the blood continues to rush to the pelvic area, breathing increases, heart rate increases, nipples become erect, and the vagina starts to contort to grip the penis and give it a place to go at the same time. The bottom of the vagina narrows and the top expands.

If there are no interruptions, the muscle and nerve tension builds up in the thighs, genitals, and butt, and then eventually it is all released in waves of intense pleasure.

What does it feel like for a woman? It feels like a release. The vagina, anus, and uterus are tight and then release, and then they are tight and release. It is all involuntary and it feels intense and pleasurable at the same time.

According to research, the areas of the brain that involve fear and emotion are deactivated during orgasm, which means that orgasm is really the ultimate state of 'in the moment' bliss.

Afterwards the body relaxes. However, if orgasm is not reached, women can experience some discomfort in their pelvic region, similar to a man's 'blue balls' feelings.

As a side note...the clitoris has over 8000 nerve endings and it extends around the vagina, similar to a horseshoe, and back to the anus.

Tip 35 - Ten Things You Need To Know To Give A Woman An Orgasm

Many women go through life without ever having an orgasm! How horrible is that? They don't know how to give themselves one, or have never tried, so how can they expect their man to know how to give them one?

If your woman does not orgasm, then end the cycle for her today and you will not only be rewarded but you will also be viewed as the one who taught her she can have an orgasm and that is huge!

Here are the 10 tips to keep in mind that will increase her chances of having an orgasm from you.

1. Turn her brain on

Yep that's right. You have to get her brain thinking about sex and turned on before you can even have a hope in hell of getting the rest of her to follow.

I know of women that can have an orgasm just from their imagination alone. That is how powerful the brain is. If she is in the right frame of mind, your efforts will not be as hard.

2. Take away her stress

Women tend to think about many different things that have happened or are going to happen and it leads to distracting her from having an orgasm. Women cannot have an orgasm unless they are relaxed and focused on the task at hand. So do whatever you need to do to relax her and get her orgasm-ready.

3. Get her hot and excited down there without actually going down

there

There are many spots on her body with nerve endings that will get her hot without actually heading straight down to the clitoris. Some of those spots will give her a more intense feeling in her lower regions than actually being down there will do. Find out what her spots are and use them.

Again, I know of women who have had orgasms simply from nipple stimulation, so make sure that you explore your woman's body and find out where her hidden hot buttons are.

4. Tease her

Women don't get a lot of teasing, unlike men. Men tend to get right to the point when having sex with their woman, whether they think so or not.

You can touch her or lick her clitoris and then move back up to her breasts. By doing this you will make her want you to go down there by teasing her with how good it feels, and she will stay excited when you eventually get there.

5. Make foreplay a priority

Foreplay will greatly increase the chance that you will help her reach an orgasm for many reasons. One being that it helps to keep her mind focused by giving her lots of 'in the moment' pleasure. Make sure you do the things she really likes during foreplay and not just the things YOU really like though.

6. Make eye contact to make her feel involved in the foreplay

Eye contact means many things for women.

- It means you are recognizing them in bed.
- It means you are gauging their reactions to certain things you do.
- It means that you are totally into having sex with them and not just their body.

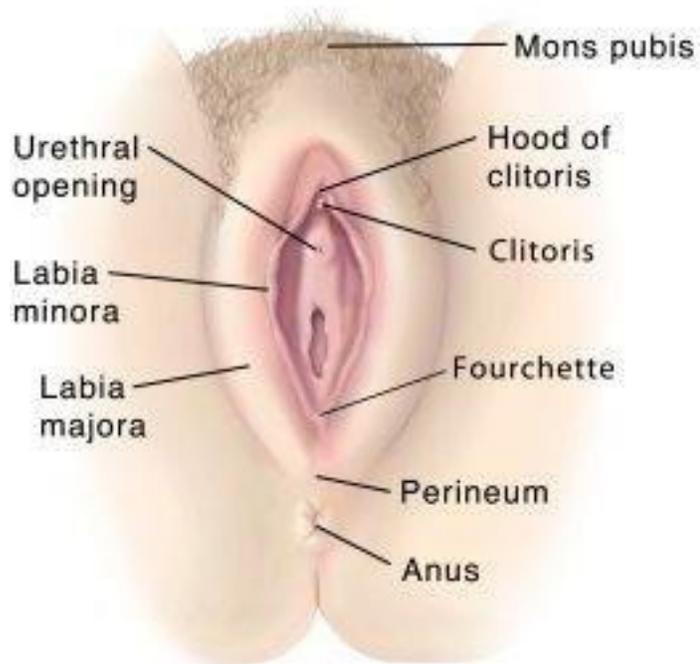
To women it means more than just eye contact and it's essential in foreplay to get her excited and moving towards an orgasm.

Don't do the creepy-way-too-long stare though. Just do occasional eye contact that lets her know you are connected to her and what you are doing.

7. Focus on the clitoris more than the vagina

I'm not sure if porno movies gave guys the idea the oral sex had to be between the legs and fast and furious but, while that is pleasuring to some degree, the real spot that will get her blood moving is her clitoris. Remember, the clitoris starts at the top and runs along the outside of her vagina like a horse shoe.

8. No direct and hard clitoris contact



The part of the clitoris that is exposed is that round, hard knob at the top of the labia. This is the part I am referring to in this point.

If you are giving her oral sex or using your fingers to please her then make sure you stay on the side of the clitoris instead of pounding it over and over again. Direct contact can actually start to feel the exact opposite of good when she is not fully turned on yet and that can quickly turn her off completely. Lick to the side or lightly on top of the clitoris until she asks for a harder approach as she starts to get really turned on.

9. Focus on oral sex

Most women have orgasms from oral sex. Using your fingers can work as well, but only after you really know where to touch and rub.

The tongue is much softer than fingers and you can cover more ground instead of focusing on a smaller point of touch. This makes the contact less

direct and focused. Remember what I said about hard clitoris contact? Direct focus can be painful and ruin the mood altogether. (More on oral sex later.)

10. If she's about to reach orgasm keep doing what you are doing!

If she is about to reach an orgasm and you stop stimulating her in whatever way is about to get her there, whether it's orally or manually, then she will quickly lose that orgasmic feeling and will not have the orgasm she had almost gotten to, which will be devastating for her and for you.

Women need to be stimulated all the way through an orgasm to experience the whole orgasm.

I think that this point is a cruel trick of nature towards women. It's so hard for women to get there, but if they are almost at orgasm and get distracted then it goes away completely and it's real hard to get back.

Tip 36 - Get Her A Vibrator

Many women go through life without using a vibrator, and many of those women also never experience an orgasm.

Some women consider vibrators as a part of the more adventurous woman's bedroom, and they themselves view it as too erotic or silly to buy or use. But if they only knew how these simple toys could help them in the bedroom it may be a different story altogether. And men can help them understand just why those vibrators are so important!

I'm not saying that a vibrator can replace a man, because there is nothing that can replace the feeling of a man and his warmth, movements, and passion, but they can be good tools to help a woman figure out what she

would like her man to be doing so that he can give her an orgasm!

Most women actually have their first orgasm with a vibrator. Since women know their bodies and the feelings they get the best, they can take the time to experiment with the vibrator and learn what feels good, and what does not feel good. And many women find that clitoral stimulation is what really hits a home run and brings them to orgasm.

If you are dating or married to a woman who has never had an orgasm then do her a favor and buy her a vibrator. It doesn't have to be a massive vibrator with lights and bells on it. Just buy a small, straight vibrator that has different vibration settings on it. This will be enough to help her discover her pleasure buttons and what feels really good.

You don't have to head into a sex store to buy her one. All kinds of online stores are selling sex toys and vibrators. Even Amazon sells vibrators. [Check out their selection here.](#)

Most women find that clitoral stimulation is the best way to get an orgasm, so advise her that she doesn't have to put the vibrator inside of her to reap the rewards. Holding it against her clitoris will feel amazing, when she finds the right spot, and an orgasm will probably follow her effort if she sticks it out long enough.

This is why a 7 to 8 inch vibrator will be ideal. She will not only stimulate the top of her clitoris with this, but she can also lay it flat all the way down to her anus and stimulate everything in between, which should result in a mind-blowing orgasm.

The thing about clitoris stimulation is that it can hurt if done the wrong way. Men don't know what feels good or not to a woman so they can over-stimulate the clitoris which causes a woman pain, or they can under-stimulate it which causes a woman very little pleasure.

There is an exact spot around the clitoris that she will enjoy being stimulated, and it will cause a great amount of pleasure for her. She will be able to find that spot by herself with a vibrator, and then she will be able to share that information with you.

So if your woman has not had an orgasm and you really want to help her have one, then buy her a vibrator and watch the magic happen.

Chapter 9: What You May Be Doing To Delay Her Orgasm

As I said, if you leave a woman alone with a vibrator, then she will likely have an orgasm once she figures out what works. This is because she does all the right things and doesn't distract herself in any way, shape, or form.

When she is with you, there may be things that distract her from orgasm.

Tip 37 – Learn How To Read And Please YOUR Woman

You should learn all you can about pleasing a woman in order to give her an orgasm through books and people that know what they are talking about; however, there is a point that you have to take the reins on the information that you learn or else you could hinder her orgasms.

For example, if you read somewhere that the best way to please a woman with your fingers is to make a 'come here' motion inside of her vagina, then you are probably going to do it without actually knowing how hard or fast to do it. If you overthink the move, then you can end up not paying attention to her natural cues that tell you if you should go harder or faster.

In addition, you will not look or feel relaxed while trying to figure out how to do the 'come here' motion properly, and this will show in your body language. When a woman sees that you are not totally comfortable with what you are doing, she will instantly start to become distracted, which in turn will hinder her orgasm from coming.

The way to fix this is to use what you learn, but instead of concentrating on the 'technique', listen to her body to learn what she wants you to do and go

from there. Her body will tell you all you need to know about what you are doing.

For instance:

- Her facial experiences will either reek of pleasure or dissatisfaction. Anything in between is somewhat positive, but dissatisfaction or annoyance is BAD.

- She will vocally let you know that you are on the right track. If she likes something, you will hear a hint of pleasure come from her lips.

- Her body will move in rhythm to her feelings. If she is not feeling 'it', then her body will lay still. If she is feeling pleasure, then her hips will move and her chest will rise.

The point is that her natural cues will give you all the information you need to know. Don't over think what you are doing in bed; instead, practice what you learn, but let her guide you towards the right way to do it for *her* body.

Also, I cannot stress this next point enough - When she is close to orgasm, do not stop what you are doing.

You cannot give her an orgasm – you can only set up the right conditions for her to have an orgasm. Her mind and body are the tools she needs to give herself and orgasm, and you need to create an environment that allows her to do that, not one that distracts her from achieving orgasm.

Tip 38 – Pressuring Her To Orgasm Will Never Result In Orgasm

If you are pressuring to her orgasm, then the chances of her having an orgasm are almost nil. If *her* orgasm is the goal of sex, then sex becomes about achieving a mission, not her pleasure, and her thoughts will not allow her to feel the pleasure that you both want because they will be full of worry and fear that she won't have an orgasm.

If you pressure her too much, she may start to fake orgasms just to please you and never actually learn how to reach orgasm while having sex.

In addition, if you are putting pressure on her then you will be putting pressure on yourself. You may be trying too hard or sending signals of disappointment – both of which will cause her to feel bad about herself and the situation, which will never help her achieve an orgasm.

The only way pressure will ever result in orgasm is if she is playing a submissive role and you are ordering her to have an orgasm...then it is entirely possible because you are setting up a condition that she enjoys and can easily focus on both in mind and body.

Chapter 10: Faking Orgasms

Women have an easy time faking orgasms...even women who have never experienced an orgasm know what it looks like thanks to TV and they can easily mimic the sounds and movements that an orgasm produces.

Tip 39 – Common Reasons Women Fake It

First of all I want to make it clear that not all women fake orgasms. Some women will just simply stop sex where it is if they feel that they are not going to have an orgasm and don't want to waste your time or theirs.

But, with that said, there are many situations that a woman will fake an orgasm during sex and the guy will never be the wiser.

Following are 6 common reasons for a woman to fake an orgasm.

She Doesn't Want Sex to Go on Any Longer

If the sex is taking too long and she would rather just be doing something else, like going to bed or getting ready for the next day, and she doesn't see an end in sight, then a woman will fake an orgasm to end the whole thing.

It's Starting To Hurt Her

Once a woman drops out of the mood she will start to lose her natural lubrication and dry up. This is when sex starts to hurt and can become very irritating. Can you really blame a woman for wanting sex to be over at this point?

She Doesn't Want To Hurt The Guys Feelings

Maybe it's a guy she's just met or maybe it's her husband who gets quite sensitive about not being able to give her an orgasm. Either way she may not want to hurt his feelings and faking an orgasm will just be easier for her than admitting that she is not going to have one.

She Has Never Had An Orgasm Before

How can she fake something she has never had before? It's Easy. We've all see what an orgasm is supposed to look like on TV so copying those moves seems like the right thing to do during an orgasm and will fool most guys as well. In the end, she may be embarrassed that she's never had an orgasm and doesn't want to seem like an outsider.

Note: There are many women out there who have not had an orgasm yet and if she knew this she may be less inclined to fake and more inclined to learn how. So make sure you let her know that in some way.

Your Penis is Too Big For Her

Having a huge penis is supposed to be a good thing right? Not always. Especially not for a woman who has a vagina that can't handle your penis. Every woman's vagina is different in size.

If you are in a position where you are deeply penetrating (and hurting) her, she may just fake an orgasm to stop the pain! This is something to remember for all the huge guys who think they can get a woman off in two seconds. Not likely. That seems to be reserved for porn's...

You Are Making Her Uncomfortable

Maybe you make grunting noises that turn her off or maybe you are doing something you think rocks her world but actually makes her wonder if you know what you are doing. Anything that makes her uncomfortable is going to make her want to get out of the experience as quick as possible. Chances are she won't get up and run out, but she might fake an orgasm.

Tip 40 – How To Avoid The Fake Orgasm

Communication is the best way to avoid a fake orgasm.

First, let her know that she doesn't have to orgasm to please you. In fact, if she doesn't orgasm you would rather her be honest with you so that you can learn from your mistakes and try something different in order to help her reach orgasm.

Second, ask her to be honest during sex and let you know exactly what she needs in order to feel good. If you are talking too loud, for example, ask her to inform you of that so that you can cut out the noise and let her concentrate.

Basically ensure her that you will not be mad or hurt by any of her requests. You simply want to learn how to please her, and that may mean doing some new things or learning some new techniques.

Third, engage in foreplay with her before you even think about intercourse. We will talk about this soon in detail, but foreplay is needed in order to get her warmed up and ready for sex, and if you jump into heavy sex too quickly, then you run the risk of turning her off and not being able to reach orgasm.

In the end, communicating to her that you would rather she not pretend to orgasm if she is not going to have an orgasm is the best way to ensure that you are aware of what is really happening in her body. As long as she doesn't feel judged for not having an orgasm, she should be willing to cooperate.

Chapter 11: A Woman's G-Spot

The g-spot is a mass of nerves and glandular tissues. It lives between the vagina and the urethra and it is not actually a part of the vagina. When a woman becomes aroused the g-spot swells, and this usually makes it easy to find through the vaginal wall.

It can become a quest to find a woman's G-spot, and to be honest, many men and even women never, ever, find it. But if you know how to stimulate her through her clitoris then that issue never seems to be a huge deal.

However, I know that many men and women want to find it and learn what will happen when it is stimulated. So here's a little lesson on a woman's G-spot.

Tip 41 - Stimulating The G-Spot

The G-spot is located between the back of the pubic bone and the cervix. The location can be found on the top wall of her vagina.

Obviously you have to stimulate this area from inside of her vagina and that is what makes it such a challenge to find! If you've heard of the 'come here' movement, then you are on to something good and this is what you want to use.

When she aroused (you will likely not be able to feel it otherwise), have her lay on her back and hook her legs around your shoulders. Or somehow get her legs raised up to her chest. Then with your palm facing upwards insert a couple fingers inside her, about 2 or 3 inches deep inside, and then use the 'come here' motion and start feeling around.

You have to use some hard pressure as the spot is not directly on the wall

but rather inside of it. Sometimes men find the right spot but don't use the right pressure. After increasing the pressure they soon realize that they were there all along.

When you hit the right spot you will feel that it is different from the other areas inside her. It will probably feel irregular and it may feel raised or rigid. It's about the size of a pea and, just like the clitoris; it should become firm and swollen when aroused.

She may even tell you that it feels different than normal. And she will possibly have the urge to go pee. The reason for this is that this area is right beside her bladder. So if she feels weird and has to pee then this is a good sign that you have hit the right spot.

Assure her that the need to pee should die off and be replaced with a feeling of pleasure soon, and that the pleasure just might give her an insane and wet orgasm.

But don't expect that to happen. The urge may not dissipate, or it could just turn into nothing, where she feels no pleasure, in which case the chances of that orgasm are close to none and you should probably stop and wait until the next time to see if it's any different.

Note: There is a debate as to whether or not the G-spot really causes orgasm. Biology says that it doesn't, but many people have experienced orgasm from the G-spot. I have read that the G-spot causes a powerful orgasm that causes women to ejaculate. With all the conflicting opinions, I don't know whether or not it really causes orgasm. Orgasm may result from the mind or it may result from the G-spot stimulation – who cares...the point is that if she likes then do it and if she doesn't then don't.

Just like with clitoris stimulation, you want to focus on the areas around the G-spot as well as the spot itself, especially if it is too intense for her.

If you've tried this over and over again with no luck, it may be that your woman has an extremely thick vaginal lining and you may not be able to penetrate the G-spot no matter how much pressure you use. The thing to remember is that every woman has this spot - it's not like some women are born without it.

One more thing to remember is that not everyone likes the feeling of their G-spot being stimulated. It may not be a good feeling for her and instead be irritating and anything but a turn on. If that's the case, then focus on clitoris stimulation for her orgasms instead and take pride in the fact that you know what and where her G-spot is and that you found it.

Chapter 12: Getting Her In The Mood

I realize that the formatting of this eBook might seem a little backwards. Talking about sex, orgasm, and the g-spot may seem like it should come after foreplay talk, but the truth is that regardless of what order you put it in, all of these tips are relevant to you getting laid more.

Foreplay is really important, but no more important than the tips I have already covered. It is all equal when it comes to a woman enjoying sex and wanting it more.

Tip 42 - She Is Not Always Ready When You Are

Women and men are different in the way we view certain things, and sex is certainly no exception to that rule. The quicker we both understand that, the more peaceful, and sex-filled, our lives will be.

Men can get in the mood very quickly, but most women need a little more than a nod and a wink to get them turned on. Not all women fit this description, but most do, and this is why you may get an excuse like 'I'm too tired' or 'I have a headache' before you have really even said anything if you are approaching sex the wrong way.

If you get the cold shoulder a lot, and you know that you can please her once you get her in the mood, then it may be time to change your approach to foreplay and help her get in the mood first.

Getting her in the mood involves three things.

1. Get her thinking about how good you are in bed.

2. Get her thinking about what she will get out of it.

3. Get her thinking about how much you care about her.

Remember, the brain influences the body, and you need to turn on her brain to turn on her body.

You need to make her feel like jumping into bed with you is going to be worth her energy. If you have had sex before, and you know she enjoyed it then remind her of those times playfully. She will start replaying them in her mind and her body will start to warm up to experiencing it again.

If you've had sex with her before, and it wasn't the best for her, then reminding her of great experiences is not going to work to get her in the mood. In fact, this is the main reason women don't jump into bed as much their man would like her to - she knows it's not going to be super special and exciting for her. So, in that case, you need to offer her something she's never experienced with you before - or at least something better than she experienced last time.

Also, learn some new foreplay techniques or bring in some dirty talk (talked about soon) before the bedroom. If she is experiencing something new from you then she may wonder what else you have in store for her. Make sure you get her excited by hinting at these new things or just playfully letting her picture these new things before you start the actual act.

Tip 43 – Foreplay Is Usually Necessary If You Want Sex

If you are in the mood for sex, and you are trying to get someone else in the mood but they are not automatically ready to go or even remotely willing to do it, then you have to engage in some sort of foreplay to get them in the mood. It's the only route to get the sex you are craving willingly from

another person. They can't just get in the mood because you are – you are two separate individuals who experience different feelings.

Their brain has to be directed towards the thought of having sex and wanting sex before the body can react to it. There is literally no other way to turn a woman's brain on to the thought of being sexual with you without engaging in some sort of foreplay.

Massage, a sexy movie, caressing, talking about sex, kissing, touching, and so many more foreplay techniques can quickly turn someone who is not in the mood into someone who is completely in the mood.

On the other hand, foreplay can become optional when you have *both* been craving sex throughout the whole day.

When you are both on the same level, and both of your brains have already been focused on sex, there is no need to turn it on to the thought of having sex because it's already there! This is when foreplay is not necessarily needed and the act of intercourse can just happen.

Keep in mind though that many women do not have an orgasm during intercourse which means that oral sex or manual stimulation may be necessary before or after intercourse to give them the orgasmic pleasure they are craving as well.

And of course quickies are more about the act of sex than anything else. It is pleasurable to know that you had quick sex, and orgasm doesn't always have to be the end result for a woman during a quickie.

But if you want everyone in the equation to be completely satisfied then foreplay should be included before intercourse, on some level.

The thought of having to engage in foreplay before sex may seem tiring or

unnecessary, but that's just the 'lazy mind' syndrome. You know, when your mind feels that getting to the sex should be the only thing you have to do and everything else is just a waste of your effort.

The fact is that once you start engaging in some sort of pre-intercourse act, you will benefit from it as well by becoming more excited and having a better orgasm.

The more excitement leading up to the finale, the better it will be.

Still not convinced? Think of it this way, you can force or guilt her into moving straight into sex even though she is not turned on and she will not enjoy it as much as she could OR you could engage in some sort of foreplay to help get her in the mood and meet you on your level.

Foreplay doesn't always take a long time, so you may only have to engage in it for a few minutes.

What you have to remember is that her brain is the first thing you want to get turned on. If you can get her brain to start thinking about sex or fantasizing about sex then you are on your way to getting her body wanting and reacting to sexual advances as well.

Tip 44 - How to Touch a Woman Before, During, and After Sex

Your touch can dramatically turn her on if you use it the right way, and it can also very quickly turn her off if you use it the wrong way. Touch is very, very important when it comes to foreplay and getting her in the mood.

The way you touch her and the time you touch her can tell her a lot about what you are wanting, thinking, and are aiming to get done. So if you use touch at the right time, it can help you get to your goal destination while

making her feel good about getting it on with you.

Let's start off by talking about getting her in the mood.

Of course touch is, most of time, not all you need to get her in the mood but it is a very big part of it and sometimes it can be so big that it is all you need. You need to get her body warmed up and her mind thinking about what you are doing to her.

Touch her **lightly** and playfully first. A light touch can send shivers up her spine and get her mind thinking about pleasure and her body wanting more. Touching her face lightly is always a good move. It sends a message that you care about her and also that you want her. A rough touch will annoy her if her mind is not in the mood – and annoyance is not the best way to turn her on (regardless of how much success Peter on Family Guy has).

You can touch her arm or her hand or her back or any other part of her body, but you have to make sure you do it **lightly**. Think of a feather going across her body and try to match your touch to that light of a pressure.

Once you get her in the mood, her body will be craving a harder touch. How hard it is depends on how she likes it. She may want a hard forceful touch (if she is more submissive in bed) or just a normal caress that lets her know how bad you want her. You can gauge if you are using the right touch by how her body reacts to it. If you think she wants it harder then try it harder and if seems turned off by that then take it back a notch.

You will want to touch her all over at this point and not just in the three major areas of her face, her chest, and her lower region. Do not skip all the other parts of her body thinking that these three areas are the only areas that will give her pleasure because you will be missing out on some other ones that she will react to passionately. There are nerves all over her body, and your woman will react to many different areas when touched.

After you have sex you could roll over and go to sleep or you can reinforce how much you enjoyed it by touching her lightly again. This doesn't need to be done for a long time after sex but it should be done for at least a few minutes. She will not only like the feeling, but she will also like the fact that you care enough about her to still connect with her afterwards.

Tip 45 - Why Touch Matters

Some men think that there is no such thing as touching her properly! *If I touch her boobs she gets mad and if I touch her face she gets mad. If she's cranky or not in the mood, then there's no winning when it comes to touching.*

That's not only NOT TRUE, it's ridiculous! Touch is part of what turns a woman on and if you do it correctly you can move her out of the 'cranky' or 'not in the mood' zone and gently nudge her to the 'let's get it on' zone.

Touch can be annoying or sensual. It's all in the way, and the order, you do it.

First of all do not go straight for the boobs! This may work sometimes, and if you've been in a relationship for quite a while you may be able to get away with grabbing the boobs before engaging the rest of her, but in most cases it won't fly. Instead begin with her fingers, hands, arms, neck, feet, or the bottom of the legs.

I would recommend gently stroking or caressing these areas. This sends a message of caring and compassion, and it's also a turn on. Just make sure to keep the touch light and sensual instead of rough and tough.

Keep it natural and innocent. Do not gauge her expression to see if she's reacting to it, you will know that in other ways. Trust in your ability to naturally touch her as a part of communicating how you feel about her.

Just continue until you sense an energy shift in her. She will either get turned on and in the mood for more touch or, being satisfied that you care about her, move on with her day. Either way it will make her want you to do it again or it will keep her mind thinking about how sensual and loving you are. Both these thoughts are good when it comes to getting sex later.

Remember, the touch you give her now may not get you sex until later on in the evening...so don't expect it right away. If you always expect sex right after you touch her, then she will start to associate touch with your desire to have sex, not something sensual that you are doing to her. This is when touch will turn into an annoying thing.

The point is to let her know that you care about her and try to send shivers up her spine – let her take it where she wants to.

The most important things to remember is that to get her in the mood, stay at low impact zones and keep it light, sensual, and confident. You can't do much more than that.

Tip 46 – Use A Different Type Of Touch

This type of touch may not be something that you are used to, but if you just try it as something new in your foreplay routine (especially if you are trying to shift her mood from cranky or disinterested) you will most likely find that she reacts very well to it and it creates a better sexual experience for the both of you. It's called embracing.

Embracing is just touching exaggerated. It's a longer touch on a part of her body than the average touch. It's a part of your body touching hers for a long time without doing anything else with your body but *feeling* that touch.

For instance she may be standing with her leg against yours while facing you and you may have your hand on the small of her back while she does this. Holding this position is an embrace that speaks of caring and compassion as

well as attraction. Try it; it's really quite electric to do.

Another embracing touch example is you sitting in a chair with your woman straddling you from the front and hugging you. Your bodies will be pressed against each other and you will feel a connection to each other that fast touches and movements can't provide.

If you think about it, there are many positions where your bodies can connect together and embrace without doing anything sexual while doing so.

Of course these embraces will almost always lead to something sexual, but even if they don't, they will still convey the message that you care about her deeply and that you are connected or attracted to her on a level other than just sexual attraction.

Tip 47 - Get Her In The Mood Tonight

Low libido in women is a huge problem. In fact there are millions of women who are suffering from a low sex drive and many men who are left feeling like it is their fault somehow. It can have a huge effect on the dynamics of the relationship. The real reason usually does not involve the man at all but instead factors from outside the relationship.

Common causes for a low libido, as we have discussed, are stress, depression, anxiety, and even a bad circulatory system. If she has been having a highly stressful time lately then you may find that she's just never in the mood for sex. If she smokes and/or doesn't exercise then she may have a poor circulatory system which also contributes to a low sex drive.

While changing the stress level, depression, and anxiety may take a little time to fix, they are definite things to work on. Whatever the issues are you need to communicate with her and find out how to relieve the negative emotions. You can also try getting her to exercise with you as this will not only benefit her circulatory system but also her negative feelings.

However, there are things you can do to help get her in the mood tonight which all involve relieving her stress and making her feel good. Once you begin regularly having sex, then her libido may increase on its own. It's a case of the more you get the more you want.

Following are some feel good tricks that will help get her in the mood and work through her low sex drive.

1. Compliment Her and Make Her Feel Good

Women want you to make them feel good. You are the one person who should always be lifting them up and making them feel beautiful. And if you can make her feel good, you can raise your chances of getting lucky.

Don't fake it and say things that aren't true as she will be able to see through that kind of bullshit and it will only make her mad. Instead, be sincere and make her feel like she is highly desirable to you in all ways and not just sexually.

Compliment her appearance by telling her how great she looks today, or even how young she looks. Touch her skin and tell her how soft her skin is. Touch her hair and tell her how soft her hair is. Get her thinking about the positive attributes about her and she will start to want to show them off to you.

Also compliment her skills in life. I know this sounds non-sexual, but as I said, you are trying to make her feel good, and telling her how great she is will definitely help her feel good.

For example, if she is an expert at cleaning up quickly then let her know that, or if she can make a delicious supper out of anything let her know that too. You can never go wrong by telling her that she is great at doing stuff.

She will appreciate it and your chances of sex will increase.

2. Relieve Her Stress.

Once you have her feeling good about herself, start to relieve her stress for the day. A woman will never be in the mood when she is stressed out, so if you want her to become in the mood then you may have to help her out a bit.

You can do this by taking away a chore that she normally has to do or treating her to a little pampering like a bath and massage. If she is worried about tomorrow's events or a bill or anything else then try to relieve her stress by reassuring her and making her feel better.

3. Get Her Senses Involved

Once you compliment her and relieve her stress then you can start getting her brain ready for sex. A woman needs to be turned on with all of her senses to really get in the mood.

You may need to pop in a sexy movie or talk about a sexy past moment. Or you may need to get her thinking about her favorite moves in bed and what she likes done to her. For instance if she likes her neck kissed then give her neck a simple yet sexy kiss. Remind her of what sex feels like and she will start to want to experience it.

4. Make it About Her

If you have been having problems getting her to have sex, then you need to make the whole moment about her. For example if you have been selfish in bed, then a woman may not respond well to foreplay knowing that it will lead to your pleasure not hers. Don't expect a lot in return the first few times because you may turn her off if you do.

Also expectations and demands are part of what stresses her out in everyday life and she doesn't need that feeling in the bedroom as well. It can also make her feel like the only reason you want to jump into bed is for your pleasure and not hers. Focus on her pleasure and you will be rewarded soon enough.

5. Learn the art of massage

When she's feeling tensed up, she may not be as open to certain activities in the bedroom that you would like to be participating in. One of the reasons for this is because when we are tense we tend to be stressed about something and when we're stressed about something we tend to be thinking or worrying about it. And when we're thinking or worrying about it we would never be able to reach an orgasm so why even bother to try?

Go out and buy some massage oils and research a few massage techniques that will help her let go of all her worries and be more willing to focus on other things.

6. Talk about sex well before it happens

If you want sex later in the day, then take some time to mention it before the act of sex happens. In other words, instead of getting straight to the point, take the time to build it up.

For example, while you're watching a movie stroke her feet and check her out periodically. Tell her how sexy she looks or talk about the last time you made love and how you have been dreaming about it. Tell her something that will make her think about getting it on, then her mind can do its own work, and believe me her mind knows exactly what will get her to that point.

7. Change up the activity

The same old routine in the bedroom gets stale, and it often follows the same old routine before the bedroom. Try switching up your evening activities - even if it means heading out to a movie instead of staying in to watch TV. Even very small changes will give your love life a new sense of pleasure.

8. Don't use the same move over and over again

Just like it's nice to have a change of scenery it's also nice to have a change in our man's moves. Change up the sexy look you give her. Grab her hair instead of stroking it. Change up the positions in bed and take your time getting to it instead of just going for it. Whatever it is that you *always do* surprise her by changing it up and I'm sure she'll surprise you back.

Tip 48 – Is Weird Foreplay Appropriate?

Do women really want you to grab their foot and start sucking on their toes? The short answer is that some women do and some women don't, but the women that do will love every minute of it and it's a definite turn on, and you will never know unless you try.

Do you want to give it a try but you are worried how she will react? The truth is that it doesn't matter whether she likes it or not because you will know very quickly by her stopping you or by her letting you continue, and either way at least she will give you an A+ for effort in wanting to please her. Believe me she will love the fact that you are trying to please her in more ways than one.

If your woman doesn't like it, then it will be quite obvious. Her face will look disgusted and she will, for example, pull her foot away from you before you even get to really try.

If your woman does like it then the biggest signal she will send you is that she doesn't pull away from you. She may squirm or make a face that doesn't reflect ecstasy, but if she doesn't pull away from you then she's probably digging it and just experiencing the feeling.

When it comes to sucking on anything, there is something about sucking that is extremely sexy and feels extremely good. For example, having your toes sucked feels an awful lot like having your fingers sucked.

Body parts that are not touched, licked, or sucked very often tend to react quite strongly when they do get some attention so a lot more of her focus and attention will be put towards that body part just because it's not a usual feeling.

So how can you go wrong when you are engaging a woman completely and having her experience something that she doesn't normally feel? Try out some weird foreplay...things that you have never tried before, and you may be surprised at what intense pleasure buttons you find by doing so.

Chapter 13: Reading Her Mind

What is the number one thing that will make a girl want more from you and want to give you more at the same time? It's reading her mind in bed.

You may not be able to read her deepest secrets, like what her fantasies are. She will have to tell you those things. However, you can read her mind in bed when you are engaged in foreplay or sex.

Tip 49 – How To Read Her Mind In Bed

Our minds and bodies are linked together. We act out what our mind is thinking even if we don't notice it at the time. We all know this from poker or watching people who lie all the time. There are always 'tells' involved. But you have to be aware and really focus your attention to catch these 'tells'.

Even women who think they are masters at hiding their feelings and thoughts will give you a 'tell' in bed and let you know whether you are on the right track or far from it.

So by learning her 'tells', both for pleasure and non-pleasure, you will know that what you are doing is either really pleasing her, or, making her think about what else she could be doing at that moment.

A great 'tell' that is a dead giveaway of her thoughts is moaning. Most women will moan or sigh when you hit the right spot or when you are doing the right move. Do not confuse this with a sigh of exasperation, which you should know as well, because then you will just be continuing something she does not want you to do.

A real moan, sigh, or whimper does not have to be long and it will probably be accompanied with a heave of the chest or stomach, maybe even a small arch in the back. The moan will also be slow and even-toned, and it will most likely be quiet unless you are in the later part of sex.

An annoyed and impatient sigh, on the other hand, will be accompanied by a limp body and most likely a more forceful breath or a click of the tongue.

Another way to read her mind and figure out if she likes what you are doing is to watch her body movements. Even if she doesn't move most of the time while you are exploring her body she will still react to pleasurable spots by moving her body closer to yours, thrusting her hips upwards, or wiggling around in pleasure.

If what you are doing is not pleasing to her, then her body will not react at all - unless it's something painful, in which case you will know that too because she will wince or boot you off.

The last way to 'read her mind' is to listen to her words.

You may think that you DO listen to her, but if you actually focused your attention on what she is saying, you will see there's a lot more than just the words she is saying.

You have to read between the lines. It is ultra-important in the bedroom if a woman is not totally upfront about how she feels and what she wants.

Most women are not like men and they do not come out and say what they want. The reason is they want you to just know what they want. I know it's not fair but it's the way it is.

But like I said before, even if they think they are hiding it, there are ways to tell what they are thinking. So listen for that soft 'yes' or that soft but harsh

‘no’! If she tells you that something feels good, then question why she didn’t say it feels **great** and move on to something else.

The same sounds and tones she uses out of bed, which you know so well, will be there if you listen hard enough. It is all about keeping your senses sharp (maybe even using your sixth sense) and really connecting with her and how she is feeling. Remember, what she is feeling is what she is thinking – hence the mind reader thing.

It's amazing what you can do if you have focused attention on her while in bed. She will think you are reading her mind and moving to the spots that she is begging you to move to in her head and in a sense you will be.

In her books, you will move up the notch as a really great lover because, after all, women want to be pleased just as much as men and there are not a lot of men out there who understand how to fully please their women.

Chapter 14: Let's Talk About Your Penis

Your penis is an important part of sex, right? But there are a few myths out there about your penis that may be hindering your pleasure, and your woman's pleasure, in the bedroom.

Tip 50 – Your Penis Size Does Not Really Matter

I know that many men sit around and think about their penis size. At least that's what it seems like by the popularity of penis enlarging websites and forums online.

Well, whether you do that or not, you most likely take it into consideration when having sex with your woman.

You may think that if it is not big enough, it will not impress her.

Maybe you think that she will not be able to feel it once you get it inside of her.

Maybe you think that there's no way you are ever going to give a woman an orgasm with it because it is simply not big enough.

Here's the truth. It really doesn't matter.

First of all do you really think women want a penis the size of a horse? Do you think she would look at that and say, "Wow, that's going to feel really good inside of me."?

Unless she is incredibly loose down there and she has no feeling, then a huge penis is going to hurt like hell. It will not feel like sex but more like torture that she has to endure for however long you can go. (And even a few seconds will be too long.)

Second, there are all sorts of positions that will ensure she feels you once you get in there, no matter what your size is. There are positions that will make you go deeper and there are positions that will have your manhood rubbing against her upper or lower wall inside of her and she will definitely be able to feel it.

And as far as orgasms go, most women have their orgasms from their clitoris being stimulated directly. So your penis thrusting in and out of their vagina is not going to stimulate their clitoris alone no matter how much you think it will.

One statistic says that only 25% of women who experience orgasm are orgasmic during intercourse no matter how long the intercourse is or how big the man's penis is or how great (or bad) the relationship is. Elisabeth Lloyd wrote a book called [The Case Of The Female Orgasm](#) – and 33 studies over 80 years proved this fact.

Clitoris stimulation is the way most women have orgasm, and it is normally done by oral sex or manually with your fingers. Go look on a sex shop website and you will find vibrators made just to stimulate the clitoris. I'm assuming it was a man who made the big dildos that look and feel like a penis because they are not all they are cracked up to be.

Think about lesbians. They have amazing sex together, not just because they know what a woman wants better but also because they know where and how to stimulate their partner - even though they don't have a penis.

Your penis is what sets you apart from women, and we do like to feel you inside of us, but it's not the 'be all end all' of sexual pleasure.

If you are constantly worried about how you live up to other penises and obsess about it around us then instead of turning us on, you are turning us off with your lack of confidence and the lack of knowledge to use what god gave you.

Tip 51 – Is Your Penis Of Average Width?

I realize that men still want to know if their penis is average of measures up to other men's penises, so I thought I would include this topic in this eBook. We don't talk about girth as often as we talk about length, so I thought it was kind of interesting.

But remember, it really doesn't matter – unless you are super tiny – because there are positions that a woman will be able to feel you during intercourse.

Are You Average?

The thickness of your penis is often referred to as the girth. It's the measurement around your penis as opposed to the length of it. It is normally measured when the penis is erect and can be taken as the average of three different measurements which include the base of the shaft, the middle, and just below the glans penis.

Where you were born, what race you are, and who you inherited your genes from all make up what penis size you will have and differentiate you from the guy next door. In other words, there is not one-size-fits-all.

Dr. David Delvin reports that the average penis size from tip to base is somewhere between 8.5cm to 10.5 cm (3-4 inches) when the penis is not erect. He does point out that averages are quite valueless because factors such as cold weather and swimming can cause shrinkage of 2 or more inches.

The girth of the penis has been averaged to be about 1.25 to 1.6 inches, but again the averages differ depending on which source you go to. It's not a hard and fast rule and should be looked at with a little flexibility in mind.

How important is The Girth of Your Penis?

If you listen to many experts on sex out there you will hear that it is not the length of the penis that matters but the girth instead. But some women may disagree!

The more girth on a penis gives the penis a more likely chance of pleasuring his female counterpart. A woman's vagina has nerves close to the entrance and the wider the penis the more likely it is to really stimulate those nerves.

That said, women come in different shapes and sizes just like men, and the size that doesn't totally satisfy one woman may please another woman fully.

In one study done on women, 45 out of 50 women reported that the penis girth was important in their sexual satisfaction. That could have just been that those 50 women were with a guy who didn't know how to use his penis because in another study, by askmen.com, 79% of women said they would not change their man's penis size if they could.

So what do all these statistics and numbers tell us? They tell us that *preference* is what it all boils down to. Having the 'right' penis size is not important because there is no 'right' penis size.

How to Measure Your Penis for Girth

If you are not satisfied with your penis size and want to increase it then you will need to know the girth of your penis. This will allow you to have a starting point to work from.

You want to measure your penis when it is fully erect. Measure the mid part of your penis to get a good girth estimate. Wrap the measuring tape around and take the measurement to the nearest quarter inch. You can measure the base, middle, and below the head of the penis for an average size if you would like, but the middle of the penis should do just fine. Whichever way you do be committed to do that same exact routine every time you measure to ward off confusion.

Want To Increase Your Penis Girth With Surgery?

First you should know that while thousands of penis enlarging surgeries have been done, there has not been a study done that has been checked by independent experts (known as a peer-reviewed journal). This fact may be of concern to men who are considering getting the surgery done.

One process consists of the abdominal fat sucked out and injected under the skin of the penile shaft to create a sense of thickening. On the other hand, a sheet of fat and tissue with blood vessels taken from the buttocks or groin can be placed within the penile shaft under the skin.

It has been reported that the results of the surgery can be a disappointment where up to 90 percent of the injected fat can vanish within a year.

Another form of surgery is where a ligament in the penis is cut and then plastic surgery is performed to add skin to cover the new length from the cut. Of course this type of procedure may add length to your penis but I saw no studies reporting an increase in penis girth.

In the end, I wouldn't suggest trying to increase your girth. It will likely not result in any increased pleasure for her, and there are many things that you can do besides going through painful, and possibly pointless, surgery.

Chapter 15: Great Sex Is Possible

We have been talking about how to have good sex, but I want to talk about how to have **great** sex.

Really, everything previous will help you have good sex, but there is a huge difference between good sex and great sex and your goal should be to always, and I mean always, have great sex. So it's kind of important.

Tip 52 – How To Move Towards Great Sex

1. You start by doing your homework.

If you go into sex guessing at how to please your partner, then you are most likely going to look like an amateur who hasn't put any effort into learning what the opposite sex likes. Use all the tips above to really learn what your woman likes and be completely confident in the bedroom.

2. Next you put what you've learned into practice.

Once you have learned all the mechanics of your partner then you have to put it into practice. Remember that sex is natural and should not be performed in the order of what you've learned. You know what I'm talking about right? 'Now do this, then do that, then move here, then say that - and so on and so forth.'

Keep it natural but at the same time keep in mind what you have learned. Use your partner's body to gauge if what you are doing is really working out for you. You can tell by their moans, movement, or just by their simple 'yes'. Then keep using those things that work for you and discard the things that don't.

Practice really does make perfect. The more sex you have, applying what you have learned, the more you will know exactly what is going to turn your partner on the quickest and with the most pleasure.

So many people out there have learned stuff about sex from their friends or worse, from pornography, and they keep applying the same old stuff in their bedroom. If your partner is not wildly enjoying sex then those things you learned may be wrong. Don't keep doing them if they are not working. Practice new techniques until you hit the sweet spot.

Tip 53 – Ask For What You Really Want

I've put a lot of stock into pleasing your woman, but it will do no good if you are not also pleased in bed. Your pleasure is just as important as hers, and once you learn how to really satisfy her in bed you should never feel guilty about asking for what you want if you want to really have great sex.

There are some things that you should not ask for though. For instance, a threesome with her best friend will be crossing the line with most women and it will cause her to feel weird around her friend...which is not good.

Instead, ask her to play out other fantasies that you want – the worst she can do is say no!

How To Ask For A Sex Tape

This seems to be a very common fantasy among men. Seeing their woman and them on tape is a huge turn on, but many women are not into it.

If you haven't asked her, then just ask. She may surprise you and say yes. However, if you have asked her and she said no, then following are a few

things you can try to get her to change her mind.

1. Start role playing with her more.

Find out whether she likes to be dominant or aggressive in bed and what kind of bedroom games would turn her on, then use that to role play with her.

Don't go hardcore role playing though. For instance, if wants to be dominated, then keep it light and easy at first by playing games with non threatening fuzzy handcuffs or ropes and blindfolds. You can go out, with her, and buy packages that appeal to most women because they don't look hardcore but they still appeal to the imagination.

It doesn't have to be slave and master related if that's not what turns her on. It could be teacher and student or doctor and patient or even doctor and nurse. Her imagination is the limit. Just make sure you don't make a face or laugh at what kind of game she wants to play because you want her to be able to share her fantasy with you and have her know that you want to please her with it.

If you can get her to start doing some light role playing with you then you can move on to the next step.

2. Get a little more hardcore - slowly.

Instead of giggling the whole time through, or checking to see if your partner is okay, start *really* playing the roles of your game.

Tell her that it will turn you on and she will most likely admit that it would do the same for her. Then commit to your role and let her get into it on her own terms. She will let you know if she's uncomfortable; all you have to do is engage her and play the game with her as long as she wants to.

3. Now introduce the camera into your game as a prop.

The camera now becomes part of *her* fantasy instead of *your* fantasy alone. The great thing about a camera is that it can be used as a prop for any fantasy you can think of.

For instance, it can be a security camera that is catching all of your naughtiness when no one is around. Or if you are into S&M, then the master can be taping the whole thing just for their pleasure. Just mention it in the context of the game and even though she knows you will use it later for your own pleasure, as you originally wanted, if she thinks of using it as another prop in her own fantasy then she will most likely be more into it.

Sound reasonable? Try it. Don't rush it though. Build her up to step 3, however long it takes her, and enjoy the ride along the way. The chances of you ending up with some hot footage of the two of you are pretty high and if not then you get to take your sex to a whole other world of role playing.

But I'm pretty sure you will get the footage.

This method will apply to anything you really want. First, make it about her and the incorporate what you want as part of her fantasy. She will always be more likely to include it if it is something that incorporates well into her fantasy.

Tip 54 – You Have To Use Dirty Talk!

Do you use a lot of dirty talk in the bedroom or out of the bedroom? If not you should! And if you do then you may be looking for some new ideas to spice up your love life. Either way, practice really does make perfect when it comes to sex and talking dirty in the bedroom. Not many people can make dirty talk sound good right off the bat. But there are a few ways to make it

sound better than you expect it to sound.

The thing about dirty talk is it can enhance the fantasies that we have going on in our heads and make them play out right in front of our eyes. Dirty talk can also bring us into a fantasy that we never have had before but excites us all the same. That is the power of words...they affects our thoughts and our emotions. So getting creative and trying new things with your dirty talk is always a good idea.

One way to bring new fantasies to life is to play along with your partners theme. If they mention a fantasy, then they are obviously thinking about it, without question. So if they mention something as simple as a spanking, then play along with that theme. Talk about being spanked or spanking them, whichever way you think they meant it, and continue on with that 'being bad' conversation. Chances are they will love it and you will learn what turns them on in the process, and maybe even be turned on by something new as well.

Another thing you can do to create new fantasies and perfect your dirty talk is watch a dirty movie together and the reenact the movie yourself. Even a movie or show that points to something sexual can work for this.

Once you watch the show carry what you saw into the bedroom. You probably won't sound or look like the people in the movie, but you will find a way to make it your own and enjoy something new that you have never experienced before. It may even turn into a bedroom treat that you will enjoy for a while to come!

If you don't like watching dirty shows then read a steamy letter. Grab yourself some penthouse letters to read together in the evening and watch your sexual switch turn on quickly! Play out the letter as you read it and say the words they are saying. It's almost as if you are acting in your own pornography movie when you do this and your dirty talk will come out easily as an actor or actress. You will most likely enjoy some of the stories so much that they will become a part of your bedroom routine.

Whatever you do to improve your talking dirty skills remember that it may take a while to get the right phrase, genre, or way of saying things to really make the sex steamier, but once you get it right get ready for a hotter sex life that is sure to follow!

Tip 55 – The Difference Between Hardcore Versus Softcore Dirty Talk

There is a ton of different ways to use dirty talk. Now that you know whether or not your woman is submissive or dominant in bed, you can use that to your advantage and say things that play into that role.

There are different tones of dirty talk that should be used at different times during sex. If you get too hardcore in the beginning, for example, that can quickly turn off your woman and cause her to lose interest in sex.

Softcore Dirty Talk

This is the kind of talk you want to be engaging in during pre-sex for the most part. This kind of talk can be done during the day as a warm up or prelude to sex, it can be used when you want to test you woman to see if she's in the mood, and it can be used in public where you don't want other people to hear words that - well, are not necessarily appropriate in public.

Of course this kind of talk can also be used to flirt with and tempt a woman, by implying certain things without actually saying them.

Examples of softcore dirty talk are things like referring to your penis as a banana or cucumber - this is where the old cucumber in the grocery store scene comes into play.

You may mention that you are having a 'hard' time looking at her or that your lips are dying to taste something sweet. Anything that makes mention of, or relates to, using a body part for sexual pleasure is considered softcore communication.

Of course you can also imply dirty talk by licking your lips, giving her a sexy smile, or even just giving her a turned on look. All of that may not be verbal talking but non-verbal talking sends the message across just as well.

Hardcore Dirty Talk

This is the nitty gritty of sexual passion. This is when you are both turned on and you want to take it to another level. Hardcore dirty talk shows how passionate you are for her, and how immediate your desire for her is, and it should be used during sexual foreplay or intercourse.

Most women don't want to hear about your 'cucumber' when in the heat of the moment. They want to outright hear about your cock. If you do use the word cucumber you risk turning her off in the moment and you may seem as though you are scared to let it all out and get wild in bed.

There are however a small percentage of women that will not like hardcore dirty talk and feel uncomfortable when you use it, but this is a very small percentage.

If your woman does not like hardcore dirty talk, then say things like, "I can't wait to have sex with you!" instead of "I can't wait to stick my cock inside your wet pussy!" This will work better for her and still turn her on while not freaking her out.

But for the most part women will like the hardcore dirty talk when they are turned on or in the heat of passion and it will only heighten how turned on and excited they can get.

Non-verbal communication applies here as well to get your point across. Intense looks of passion and a rough touch instead of tender one will show that you mean business and it will get the 'hardcore' point across. Spanking and hair pulling can also take the place of hardcore dirty talk and can send the message you want to send.

Tip 56 – Avoid These Sex Mistakes

Most guys have a hard enough time figuring out how to keep their woman happy in the bedroom and if you are making huge sex mistakes as well then you may be making it even harder for yourself to get her satisfied. So avoid these five mistakes in bed and relax knowing that you are doing five more things that are right.

Some of this may be repetitive, but they are important to getting more sex from your woman, so therefore it deserves to be mentioned again and again and again...

1. Focusing on only two body parts as foreplay.

Yes woman like you to pay attention to their breasts and lower regions but they also like other areas along the way.

Try focusing on a different body part every time you get into bed with each other and see which parts she really reacts to, and then add it to your routine or keep her in constant suspense about where you are going to go next by mixing it up every time with her unique and favorite areas.

2. Not talking at all during foreplay

It's sexy to hear men telling us how much we turn them on or telling us how hot we are. Even role playing is sexy when we women are turned on.

One reason your voice comes in handy is because women have a tendency to fall out of the moment thinking about something else or a conversation they had earlier, and a man's voice can bring them back to what they are doing right now and keep them in the present moment. This keeps them stimulated and turned on and creates a greater chance for an orgasm to show up.

3. Saying someone else's name.

Unless you are role playing and you've both agreed on it, then I wouldn't suggest saying anybody's name in bed except for hers. Even if you were joking about her being 'candy the naughty stripper' earlier or last time you had sex, it may not be as sexy to her now and it could cause her mind to wander to what you really want her to be like in bed.

And of course any ex girlfriend's names and her friend's names are strictly forbidden from ever being said in bed.

4. Always asking her if it's okay if you do this or do that.

Believe me guys, she's going to tell you if she doesn't like something in one way or the other. She'll stop you before you even start. So if you are trying something new or you are trying something she wouldn't let you do last time then just go ahead and try it!

It breaks our excitement of what is going to happen next and makes you appear a little less confident and a little less sexy in bed.

5. Worrying about how long you are going to last.

Contrary to popular belief most women don't want a guy who is going to go on and on like the energizer bunny. (You get this now right?) It's the quality of the sex and not the length that matters. Plus most women don't orgasm from sex alone and so you can still please them after you've finished with your own orgasm.

Women can tell when you are worried about it and that takes away from our pleasure because, as women, we are naturally concerned for other people and when you feel bad about it, we feel bad about it. So let your woman know that even if the sex doesn't last long there will be plenty of pleasure in it for her if she hasn't received it yet.

Tip 57 – Quickies Can Be Super Hot

There is a common misconception that woman have to have long drawn out sex in order to enjoy it and that quickies are not as much fun for her as they are for the guy. The truth is that while she may not always get an orgasm from a quickie, she will still enjoy the passion and excitement it brings, as long as you do it right.

A quickie normally will happen at the spur of the moment. Quickies are supposed to be intense and exciting and full of "I got to have you now!" emotions. Meaning there is no foreplay, no warm-up, just intense and immediate passion. Or at least there should be! This can make a woman feel desired and hot, and maybe even a little naughty.

To start out the quickie with her, let her feel your desire for her. You have a small opportunity to get in there and get it going. If you wait too long then you may miss the instinctual moment of desire that she will feel. Grab onto that instinct and get to the sex.

When you have quick sex it becomes raw and animal-like, especially when it's on a time crunch. You do what feels good and you do it quick. To keep it

intense make sure you stay aggressive and forceful. You do not have time to gaze into each other eyes, but instead you should be giving each other quick looks of passion.

And remember, do not make a quickie all about you. She may not get an orgasm from it, but you want her to feel that your desire for her is strong, and your willingness to please her is just as strong. This will make her feel as if she's getting a lot from this shortened-up passion with you. So, caress her back, talk about her tits, and make sure she feels that you are totally into her body and not just wanting to get off.

The point of quick sex is to show how hot you are for each other. So make every minute count!

Tip 58 - Don't Ask These Questions

There is a common misconception that women are the ones who never ask for what they want in bed but to be quite honest there are just as many men who have the same problem of asking for fear of the woman thinking he's being offensive or too dirty. You would be surprised at just how dirty a woman's mind can get!

You probably have many fantasies that include toys, clothes, positions, places, roles and so much more and if you are afraid to ask for fear of looking perverted you may never get to experience any of those fantasies at all.

She may not always agree to your fantasies but if you don't ask you will never know.

Of course with every rule there are a few exceptions. Here are two things that you may want to hold off on asking her as they could put a wedge in your relationship or in her pleasure.

1. Don't outright ask for a threesome unless she's talked about it first.

I realize that this rule goes against the 'ask any question' rule but really this can cause an argument that will last your whole relationship through. She may feel that you want to sleep with other women and that she is not good enough for you.

After you ask her, she may not feel appreciated, loved, sexy, and valued anymore. And she may bring this up every time she feels unconfident in the bedroom, and - you will regret asking it sooner than later.

The time to ask for a threesome is when she shows interest first. You can of course put the thought in her mind without actually asking her by watching movies with threesomes or reading sexy stories with threesomes. But unless she outright shows interest then keep your interest hidden as well.

2. Can I or you do 'this'?

Here's the thing - when you are always asking if it's okay to do things to her it kind of takes out the element of surprise and feeling sexy. If you think she's not going to like something, but you are not totally sure, then try it out and she will let you know whether she likes it or not very quickly.

For instance, if you want to spank her then flip her over and tap her ass lightly. If she gets upset then back off but if she likes it then you've just started something sexy that YOU took the initiative to start doing. That's hot!

Or if you want her to give you head then take the initiative to get her down there instead of asking her if it is okay if she maybe does it.

Of course things that could involve intense pain, like anal sex, need to be addressed first before you just slip it in a little...but common sense goes a

long way here.

Tip 59 – Keep Your Sex Life A Priority

Why do so many men just go about life not learning about a woman's body and how to really please her? Here are some possible reasons they may have.

- They don't want to make her feel good and give her the best sex she's ever had.

- They don't care about their woman enough to give her great orgasms.

- They are too proud to admit they don't understand a woman's body completely.

- They are greedy and just want to get off themselves and are not concerned about her.

- They are oblivious to the fact that their woman is not having a great time in bed or that she could be having a better time in bed.

- They are scared to try it.

What would they get by keeping their sex life a priority and understanding a woman's body better?

- They would get her to have mind blowing orgasms.

- They would make her think they were a sex god.

- They would look like that one guy out of a million, in her eyes, who knows what he's doing with a woman's body.
- They would make her crave them when they were not with her.
- They would make her want and initiate sex because they are just that good.
- They would get her to return the favor to them over and over again.

I'm sure most men would want those things from their woman and all it would take is a little reading, education, and practice.

No matter what, keep your sex life a priority because your relationship will only benefit from it. If something doesn't work, then keep trying because something eventually will. This will help you make good sex great.

Tip 60 – Try Out The Following Sexual Positions

There are some sex positions that are more arousing than others for women. While the trusty missionary position is a good way to show affection and keep eye contact, there are many other positions that she will feel just as close to you and get some added arousal as well.

The Mare's Position

Even if your woman doesn't necessarily like to be on top, she may enjoy this position. With this position you can either be sitting back on your hands or lying down with your legs straight out in front of you while she sits down facing away from you. If you stay sitting up you can kiss the back of her neck or shoulders while she does a slow movement up and down. Also, if she contracts her vaginal walls while moving up and down, then both of you will experience a unique feeling that is not often felt while having sex.

Congress of a Cow

If your woman can touch her hands to the floor while bent over standing, then she is going to love this position. This is a variation of a popular rear entry position. Have her support herself with her hands and her feet while you 'mount her like a bull'. Hold on to her waist during this position to offer a little more support to her. You will be able to penetrate her deeply with this position.

The Pressed Position

This position shortens her vagina, so it is good for guys with shorter penises or for guys who just really want her to feel it. You have to be careful not to thrust too hard with this position though as you can hurt her and possibly turn her off forever from it! Have her lay on her back and bend her legs up to her chest. Her feet will rest on your chest. You should be on your knees and very close to her in this position.

The Half Pressed Position

If she finds that it is hard for her to keep both of her legs bent in the pressed position, then you can vary it by only having her bend one leg to her chest and allow her to stretch her other leg straight out over one of your legs.

The Mountain Pose

Sit towards each other with your knees up and lean back on your hands. Move towards each other until you are in a comfortable and connected position. You will have to raise yourself up a bit and hold to start pumping back and forth, but it will feel so good you won't notice the workout.

She will love this position because you will be able to stare into each other's eyes - if you want to, and it will feel extremely personal and intimate. Plus she will be able to stimulate her clitoris on your pelvis.

The G-Spot Stimulator

Sit down on the edge of the bed, with one leg hanging down and one leg up on the bed, and have your woman sit down the same way on top of you, but facing away from you. She can also have both of her knees pulled up to her chest with her feet resting on the bed if she likes.

She will love this position because it has the potential to stimulate her g-spot. So if you haven't been able to get a g-spot orgasm out of her then this would be the move to try!

The Meditation Pose

Sit down with your legs crossed, and have your woman sit in your lap facing you with her legs wrapped around you. You can embrace in this position in a hug like embrace.

She will love this position because it involves a rocking motion instead of thrusting and makes it a very intimate position because of this. You can also look at each other if you want which increases the intimacy of the sex position.

The Standing Pump Pose

Have her stand in front of you facing away from you then bend her over. You can have her hold herself with her hands on the floor in front of her, or you can hold on to her wrists and offer her support that way while she bends over.

She will love this position because the bent over stance will tighten her vaginal walls and increase the pleasure of the friction. She will also love the naughtiness this position brings as you can bend her over anywhere you are and anytime.

The Thigh Master Pose

Lay down with one leg bent up and the other leg straight out in front of you, then have her straddle you from the side so that both her legs are positioned on either side of your bent leg. She will do the work in this position.

She will love this position because she can rub her clitoris on your thigh as she moves up and down for extra clitoral stimulation. She can also turn her head to see you if she likes or she can look the opposite way. It gives her complete freedom to do what she wants to do.

After that, get creative with your own positions. I'm always amazed at new positions I hear about – I mean seriously, how many ways you can have sex?

Chapter 16: Oral Sex

I am a huge fan of oral sex. I think that many women experience orgasm through it, and if you are not doing it, then you should be!

This chapter will discuss some common oral sex issues for her and you.

Tip 61 – Where Do You Lick?

By now you should know that clitoris stimulation is how most women have orgasm, so it goes without saying that you should stimulate the clitoris when it comes to orgasm.

Some guys get right in there and thrash around in the vagina, poking their tongues in and out. While this may feel kind of good for a few seconds, it's not likely to lead to orgasm and your woman will grow tired of it after a while.

Instead of thrashing around, lick around her clitoris...the exposed part. But do not lick directly on top of her clitoris as this will not be comfortable in the beginning; instead lick to the side or top or bottom of the clitoris to stimulate the nerves and get the blood pumping. Once she starts to get turned on you can give more direct contact.

Because every woman is different, it is important to gauge her body reactions (be a mind reader) or ask her to direct you to where she wants you to be. Otherwise, you may be putting forth a lot of wasted effort that could be better directed elsewhere.

This also holds for true with how hard and fast to lick and what part of your tongue you should use. There is no hard and fast rule, so make sure that you

find what works for her and stick with it.

Tip 62 – Up Your Chances Of Her Having An Orgasm

Women are more likely to have an orgasm during oral sex than the actual act of sex. This is why oral sex is so important to master and any woman will appreciate your efforts while doing it.

Unfortunately there are also many things that can distract a woman from a pleasurable oral sex session and these distractions will not only shift her focus onto something else but they will make her orgasm unattainable if they remain around too long.

I'm going to talk about this backwards, starting with the orgasm and ending with the initial thought of giving her oral sex.

The first thing you have to remember while giving oral sex to a woman is that you need to see it all the way through the orgasm. You have to be in it for the long haul.

If you stop just before she reaches orgasm then you have to actually build her back up to the peak point again from step one. Most women don't just continue on into their orgasm but instead have to refocus and work themselves back up there.

Even if you stop during the beginning of the orgasm you will cause her to have less of an orgasm than she could be having.

So see it through until she kicks you off of her.

The next thing to remember is that during the build up to the orgasm she has

to be focused and in the moment. If she is thinking about anything else other than her fantasy or what you are doing, then her chances of reaching an orgasm is about zero.

So don't do anything that would distract her mind. This can include licking the places that don't actually turn her on, moving from a spot that does turn her on to a spot that doesn't turn her on, making gagging noises of any kind, humming and hawing about how long she is taking, asking her if she would give you head for a few minutes instead of continuing, or anything else that you can think of that will distract her mind from what you are doing to her.

And lastly you have to remember that if she is not in the mood to begin with then she will not be focused enough to enjoy the oral sex and reach orgasm – so ensure you have built up her mind before you start giving her oral sex, which may need to take place long before any kind of sexual contact occurs.

You can do that by making it a no sex pressure zone with the excitement of what she will be feeling later on when you do have sex. This will allow her brain to work her body up to the point of being sexually aroused and ready to focus on oral sex.

So here are the steps again from beginning to end.

Get in there after you have done the work to turn her whole body on – including her mind, focus on your task so she can focus on hers, and see it through to the end.

Tip 63 - What To Do When Your Woman Doesn't Want Oral Sex?

You want to give your woman pleasure and you know you can do it through oral sex, but she will not allow you to go ahead and show her how you can make her feel. This is frustrating because all you want to do is to make her

feel good!

There are many different reasons why a woman will not let you go ahead and give her oral sex.

One thing that it does not have anything to do with is withholding oral sex from you on purpose. She wants you to make her feel good and she is not purposely denying you the feeling that making her feel good would give you.

Trust me, she wants you to feel good about yourself and feel like you can pleasure her. But there is another barrier that is in the way of allowing you to do so.

I can't personally say which barrier she is putting up and why, but you can ask her which one of the following reasons may apply to her and because you have taken interest into the real reasons behind her denying you oral sex. She may choose to open up and tell you exactly what her fears and concerns are about the whole situation.

Here are a few of the reasons she may be denying oral sex and a few suggestions on how to deal with it:

1. She's Worried What You Will Think When You Are Down There

This is probably the most common reason. Women are not always comfortable with their own bodies and especially their private regions. They worry about the taste, smell, and even appearance of their vagina and they don't want to turn you off of them completely, so instead they choose not to let you give them oral sex.

You can try assuring her that you love the way she smells, tastes, and looks down there. If you say it enough times, with conviction, then she may start

to believe it and allow you to give her oral pleasure without worrying about what you are thinking.

By doing this she may eventually allow you to go down. But remember that she will be watching your every move and listening to your every noise for a sign of disgust. If you accidentally give off a sign then she will immediately halt oral sex and may deny you from doing it again. So be aware of your noises and movements.

You can also reassure her that every woman looks different down there and that she is unique and amazing to you. Most women do not realize that the way their vagina looks is okay and unique to them. Not all women's vaginas are created equal!

2. It Hasn't Felt Good In The Past

She may not want to give you access down there because the last time she had oral sex it did not feel good. In fact it may have downright hurt her! This is common when women do not know their own bodies and know how to direct men during oral sex, and it is also common when men do not know how to give their women oral pleasure.

You can fix this by assuring her that you have read up on how to please a woman orally and you have picked up some skills that will cause her pleasure and not pain. Tell her that she can tell you if it hurts or feels bad and you will adjust and do something else.

You can also allow her to figure out what feels good by buying her a vibrator and encouraging her to use it on herself. Once she knows the right spots and pressure that makes her feel good she will be more able to direct you to those spots and adjust your pressure.

3. She's Been Abused

The statistics for women who have been sexually abused is shocking. It's no wonder that these women don't always want to allow their men to get up close and personal with areas of their bodies that are sensitive and have been used against their will.

In this case she may need help getting through her fear of abuse and the feelings attached to that fear. She will have to do that on her own.

All you can do is offer her the love and support of a good man and assure her that you will never hurt her in that way - ever. This means that you can't force yourself on her physically or mentally ever. If you do then you will lose her trust completely and will never get a chance to prove yourself to her.

Don't constantly badger her to give her oral sex but instead let her know that you want to pleasure her in every way you can. She will have to come around to allowing you to give her oral sex on her own.

Tip 64 – How To Get Her To Give YOU Oral Sex

Many women have never given oral sex to their man, and many women just do not like to do it. But if you are pleasing her then she really should return the favor – it is only fair!

However, if you go about oral sex discussions in the wrong way she may start to associate oral sex with negative feelings.

For instance if you are pressuring her to do it and making her feel guilty for not doing it, then she is associating oral sex with pressure and guilt. Chances are she is not going to want to give you oral sex when she associates it with something so negative.

Remember that the reason she is not giving you oral sex has nothing to do

with not wanting to please you. It has more to do with her fear of what it will be like. The taste, cleanliness, smell, messiness, gagging, or fear of ejaculation is what is holding her back from doing this act of pleasure for you. So you need to remove the fear from her thoughts and replace it with something more appealing.

Bottom line: Do not make her feel uncomfortable and stop trying to negatively convince her to get down and dirty with oral sex.

If she is really fearful of it, and has not done it before, try using the following 5 steps to help guide her to oral sex and have her stay there.

1. Make a Game Out of It

You know how sex games have 'kiss this' and 'kiss that'? Well find a sex game that has a card for kissing your penis in it. This will make it more of a part of a game than something you are trying to force her to do. Most likely she will hum and haw about it, but most people tend to follow rules that are clearly laid out for them. Do not pressure her but instead promise her that all she has to do is give it a quick kiss. Chances are she will give it a try, and that quick kiss will move her past her fear of getting near it with her mouth.

2. Ask Her to Do it Outside of the Game.

During foreplay, **and only during foreplay**, ask her if she could give it a little kiss like she did in the sex game. Do not try to force her or sound like you are pressuring her, but just let her know that it will really turn you on if she does it. Chances are since she has been there before with no negative emotions from it then she may try it again.

3. Let Her Know How Good It Feels When She Does It.

Praise her for what she did. It will allow her to feel as though she is really

pleasing you and making you happy without having to really cross the uncomfortable zone.

She does want to make you happy after all, and if she sees that just that small act of kissing it gives you so much pleasure then she will wonder what kind of pleasure she can give you by doing more. She will most likely try to push the envelope a little next time, and she may even do it on her own.

4. Be Patient

Be patient with her and you will win her trust. Every time she does something down there don't push her to do more. Your enjoyment is enough to keep her moving forward towards satisfying oral sex. Any pressure you put on her will bring back the association of a negative feeling instead of a positive one you created from the game.

Remember, it could take weeks or months to get really comfortable with it. You just have to be patient and allow her to go at her own pace.

5. Have Some Control

When she finally does do it for you, do not ejaculate in her mouth. Let her know when to pull away so she can make up her own mind whether or not she wants to get a mouthful or not. If you ejaculate in her mouth without warning she may never trust you to do it again, and that is going to be hard to come back from.

Chapter 17: Make Her Want You

You may think it's impossible to 'make' a woman do anything, but that's only because you have probably been going about it the wrong way.

Once you understand that there is a way that will make her want to please you in every way possible, and there is a way that will make her want to not please you - ever, then you will be able to use that knowledge to your advantage.

Tip 65 - Making Her Please You Outside of the Bedroom

The rule is that if you want her to please you then you have to please her. Pretty simple right?

If you want her to stop nagging at you or stop complaining about you or want to cook you a dinner that you love, then you have to make her feel good about YOU.

Meaning if she isn't happy with you and the way you treat her, then she is not going to want to do anything for you that will make you happy.

You can do this by making your relationship strong with communication and validation.

Communicating with her on a daily basis will bring your relationship closer by adding trust, intimacy, and a sense of companionship. Communicating involves talking about you and your day and listening to her when she talks about hers.

If you find that you have a hard time listening then try to remove distractions (like TV) while you are listening, and try to picture the words she is saying as if they were playing out in your own TV program. If you can visually see what she is saying, then you will also hear what she is saying better.

Validating her means acting on those things you hear her say. For instance, if she's talking about how long she had to stay on her feet today then give her a foot rub! If she's not feeling good about herself, then make her feel good. If she is sad, then give her a hug. By showing her that you understand what she is saying and you would like to help her feel good she will instantly feel closer to you and happy with you.

Once she is getting the attention she deserves and craves from you then she will give you all the attention you need, and she will do what she can to please you as well.

I know this sounds like you are the one that has to do the work, and that is because it is true. If she is not doing it then someone has to – and you are the only other one in the relationship.

Call it what you want...being the bigger person in the relationship or just being the one that initially gives a damn – no matter what you call it, doing this stuff will help your relationship grow stronger and change the way she relates to you in the relationship.

Tip 66 - Making Her Please You Inside The Bedroom

This is pretty much the same rule as above. If you can really please her in the bedroom then she will want to please you as well.

That means that she will do those crazy things that you want to do just to please you. Well, there is a limit, but you will get way more than if you don't

please her.

Learn everything you can about her body.

What makes her sigh?

What makes her relax?

Does she like it rough or not?

What are the spots that make her melt?

Understand what she likes in bed and then give her that satisfaction.

Remember, foreplay is huge so use it!

And ensure that she is getting pleasure in every sexual encounter whether it is mentally or physically. She will be more likely to take control and initiate a sexual encounter if she knows there is going to be pleasure at the end. She will also be more likely to say yes when you ask her to play out a fantasy that would please you. She will also be more likely to crave pleasing you without you even doing anything!

Want that? Then meet her needs both outside and inside of the bedroom. Once you start doing it you receive it back tenfold.

Chapter 18: Spice Up Your Sex Life

Do you find that your bedroom routine is becoming pretty - well, routine? You always head up to the bedroom for sex and you do the same sexual positions and the same movements and sex is starting to become a little too boring and predictable.

Tip 67 – Why You Need To Spice It Up And How To Do That

Sexual intimacy is a huge part of any relationship. It can bring us closer together, give us self confidence, and is a release of energy that we so desperately need sometimes.

The biggest reason sex falls apart (besides not being pleasurable) is boredom.

Here are a few naughty things that you can try in bed tonight to spice up your love life and bring back the fire. Use these things at least once a week to keep your sex life hot and heavy.

Role Playing - This is a huge turn on for both men and women in the bedroom. The trick is to figure out who is more dominant and more submissive (I've mentioned that a lot haven't I?) in the bedroom and then use that to your advantage to turn you both on. You may feel a little funny at first but once you get into the role it will become extremely sexy and easy to stick to it.

Examples include naughty massage therapist and willing patient, perverted doctor and turned on nurse, and bad student and mean teacher.

You can also do this outside of the bedroom and pretend to be strangers that meet at a bar or restaurant and end up coming home together for a one night stand.

Talking Dirty - This can seem like it might be role play but it's really not. When you talk dirty to your woman it shows that you are completely in the moment with them and not some role playing fantasy person that you are pretending to be.

Examples of talking dirty are telling her how dirty she is because of the way she is in bed or telling her how much you want her and what you want to do to her in bed.

Playing Games - This doesn't have to be during the act of sex but can be used as foreplay instead. The more turned on you are for sex the better the sex will be.

An example is watching a movie together and doing something sexual to each other every time a certain word is said or a character comes on. By the time the movie is over you will be hot and ready for sex.

Another example would be buying a game from the sex shop that has you do a certain act every time you roll dice or move on a game board. This too will get you excited and ready to get on to the sex.

Tip 68 - Doing it Outside of The House

You can use your house to your advantage and have sex on those perfectly helpful stairs or couch. Or use the kitchen table for something other than eating, or possibly eat something you normally wouldn't off the table!

There are many areas and tools around the house that can help you spice up your sex life and make you feel naughty and excited.

However, sex doesn't have to be limited to your house for the rest of your life!

This doesn't mean that you have to go to a dirty restaurant bathroom; it can be as simple as having sex while camping or even just heading out of the house while it's dark to the nearest tree covered field.

Not only will you get the excitement from the thrill of getting caught or seen by someone but you will feel the sensations like grass and wind on your body. These kind of 'in the moment' sensations will really help you and your woman enjoy sex in the moment!

Chapter 19: Conclusion

You CAN get laid more often. It is all about learning what your woman wants and then giving her the pleasure that keeps her coming back for more.

If a woman enjoys sex then she will want to engage in sex. If she doesn't enjoy it then she won't.

So, don't just read this eBook and move on with your life. Apply what you have learned to your sex life and make sure she enjoys it.

Remember, sometimes a woman's sex drive can start to fail for a variety of reasons. Even if you do everything right in and out of the bedroom, she may still not be interested in sex. It is at that time that you have to seek outside medical help to find a solution to your problem, or accept it as a part of life (not a good idea.)

Many women have been taught that sex is a dirty thing and fantasies should be kept to themselves. You need to bring those fantasies out and show your woman that sex is an important part of your relationship that you both need to pay attention to.

And always remember that for a woman sex does not just equal physical pleasure but it also brings the two of you closer together and helps her to feel connected, respected, cherished, and loved – all important aspects of a happy and healthy relationship for any woman. And, she won't want to have sex unless she is happy outside of the bedroom as well.

Tip 69 – Don't Wait To Improve Your Sex Life

This is perhaps the biggest tip of them all. Don't wait to have a better sex

life; instead, start working on your sex life the minute you stop reading this.

Here's an example of why you have to start now. My friend and her husband decide to have sex every day of 2018, starting on January 1st. Much like other resolutions it got pushed back to January 15th and then February 1st and eventually it was no longer a priority. Because they were starting to push it back, they had to excuse their behavior in some way and their thought process became, "Sex is not as important as other things in our lives." Well, as we discussed, sex is very important in an intimate relationship and you can imagine how their relationship started to become affected by this lack of sex.

My point? Don't put it off for tomorrow or the 1st of next month. If you do, then you may never get around to improving your sex life. In the mean time your relationship will not stop suffering the negative impact of a sexless relationship – and eventually your relationship may end.

Even if an action doesn't result in a positive result it is still better than taking no action at all.

Start improving your sex life right now and don't look back.

In other words: Go out and get laid!