



THE  
FULL BODY  
*Orgasm*

HOW TO MERCILESSLY  
PLEASURE YOUR LOVER  
IN BED TONIGHT

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# Introduction

*"We want a story that starts out with an earthquake and works its way up to a climax."*  
- Samuel Goldwyn

*I* f I were to change this quote so that it better fits our subject in focus, it would sound something like this: women want an orgasm that starts out with an earthquake in the mind and works its way up to a full body climax. Because that's how we'd like to experience the most important part of sexual intercourse, like a total euphoria that encompasses and unleashes both our minds and our bodies.

Though I pride myself in thinking that what I described in the previous chapter is reality, many women would contradict me, saying that all this full-body, mind blowing orgasm theory sounds too good to be true. This saddens me a little, but I know that what these women need is not my compassion, but my professional help.

And I am going to help them, but not in the traditional way, if I'm allowed to say this. I'd rather tackle this issue differently, that is, teaching men the tips and tricks that they need in order to prove their respective girlfriends or wives wrong.

My best advice comes to you, my dear sexy reader, because I know that you are more than willing to learn and information and practice the exercises so that your partner gets to feel what, unfortunately, few feel: the full-body orgasm!



# Introduction

Great orgasms are not the exclusive gifts of porn stars and women that are biologically created so that climaxing happens easier and more often than not, they are available (for free!) to any woman out there that has a vagina, a will, and a savvy man (who, likes to read Gabrielle Moore's courses) at hand.

The fact that I have decided to write this book on this particular subject is not accidental. I, too, have been a part of those unsatisfied women, which are more than one can imagine, studies show. In fact, according to the Durex 2004 Global Sex Survey, only 35% of women climax every time they have sex. Studies also show that around 40% of women suffer from sexual dysfunction and about a fifth of them have low levels of libido. Even worse, around 10% of women claim they NEVER have orgasms.

You're gasping right now? Wondering if your girlfriend or wife is among them? Don't worry, I'm here to help if this is the case.

Also, don't be discouraged. The fact that she is having troubles reaching that special happy place is not your fault, of the fault of the sex you two are having. Some women are naturally less able to climax. In 2005, geneticist Khytam Dawod published a study in Twin Research that suggested a woman's ability to climax was partly down to her genes.

His team discovered that part of the complications that stopped women from having powerful orgasms was due to genetic factors. However, this doesn't mean that you should just assume from the start that it is her fault, of how her body works. "Being able to orgasm is a combination of mental and physical factors", says Marcelle Perks in her book **Incredible Orgasms: yes, yes, yes, YES, YESSS!** <sup>(1)</sup>.

And, however, if we were to look at this situation from the positive side, this means that she has room for improvement, and that you two get to practice more often, until she finally gets it right, and gets it good.

This series is filled with practical tips on how to increase her pleasure during intercourse, so that she never again experiences the frustration of having to get dressed unsatisfied. You'll find plenty of ideas for physical techniques, but also solutions that will increase her psychological arousal, because this is of extreme importance as well.

I hope this book helps you help your partner discover the sizzling side of her sexuality and the fact that she is surely able to have orgasm that make her scream so hard that your neighbors start complaining about it.

One last word of caution though: Know that there are no universal, one-size-fits-all techniques to rev her climaxing situation up. Some women love some things, others can't feel it like that and want it differently. Concentrate on how you feel, how she responds to your techniques, and make a conscious effort to truly understand how both her mind and body function. It's the best start you can make.



# Chapter 01

WHAT'S THE BIG O  
DEAL?  
WHY IT'S HARDER  
FOR WOMEN TO  
ORGASM

*Y*ou are so lucky! Seriously, you don't even understand how lucky you are. You get to pee standing up, don't deliver babies and have never experienced the horror of monthly period. I envy you.

But the reason I most envy you is another: I'm jealous of how easy it is for you to get aroused, have an orgasm and ejaculate with that big smile smeared all over your face. In my case, and the case of all women out there, sex is an intricate business. We don't get in the mood easily and we don't orgasm by magic.

But there's a biological reason why. "The female body is more complicated than a man's is; it needs different touches and pressures to get to that point of no return, and what works for one woman might not work for another", explains Patti Taylor, author of **Expanded Orgasm: Soar to Ecstasy at Your Lover's Every Touch**.<sup>(2)</sup>

Ian Kerner says, in his book **She Comes First**, that if you spend at least twenty-one minutes on foreplay, 92.3% of women are guaranteed an orgasm.<sup>(3)</sup> His results, though, are based on a small sample. The truth is, there is no exact number. Some women need much more or much less.

Also, there's basically no real external clue of whether she is aroused or not. A man knows he is aroused when his penis is hard, but in the case of women, things are, again, more complicated. That's because being wet doesn't mean she's aroused, as vaginal lubrication depends sometimes on where she is in her cycle or what medications she is taking.

And it's not just physiological, it's also psychological. A woman generally can't climax via purely physical stimulation, like a man can. She has to be in the right emotional state to truly let go.

Yes, it's a sad fact of life that the end of the sexual act leaves, at least 50 percent of the time, the man satisfied and the woman having missed out big time. Before you convince yourself that it's biology that hates women, please note that you shouldn't accept this or take it for granted.

Here are the three main things that make it harder for women to reach climax than men and the solutions to each and one of them. Yes, it is that simple!

*Being wet doesn't mean she's aroused, as vaginal lubrication depends sometimes on where she is in her cycle or what medications she is taking.*



## 1) LOWERED LIBIDO

### *Symptoms*

- Never feeling in the mood for sex
- A decrease in her usual sex drive
- Feeling so stressed and tired that having sex is the last thing she wants

*Most likely to affect:* women in long term relationships

*If you think how damn sexy her body looks while she's all hot and sweaty, why not tell her that? She'll feel less self-conscious and she'll be able to relax.*



In those first few precious weeks of romance, it's easy to go at it like animals. But, after a while, it can become predictable and somewhat... boring (you've memorized every single aspect of each other's bodies and know the exact moves needed to get the other person in the mood). Losing the initial element of surprise and exploration, for women at least, can mean they stop looking forward to sex. Another thing that can keep her from wanting "it" is not feeling confident enough about her body. If she's constantly trying to get into positions she thinks are flattering, she'll never relax enough to reach orgasm. "These negative thoughts act as a message in her brain; the message goes all the way down to her spine and affects her arousal. A woman's brain is the most important sex organ because what women think has a got a big effect on how they feel sexually", says Vivienne Cass, author of **The Elusive Orgasm: A Woman's Guide to Why She Can't and How She Can Orgasm**.<sup>[4]</sup> Yes, women are a little crazy when it comes to how their bodies look when they are doing it with you. That crazy that they are actually thinking you are secretly rating their bodies. I know- waaay far from the truth. If you think how damn sexy her body looks while she's all hot and sweaty, why not tell her that? She'll feel less self-conscious and she'll be able to relax.

### *Sexperiment solution*

If your sessions have become routine and unexciting, and you feel that she is not getting any enjoyment out of it, sit down with her and make a list of different positions or sexual acts you'd like to try. This will give her some things to look forward to exploring. Also, since for so many women getting turned on is as much in the mind as in the body, you might

find out that just talking about what you'd like to do in bed (or out of it) to improve your current situation, is enough to get her aroused.

## 2) LIMITED AROUSAL

### *Symptoms:*

- Having never achieved orgasm
- Not being sure if she's ever actually come
- Not finding intercourse satisfying

*Most likely to affect:* women who aren't getting enough foreplay

If she's never had an orgasm, she's never going to be able to guide you towards helping her have one as she simply won't know what pushes her over the edge. "One of the biggest misconceptions holding women back is the belief that a climax is easily achieved through vaginal intercourse alone. The most common reason for not achieving orgasm is generally not enough foreplay or clitoral stimulation before sex. Many women never climax during sex itself without clitoral stimulation at the same time", says Victoria Zdrok Wilson, author of **The 30-Day Sex Solution: How to Build Intimacy, Enhance your Sex Life, and Strengthen your Relationship on One Month's Time.**<sup>(5)</sup> Ask her if she'd like to try masturbating in each other's presence. Thus, you'll be schooled directly on what gets her off, and you'll know how exactly you can help her.

### *Sexperiment Solution*

Using either her hand or a sex toy (and preferably with lubricant), she should start touching herself until she finds what feels nice for her. Pressure is the number one enemy of orgasms, so make sure she doesn't stress if it takes her a while to get there. "The more she pressures herself to have an orgasm, the less likely she is to climax. Moreover, recent studies suggest that for a woman to com, the part of the brain connected to anxiety needs to shut down", says Samantha Sade, author of **Clit-ology: Master Every Move from A to G-Spot to Give Her Ultimate Pleasure.**<sup>(6)</sup> Help her by touching her other hot spots. If it feels pleasurable, than you're headed in the right direction. If it helps her unwind, pour her a glass of wine, or prepare a warm, steamy, bubble bath for her. This not only relaxes her body and mind, but also increases blood flow to her pelvis, which is necessary to orgasm.

## 3) CLUMSY LOVING

### *Symptoms:*

- She can orgasm alone, but not with you

- You are unwilling to do what it takes to make her climax

*Most likely to affect:* women who don't feel comfortable talking about sex

"A common complaint of men is that women are not clear on what they like. It's rather depressing that so many women are still reluctant to show men how to please them", says Bettina Arndt, author of *The Sex Diaries*.<sup>(7)</sup> Since only she knows what feels good for her, ask her to give you a little direction. If she's embarrassed, just calmly explain to her that your only goal is to make sure she gets all the pleasure possible from your lovemaking. She'll get a message in a way that won't make her shut herself more in her little cocoon of frustration and lack of satisfaction. It's slightly harder if she is not willing to help you with pieces of information on how to get her aroused. If she's not happy with opening up and sharing stuff, try everything! You'll soon find a mixture of moves and touches that gets her off.

### *Sexperiment solution*

If she's not communicating what she likes, it's time for you to mix things up by taking control of the situation. Don't wait around expecting her to grow a pair and lead the way, instead, guide her through it. Most women aren't really fond of initiating things in bed, even more when they are not getting any pleasure out of what's happening between the sheets, so she'll find it completely hot that you're taking her for the ride, ready to solve every little issue that she has. You are her knight in shining... boxers!



# Chapter 02

ORGASM BASICS.  
TURNING GOOD  
ORGASMS INTO  
GREAT ORGASMS

*“I* don’t think I could be with a guy who didn’t make me orgasm- I love the feeling too much. All my senses become heightened, my body tingles and I just go into this state of complete euphoria. It’s like fireworks in my pelvis! If I have a really intense one, I feel like I’m walking on air for hours afterwards”- Arielle, 25

“The best orgasm I’ve ever had was with an ex-boyfriend- I think it’s always better when you’re with someone you love, as you feel safe and comfortable. One night, we had sex three times. The last time, I came so hard I actually ended up sobbing. I was so relaxed and pleased, all the emotion just came flooding out”- Alexandra, 31

“To me, an orgasm is like a massive release of pressure. Having sex is great and I’m lucky because I can have more than one orgasm a session. It feels so strange when I come, because my legs shake and I get all sweaty. It’s usually just so intense that I go into my own little world”- Melanie, 26

“Every orgasm’s different for me. At worst, they’re subtle; at best, mind-blowing, making my body melt like butter. The best are when my boyfriend’s penis hits my cervix at the point of climax”- Jasmine, 30

“When my boyfriend works his magic, I feel a wave of warm air sweeping over me. My orgasms don’t last very long- only a few seconds- but we’re trying a few new things. If I arch my back, I come harder. I’ve asked friends what they suggest and they all say, “Experiment”! I love the pulsing feeling: it’s like there’s a heartbeat pumping right in my vagina!”- Vera, 29

“I never used to have orgasm until I bought a vibrator. Not only did it get me off, it also helped me work out exactly where and how I like to be touched. Once I discovered what worked best for me, all I had to do was tell my boyfriend. Luckily, he’s great at following instructions, and now whenever he touches me that way, I always come.”- Suzy, 27

Don’t these confessions make you feel all warm and fuzzy inside? I bet you wish your girlfriend was one of these women, don’t you? Well, I have some good news for you. This fantasy of yours is by no means impossible! Your girlfriend can and will reach this kind of euphoric peak. You just have to follow the pieces of advice that I have for you here.

*Once I discovered what worked best for me, all I had to do was tell my boyfriend. Luckily, he’s great at following instructions, and now whenever he touches me that way, I always come.*



First stop, find out what women really want and need in bed, and what buttons to push, when, in order for her to end up basking in the afterglow of the most orgasmic feel it ever crossed her body. It's not difficult. There are only three main things that are of utmost importance and that you should never neglect: a good foreplay, indulging in good-quality clitoris stroking and mastering the G spot techniques that will most surely set her on fire. Read carefully and start applying tonight!

## 1) FOREPLAY FOR DUMMIES

**Newsflash:** foreplay is about quality, not quantity. Here's how to get the balance right if you want her to have an orgasm during intercourse

*a) Be into it.* The female body isn't a car engine, and I'm sure your girlfriend didn't employ you as a mechanic to do a "job". Being turned on for a woman is as much psychological as it is physical, which is why one of her biggest turn-on is you being turned on. For a woman, there's no such thing as a man being too passionate in the sack, so let loose. Also, know that foreplay doesn't necessarily refer to the minutes before the actual intercourse; it is the combined effect of your behavior long before any sex takes place. "There is something crucial before physical foreplay. It is all of the talking and actions that have happened during the last twelve hours or so of togetherness", says Aline Zoldbrod, author of Sex Talk <sup>(8)</sup>. So make sure you are showing her your feeling of passion every time, not just when you want to get lucky and... score some. When it does come time to get to business, don't be shy and play around with different moves. Maybe what gets her off is having her toes sucked, or her neck bitten, or her bottom spanked, but the only way to find out is to have lots of practice. It's actually more exciting if you are doing it without the pressure of moving on to penetrative sex; this way you are keeping her guessing, which does wonderful things for her arousal. After all, it's true what Mae West said: "Too much of a good thing is wonderful."

*b) Target her other erogenous zones.* "Don't there" might be the star of the show, but it's not the whole cast. Touch her all over, feeling and exploring every bit. Nibble a little on everything, from head to toe. Some of the hottest spots are the neck, ear lobes, tummy and inner thighs. Or try massage oils and toys.

*c) Watch her.* If she's moaning, convulsing or sighing, then whatever you're doing is working. Every girl's different, so there are no rules- just take your lust for her and your slightly dirty imagination, and start experimenting.

## 2) ACKNOWLEDGE THE IMPORTANCE OF THE CLITORIS

The female body isn't so simple. Sure, it feels good for her when your penis glides back and forth inside her vagina, yet these motions alone probably won't escalate her ecstasy level to the point where she will climax. That's because there's little or no stimulation of the clitoris, the tiny bliss button about a centimeter north of the vagina that is the real key to achieving an orgasm. "The vast majority of nerves that give a woman sexual pleasure are located in the clitoris, not in the vagina,

so penetration alone likely won't trigger an orgasm", says Jane Bogart, author of **Sexploration: The Ultimate Guide to Feeling Truly Great in Bed**.<sup>(9)</sup> All those movie scenes where the woman moans in orgasmic pleasure while her partner pounds away? Don't fall for that. Another factor that trips up a chick's climax potential is that the clitoris is sooo incredibly sensitive, it's difficult for her to reach Kingdom Come unless you're hitting the right balance of pressure and speed. The clitoris and the penis have about the same amount of nerves, but the clitoris packs them into a much smaller space, so it's more responsive to the slightest touch. The fact that the clitoris is not inside the vagina might seem, at first sight, like Mother Nature's little joke, but imagine if you'd thrust against it during sex, given how sensitive it is. She'd be crying out in pain, not pleasure!

### 3) THE G SPOT ROAD MAP

Because I know you hate asking for directions, here's the info you need to surprise her tonight. And yes, G spot is orgasm's first cousin.

#### *What the hell is it?*

The elusive G spot has been described as the Loch Ness monster of the sexual world because it can be so hard to find. But it equals guaranteed pleasure. Just so you know what to look for, it's a small kidney-shaped piece of flesh that feels like wrinkled skin and is located approximately 5-8 cm inside the vagina, directly behind the pubic bone.

#### *So, how do I find it?*

The G spot can only be felt during arousal, so sped time stoking her fires before going exploring. Get her to lie on her back, knees bent, with her feet flat on the bed and a pillow under her butt. Slide your index finger inside her, making sure the pad of your finger is touching the top wall (where her belly button is). The area around the G spot should feel smooth and taut, but the spot itself will feel fleshy, puffy or wrinkled.

#### *But what do I do with it?*

The G spot responds to firm pressure, but be aware that it can prompt many women to feel a brief need to urinate. Use your index finger to put pressure on the spot by gently tapping it or making the <come here> motion. When massaging her G spot, it should start to swell and firm up. Don't get freaked out if she ejaculates a small amount



of fluid when she comes- this is completely normal. I've tackled the subject of female ejaculation on another of my programs, **The Female Liquid Orgasm Revealed: Unleash the Erotic Secrets of Female Ejaculation**. Download it here: <http://www.LiquidOrgasmsRevealed.com/>

#### 4) LEND HER YOUR ORGASM STRATEGIES

You guys tend to ask on your instincts more, especially when it comes to sex. You do what feels good without over thinking it. If your girlfriend adopted your mentality she would definitely climax easier and more frequently than before. In the name of sexual equality, I think it's only appropriate that you lend her some of your bedroom mentality. Here's what you should teach her.

*a) That she should always feel doable.* You could spend the entire day eating junk food and still want sex when you get home. But if a woman eats too much- or feel bloated or have a "fat" or "ugly" day- she often shuts down her sex drive. The reason? "Women have this notion that they don't deserve sex unless they look and feel absolutely perfect, but that's total crap", says Cynthia Gentry, author of *What Men Really Want In Bed*.<sup>(10)</sup> When you pick up on her feelings and realize she doesn't want it, you are less inclined to ask for it, which only reinforces her thinking that she's not sexually attractive. The result is a lot less sex for everyone involved. What you should do: tell her that you want her anytime, anyhow, and that you don't care about the small stuff, like if her skin is soft enough or she's a bit bloated from eating dinner. If she realizes that there's no point worrying about the small stuff, she'll be able to truly let go and enjoy climaxing sex with you.

*b) That little things are big turn-ons.* It doesn't take much to get you excited. If you spot a millimeter of skin between her top and jeans, you start thinking about what she looks like naked... and presto, you are in the mood. Statistics show that most men think about sex throughout the day, so it's only natural that you associate things with sex. By the time your girlfriend gets home, the sexual tension has been building up for so long that you are raring to go. But she works differently. Women think about sex when it's time for sex, but they often don't allow seemingly non-sexual things to trigger thoughts of that kind of pleasure. What you should do: teach her to think in a sexual way. Tell her to open herself up to the possibility of arousal at anytime. Start by exercising this together: take a copy of a sexy magazine and dare her to tell you how the naked pictures are making her feel. She'll soon pick up the speed and arousal will happen just as natural for her as it does for you. And this will make the experience of sex much better than ever before.

*c) That her crotch is gorgeous.* From the time you were a little boy, you worshiped your package- you played with it, took extra care to protect it, and sometimes referred to it as if it were a person. "The love affair men have with their genitalia actually helps them have better sex, because they know every inch of it and what touches and moves bring maximum pleasure", says Yvonne K. Fulbright, author of **Pleasuring: The Secrets to Sexual Satisfaction**.<sup>(11)</sup> Women on the other hand typically don't have the same kind of self love. Most women focus only on the clitoris and ignore other parts of their genitalia. What you should do: show her that there are many other spots that can be arousing, and that it will enhance her sex life if she becomes familiar with them. Have her

engage in a masturbation experience while you are watching, and tell her what spots to touch, thus making sure she doesn't miss any.

d) *That practice makes perfect.* You make sure you have as much sex as possible- solo or with your girlfriend. And there's a biological reason why. You have more testosterone, which is one of the factors that make you want sex more. What you should do: tell her that climaxing frequently can boost her sex drive, making it more akin to yours. Having an orgasm actually helps her produce more testosterone, which will make her want sex more often. That means that even if she's not with you, she should be regularly bringing herself to climax. Masturbating is a great way for her to experiment and see what works for her, and she shouldn't deny herself the pleasure.

e) *That it's all about focus.* Outside the bedroom, women have a huge advantage over men because they are so much better at multitasking. But in bed, it can be seriously detrimental. Because they tend to think of many different things during sex, they often get thrown off track when it comes to enjoying the act and reaching an orgasm. You, on the other hand, focus solely on what you are doing: how it feels when you thrust into her or the way her breasts feel against your chest. What you should do: advise her to practice paying attention to exactly what she is seeing and feeling, since it will be much easier for her to stay in the moment and enjoy herself. When you caress her, tell her to really think about how her body is reacting. Is she getting goose bumps? Does she feel herself warm up under your hands? If she stops worrying about how she looks or the way she performs, she will be able to feel highly erotic, which is the first step to achieving the much desired orgasm.

*If she stops worrying about how she looks or the way she performs, she will be able to feel highly erotic, which is the first step to achieving the much desired orgasm.*

## 5) MATTRESS TRICKS FOR ORGASM HITS

The secrets to prolonging her pleasure. So you've learned the basics, but is it enough? Of course not, not on my watch at least! I've prepared a generous orgasm learning man manual, filled with tricks that you wouldn't even believe work so well. All you have to do is try them one at a time. It shouldn't be that hard, now would it?



*g) Revisit the classics.* There's a reason why the missionary position remains the most popular way for many couples to have sex. It's the mashed potatoes of making love: you know exactly what it will taste like and you know it will make you happy. Also, it's among the best positions that guarantee the presence of the much eluded orgasm. Of course, as long as you are doing it right. The secret here is to obtain a deeper-than-ever degree of penetration. Avodah Offit, author of **The Sexual Self**, suggests you try this sexy variation: "Have her pull her knees up to her chest, then spread them just wide enough for you to get between them. With her calves on either sides of your back, she should support your weight on the back of her thighs. If she wants to move, she can rock back and forth with you."<sup>(12)</sup> My own personal orgasm surefire is a slight modification of the classic woman-on-top position, which I like to call the CSI position (Clit Scene Investigation). The fact that the clitoris is the main character in this scenario makes a world of difference as far as her orgasm is concerned. The keens are the pivotal point of action here. While you are lying on your back, have her straddle you, facing forwards. She should rest her hands on your thighs while you hold her knees and lift them a couple of centimeters off the bed. Keep the penetration shallow and rock back and forth- the whole point is your penis will come out and gently touch her clitoris each time you thrust.

*h) Buy her a vibrator.* Every girl should have one. It takes just minutes to climax, and the more orgasm she has, the more she wants, so it's great for her libido. Plus this means she'll be more eager to try with you what she learned with her technological buddy.

*i) Master the digit foreplay.* A good hand job will make her lady parts scream with pleasure. A bad one though will leave her sore, frustrated and dissatisfied. The best technique to go at it: grasp the outer lips of her vulva with your thumb and index finger of one hand, while running the middle finger of your other hand over and around the entrance to her vagina, feeling the wetness coming alive. For more intense sensations, get your mouth involved also. The contrast between your dry fingers and your hot and moist tongue will leave her clueless about where all that pleasure is coming from. For more detailed information about oral sex, I have another program, which specifically tackles this subject: **Hot Licks: the Ultimate 5 Step Program for Mastering the Art of Giving Her Exquisitely Orgasmic Oral Sex**. You can download it here: <http://www.HotLicksProgram.com>

*j) A threesome you will want to try.* You need three essential things for sex that guarantees full-body orgasms: knowledge (which you are already getting by reading this book), the right attitude (to be patient, caring and understanding with her and how her body chooses to react sometimes; remember, not being able to have an orgasm is not her fault), and chemistry (the higher the passion between the two of you, the bigger the pleasure that arises from said passion).

*k) Teach her the solo player technique.* Often in a stable relationship, the frequency of masturbation sessions drops off in the case of women. This is all well and good, but when there's a lack of orgasm, which breeds negativity and frustration, many women associate it with the sex act itself, which may be completely wrong. That's why it's crucial that she is able to make

herself come satisfactorily, so that she is sure that the problem does not come from her side. However, the way she self-pleasures is also important. "Most people fail to take the best possible pleasure from masturbation because they do it to relieve themselves, rather than for pleasure", says Vera Bodansky, author of **The Illustrated Guide to Extended Massive Orgasm**.<sup>(13)</sup> In order for her masturbating routine to be pleasurable, preparations are important. Some women prefer to take advantage of the heat of the moment, while other would rather take their time, maybe take a bath first, or perhaps read an erotic novel to get some saucy ideas. However, the most crucial thing is not to rush things up. Before getting down to business, she should make sure she is pleasantly warm and stimulated. This is where you come in, to give her a hand. Experiment with what feels good for her, tease her nipples, run your hands over the whole pubic region, then leave her to finish the job. "Masturbation is the primary sexual activity of mankind. In the nineteenth century it was a disease; in the twentieth, it's a cure", said Thomas Szasz, author of **Psychiatry: The Science of Lies**.<sup>(14)</sup> Make sure she knows that.

1) *Yoga tricks that help her climax.* New research shows that yoga can heighten arousal and make it easier to climax. Women who practice such techniques are turned on more easily, according to the *Journal of Sexual Medicine*. Here are the exercises and moves that she should be doing if she wants ultimate satisfaction in bed:

- **The four-second breath trick.** Take any yoga class there is and the teacher will always tell you the same thing: focus your breath! Inhaling and exhaling seem basic, and yet many of us are doing it the wrong way. The steadier her breath, the better her body can relax. New-age stuff aside, using this technique will indeed make it easier for her to orgasm. Yoga-style breathing not only prevents tension from short-circuiting her orgasm, but it also delivers oxygen down there, making it easier for her to go over the edge. All she has to do is inhale and exhale evenly- two seconds in, two seconds out- as she feels herself starting to reach her peak.
- **Be Zen.** Nothing snuffs out an orgasm faster than wondering whether she unplugged her hair straightener. To get back into the moment, she should try centering herself. Yoga teachers often tell students to concentrate on a spot on the wall or floor to help them focus. She can apply the same practice in bed. It doesn't matter what spot she chooses- it could be an object in the room or the freckles on your back- she should just keep her focus there as the sensations build.
- **Yoga-friendly positions.** Yoga postures not only look hot, but they also relax and condition the muscles in her groin area, priming her body for sex. Here's how to tweak your favorite position to get the benefits: in missionary, she should put her legs over your shoulders so her calves rest on your back. During girl-on-top, she should straddle you with her knees on the bed, and grab her ankles to mimic the camel. For doggie style, have sex in downward dog- that is, she should touch the floor so that her body makes an inverted V. Yoga techniques can also help you, in case you have premature ejaculation problems. They help you extend your performance and experience more pleasure, so do it together!



# Chapter 03

VARY THE MENU

*A* truly head to toe, mind blowing orgasm comes in many forms. Here's an accurate description of three types of orgasm that you must master, for the pleasure of the both of you. Bonus: with my tips and tricks everything will seem easy breezy!

## 1) MULTIPLE ORGASMS

Yes, a woman can have multiple orgasms! Biologically speaking, of course. However, there are some steps that must be fulfilled in order for her to truly be comfortable enough to let go in all areas. Because that's the secret of multiple orgasms: letting go completely, so that you can enjoy the pleasures that your body is able to give you. Make sure you follow these 7 steps and she'll be soon on the list of the happy few that master the fine art of multiple orgasming.

*Step 1. Find the chemistry.* First of all, a woman has to feel that there is a genuine physical attraction coming from your part. It's essential that she feels a chemical harmony when physically close to you. So show her that you want her more than ever, and that there is no other person with which you'd share this intimate moment. Pheromones are also important in the process of attraction. If you want her to feel deeply attracted to you and vice versa, why not use the power of these little wonder chemicals. If your body lacks them (it's been bound to happen) you can choose a perfume or body oil which is pheromone-based. I personally recommend [Wet Pheromone Alluring Body Glide](#). With its subtle, alluring scent, this silky, water based formula will unleash a whole new level of subconscious attraction between the two of you. You will feel like ripping each other's clothes off on the spot!

*Step 2. Connect psychologically.* A woman must first be comfortable emotionally in order to be able to succumb to the ultimate pleasure you can give her. Make sure she's emotionally complete, relaxed, and whole as a sexual individual. Achieve this by discussing eventual sexual issues with her. Ask her if she's willing to try new ideas or put to life her utmost fantasy. A good communication will ease things for her.

*There are some steps that must be fulfilled in order for her to truly be comfortable enough to let go in all areas. Because that's the secret of multiple orgasms: letting go completely, so that you can enjoy the pleasures that your body is able to give you.*



*Step 3. Plentiful, fabulous foreplay.* This step is probably the most difficult to pin down because it's such an individual thing. What was adequate for a former girlfriend of yours may not be enough for her. Moreover, what's enough for her one day may not be adequate the next time. In my seminars, I have reached to the conclusion that women need anywhere from five to forty-five minutes of foreplay. The average seems to be around ten to fifteen minutes. Milk this time of all its benefits by trying everything: kissing, touching, massaging, oral sex, everything that you think will work for her. From time to time, check things out with her, though. You can do this either verbally- "Do you like this?"- or by observing bodily reactions such as her eyes closing, pupils dilating, vulva becoming wet, or legs stiffening. Also, remember that good foreplay is 90 percent mental. If the mood is right, you can both enjoy it much better than the usual. So make sure she's in the mood... to experience an out-of-body euphoria such as multiple orgasms.

*Step 4. Breathing techniques.* Because of stress, many women don't breathe properly. Unknowingly, many have actually reversed the natural air flow direction, therefore increasing the level of body stress. And stress breeds anxiety, which is the most fearful enemy of sex drive. Before and meanwhile penetrating her, slow things down and ask her to take long breaths. Better yet, accompany her and breathe in tandem. Breathing you keep your body full of oxygen, which makes your whole senses much more alert and ready to receive pleasure.

*Step 5. Make noises.* Sex sounds are natural. So, if she's one of those women that stop themselves from screaming during sex, tell her to forget about that. Sequential, multiple orgasms are all about letting loose, and by letting out natural noises, she's exchanging energy with you, letting you know how exactly she is feeling everything that you are doing.

*Step 6. Choose the right positions.* This does not necessarily mean that you need to try twelve positions in one night in order for her to orgasm, but experimenting is definitely good. Also, you don't have to change the entire position; you can experiment with various tilts and angles of penetration of the same position.

*Step 7. Open up and let go.* Finally, if she wants to truly feel the power of complete and utter body excitement, she should let go of what she previously envisaged sex should be. Say no to prescriptive methods or ritualistic techniques. Let go of your ideas of sex and orgasms and attend to the energy at hand, to what you are experiencing right now. It won't be long until the flow of orgasms will flood her whole body and spirit. Be ready for some shuttering movements from her part!

## 2) SIMULTANEOUS ORGASMS

Ask women all over the world what their number-one sex wish is and it's this: they want to climax with their partner, at the same time. It's not the easiest thing to do, though. And you can blame biology for this one also. Because it has put men and women on opposite poles: you are doing your best not to orgasm too quickly, trying hard not to explode, while for her, triggering her orgasm feels like a major project.

Since I know you want to grant your girlfriend her wish- the chance of getting to the point of no return together- I am going to help you help her, by telling you what exactly you should be doing so that she gets turned on and hot and bothered just as quickly as you.

*1) Kiss her more.* Right out of the gate, most men make the mistake of giving their girlfriends the same warm-up as ever: you enthusiastically grab her boobs and rub her between the legs and expect her to be eager for moving on to full penetration. This is wrong. Unless she's already super horny, you should try and turn her on above the neck first. How do you do that? Prolonged lip action, of course! "Kissing helps spark your arousal", says Barbara Goldsmith, author of **Emotional Fitness for Intimacy**.<sup>(15)</sup> Exaggerate your mouth moves so she can adapt to your rhythm, gently suck her lower lip, flick your tongue against her mouth, and vary the pressure with which you press your mouth against hers. This strategy almost always works because we tend to mirror what our partner does, so soon she'll be just as turned on as you are. When you are ready to increase the intensity, kiss your way down from her ear to her neck and collarbone.

*2) Learn the fine art of cunnilingus.* I know you love going down on your woman, but you may skip or rush through it because you have no clue what to do. I remember once, I was talking to a patient, and she told me how she "trained" her husband to do the best cunnilingus she'd ever had. She gave him a crystal clear demonstration of what she wanted by saying, "This is what I'd love you to do to me down there", and then she pulled him towards her for a steamy kiss, using her tongue to demonstrate what she would like him to do. This is a great method, and I'm almost jealous that I didn't think about it first, since it really gives great results. Start the cunnilingus session as you'd start a kissing spree- with light pecks and tongue flicks, and work your way up into a deep powerful kiss. If you want to know if she likes it but don't dare ask, pay attention to her body language. If she's angling her body towards your



face, it means she wants you to use more pressure, meanwhile if she scoots back, it means you are going too hard. If you want to know more about this magnificent orgasm insurer, I have another program which is entirely dedicated to the subject of cunnilingus: **Hot Licks. The Ultimate 5 Step Program For Mastering The Art Of Giving Her Exquisitely Orgasmic Oral Sex.** Download it from here: <http://www.HotLicksProgram.com>

*3) Choose peak-friendly positions.* While some women can orgasm via vaginal stimulation alone, constant clitoral action is required to take most of them to the edge. That's why having an O via intercourse can be tricky- she needs to be in a position that lets you touch her clitoris with your hands or rub against it with your pubic bone. I personally recommend spooning- with both of you lying on your sides, facing the same direction- or doggie style. Both of these positions make it quite easy for you to reach your hands around and stroke her clitoris while you thrust. If you want to make sure she likes what you are doing, take her hand and encourage her to guide you towards her hot spot. If her clitoris is too sensitive to touch, at first, try caressing the surrounding area at first, shifting the pads of your fingers above, to the side, or below to keep the feeling going without overloading her. Or try slipping the bed sheet between her body and your fingers. The ongoing pressure, even if not direct, will help build her orgasm. For a hands free move, try this variation of the missionary: place one pillow under her bum, which will prop up her pelvis. Lie on top of her, your legs between hers. After you enter her, shift your body forward, so that your pubic bone rubs against her clitoris with each thrust.

*4) Go all the way.* At this point, you're so close, it's crucial that you keep doing what you are doing. Press harder if you are in missionary, or if you are stimulating her clitoris with your hands, try more firm movements for more intense pleasure. Almost there but she fell off the tracks? Get back where you were with a little tongue action from your part for a few minutes. Retracing your steps will bring her back to the brink and push her beyond it.

### 3) LONGER LASTING ORGASMS

An hour-long orgasm? Seems too good to be true, right? Well, it actually is true. I was in disbelief myself, until I succeeded in having one. When I heard that a group of sex researchers had devised a technique that would yield an hour-long orgasm, my jaw hit the floor. I was obviously intrigued by the concept, and also skeptical. Here, I explain the theory and help you make the most of your girlfriend's orgasm.

According to Steve and Vera Bodansky, co-authors of *The Illustrated Guide to Extended Massive Orgasm*, what happens physically when a woman is about to climax- her muscles tense up, she breathes more shallowly and feels a huge release- actually rip us off in the orgasm department. "When you tense up, your blood vessels constrict, reducing the amount of oxygen and blood coursing through your body. This causes your orgasm to be shorter than it should be", they explain. <sup>(13)</sup>

Their theory: a woman can transform the entire sexual experience into one long, continuous orgasm by reaching the brink of climax without actually tipping over the edge. They call this the hyper-aroused orgasm.

Other experts don't agree though. They claim that while these techniques can generate extreme bliss, most people wouldn't consider the outcome an actual orgasm. "There might be a handful of women who can have a true orgasm for minutes, maybe even an hour, but it's not possible for the majority of people", says Lou Paget, author of **Orgasms: How to have them, Give them, and Keep them coming.** <sup>(16)</sup> Even if a 60 minute climax isn't on the cards for everybody, staying at the brink of climaxing for an extended period sounds pretty good, and is definitely more pleasurable than a 5 seconds orgasm- I am the living proof of this. Here's how to help her get there.

*a) Use teasing touches.* The key to reaching the about-to-orgasm zone is to get her crazy turned on and then dial it back when she nears climax. Once she has calmed down, build up the sexual tension again. This ebb and flow of tension keeps her in an elevated state of pleasure. Start by fully exploring her erogenous zones, rather than zeroing in on the bull's eye right away. Lingering on the surrounding areas boost flow, which increases arousal and sensitivity. It also enhances anticipation so that when you finally do turn your full attention to her genitals, they're more responsive. Stroke her inner thighs, gently massage her pubic bone, or brush against her vulva while kissing. You can also tantalize her by kissing and licking from her lips down her breasts and belly, pulling away when you are about to reach her genitals. Swirl your tongue around her breasts, moving in tighter circles as you approach the nipples. Another option is holding a finger above her clitoris and telling her how you are going to stroke it before making contact. This heightens her awareness of the spot and makes her crave your touch.

*Even if a 60 minute climax isn't on the cards for everybody, staying at the brink of climaxing for an extended period sounds pretty good, and is definitely more pleasurable than a 5 seconds orgasm.*

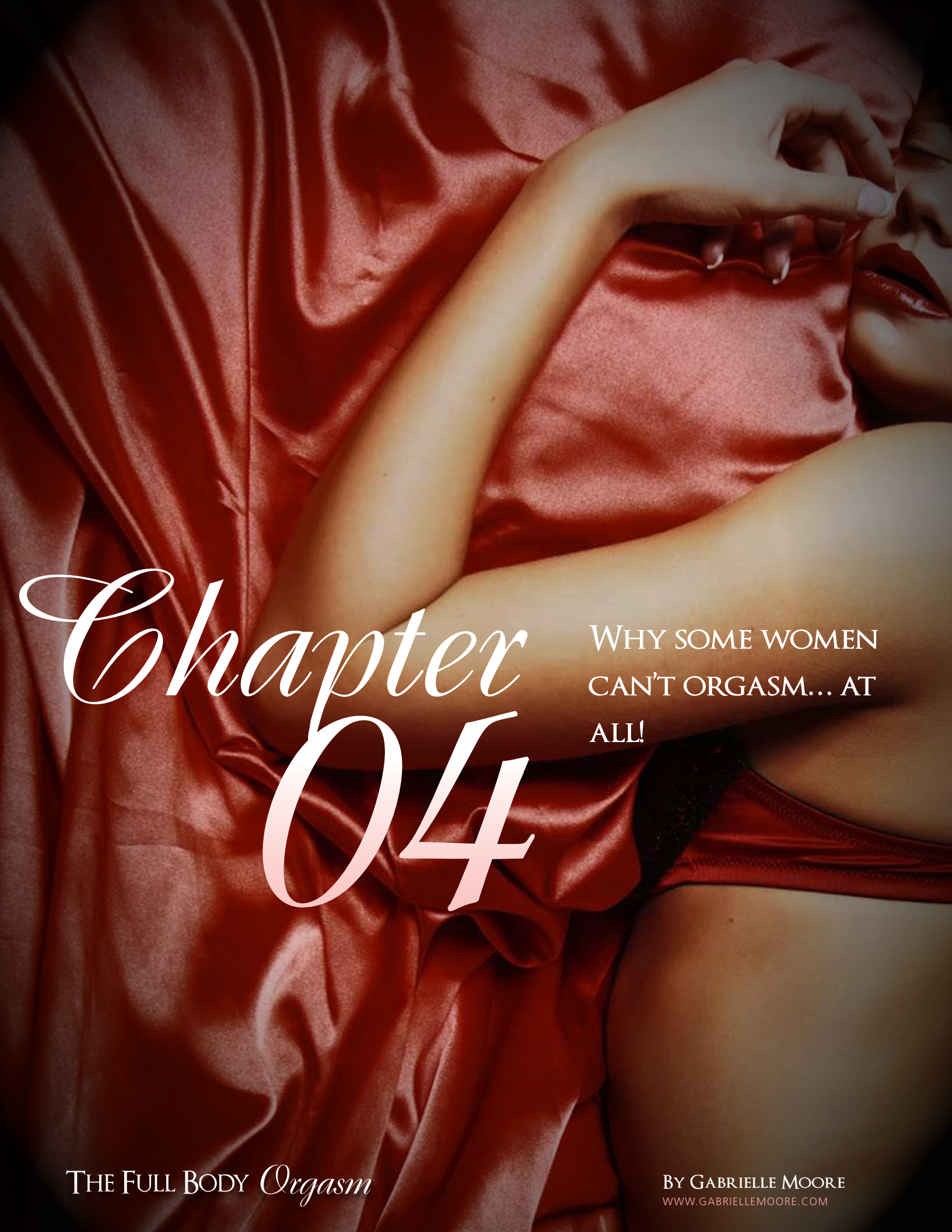


*b) Use both hands.* Touching her with both hands creates a multisensory experience. Stroke her clitoris with one hand, and with the other, caress her labia or lightly push one finger inside her vagina, toward her G-spot. Have some lube handy in case she is not lubricated enough. This also increases her sensations. My absolute favorite: [Slippery Stuff Lubricant](#), a unique silken liquid that enhances the pleasure of intimate contact without leaving a sticky residue.

*c) Vary the speed.* Switching rhythms will keep the momentum going without making her orgasm too quickly. When touching her labia and clitoris, start with long, flow strokes, and then pick up the speed, using faster, shorter strokes. Once she's quite aroused, bring her back down by slowly, gently caressing up and down the length of her labia. During oral sex, warm her up with licks all over the place, and then move solely to the clitoris, which is where she has the most nerve endings. To intensify things, move your hand firmly

and rapidly up and down her vulva while you are simultaneously sucking on her clitoris. Change the pacing during intercourse as well. Fluctuate between deep and slow penetration and quick yet shallow movements, where just the tip of your penis enters her. Occasionally, shift into high gear with hard, fast penetration.

*2) Stop and start again.* Another great way to keep her simmering is to take mini-breaks mid-action and do something different. Instead of moving linearly from manual stimulation to oral sex to intercourse, try mixing things up. Press pause during oral just to kiss her for a minute. If she's super worked up during intercourse, pull out and spend a few minutes stroking her. Or rub your penis against her clitoris. Not only does this give you a chance to catch your breath, but it also introduces hot new sensations for her. When you jump back into the action, she should be more riled up than before.



# Chapter 04

WHY SOME WOMEN  
CAN'T ORGASM... AT  
ALL!

**F**or many women, reaching orgasm during penetrative sex isn't easy. But for between 5 to 10 percent of women, it's impossible. These women suffer from a condition called anorgasmia, which means they are unable to reach orgasm.

There are three types of anorgasmia: primary- which means that the women that have it have never been able to climax- secondary- when a woman suddenly loses her ability to climax- and situational- which is when a woman can only reach climax in certain situations, such as when she masturbates. The latter is the most common form of anorgasmia- about 70 percent of women have suffered from this at one time or another.

## WHAT CAUSES IT?

Anorgasmia has many possible causes, some physical, some psychological. If you think that your girlfriend or wife is suffering from it, it's important to make her realize the inability to have an orgasm isn't something that exists in her head. Like any other medical condition, it has causes and symptoms, and needs to be treated.

Physical reasons for a lack of orgasm can be medical- for example, scars or nerve damage from gynecological surgeries. Many medications can also interfere. Blood pressure medications, antihistamines and antidepressants are all culprits. Other common causes are drugs and alcohol.

The psychological causes are as real as the physical ones. Mental health issues such as anxiety or depression are common causes. Guilt, religious or cultural beliefs and fear (of pregnancy or sexually transmitted diseases) have all been identified as contributing factors. No cause it easy to treat, but with slow, steady therapy, good progress can be made.

## HOW YOU CURE IT?

If your girlfriend or wife is having this problem, accompany her to a GP to check on any physical or medication issues. He can help sort out the problem or refer her to a specific therapist. Depending on the kind of anorgasmia she suffers from, treatment will differ. If she's never experienced an orgasm, treatment will focus on increasing her capacity to enjoy

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stimulation. If she is anxious about having an orgasm, worried about loss of control, or simply doesn't like the way she feels when she approaches climax, then therapy will work on these issues in a systematic, safe way.

If she has secondary anorgasmia, she should consider herself lucky. She already knows what an orgasm feels like, at least one way of having it, and that she is physically capable of reaching one. In this case much of the therapy will focus on increasing her repertoire of skills to induce orgasm.

If she suffers from situational anorgasmia, she needs help identifying situations she is able to reach orgasm. Once these situations have been identified, treatment such as communication techniques can be developed. Touching exercises might also come in handy. The cure won't come out of the blue, it's a slow process, but it is definitely worth it, if you love your girlfriend and want to be able to have fulfilling sex with her.

# Conclusion

*I*n my years of working with couples that are having sexual problems, the most commonly widespread has had to be that of the women's difficulty to reach an orgasm. I must know, since I have had this exact same issue in my previous relationships. I was lonely and frustrated, emotionally empty and physically craving that outmost ecstasy that is the orgasm.

I wrote this book because I don't want your girlfriend to have to go through what I went through. At least my boyfriend of back then didn't know better. I wrote this book for you, to read it attentively and throughout so that all your sexual encounters from now on end with full on fireworks.

I have also learned, in my years of therapy and studying the human emotional and sexual constructions, that having a great orgasm is mainly tied to being an artful, fearless and adventurous lover. This is what it is all about. If there's passion, there's power. And power sex guarantees powerful, full body orgasms.

*In the end, there is only just one kind of orgasm- the one that you create together with your partner, which is unique and every way and impossible to copy. Sure, you can achieve it in all sorts of ways.*

I hope you have read the chapters carefully and the techniques, positions and hints I have provided you with in this book will come in handy and help you overcome all your bedroom bloopers. Technically speaking, I have covered all the aspects that needed to be covered for you to never have any problems in this area again.

I have described all the amazing ways you can have an orgasm: with hands, mouth, toys, focusing on her clitoris, her G-spot- just to name a few. You've learned the best ways to go if you want to achieve multiple orgasms, simultaneous orgasms or even longer lasting orgasms. You've also learned a few things about the disease that doesn't allow some women to have orgasms, and how it can be cured.

The rest is up to you and your girlfriend, the attitude that you have towards each other and the passion and emotional connection and closeness that you share. Because, in the end, there is only just one kind of orgasm- the one that you create together with your partner, which is unique and every way and impossible to copy. Sure, you can achieve it in all sorts of ways. But, in the end, an orgasm is simply the manifestation of two explosive releases of sexual tension, coming out in tandem. Once you manage that, the descriptions and definitions given in books don't really matter anymore.

One last word of caution: the coming into tandem



# Conclusion

doesn't just have to happen on a physical level, it also has to get consumed on an emotional level. Because that is, in the end, the true secret of a powerful, body and mind, tingling orgasm: being that connected emotionally that your bodies just follow each other, helping each other reach unknown and yet undiscovered pleasures.

If you manage to make her girlfriend confident and trusting, if you really show and demonstrate her that your sole goal is to please her and make her happy, the rest is easy breezy. It's just pushing the right buttons at the right time. And I have all the confidence in the world that you won't be having trouble in this area anymore.

All that is left for me to do now is wish you a happy journey towards discovering each other on a deeper, more intimate level and wishing you to never stop being creative and passionate in bed. It's the number one rule that, if never broken, insures you a happy, fulfilling sex life.

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