

7 Day Orgasm

by GABRIELLE MOORE



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YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX

*Exotic sex positions and raunchy
moves for a fully climatic experience*





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1. PEAK-FRIENDLY POSITIONS

If it's a mind blowing, bed-rattling orgasm you're after, **KEEPING IT SIMPLE IS ABSOLUTELY KEY**. Sure, wild, crazy, never-knew-my-body-could-bend-that-way booty keeps your lust life exciting, but if the goal of the moment is to break pleasure records, you have to stick to the basics.

"Trying to accomplish complicated acrobatics distracts you from the sex itself, putting your focus on how you can contort yourself, rather than on just experiencing the sensations", explains sex educator Dorian Solot, coauthor of *Love Female Orgasm*.

"When you want your partner to climax, **THE SIMPLEST POSITIONS ARE OFTEN ALSO THE BEST POSITIONS**, and with a few modifications, you can make them even more orgasm inducing than they already are."





Don't worry; I'd never leave you hanging. Here, I custom-designed some of the carnal classics to make sure she always hits the high notes. I have four positions, plus a few extra tricks so the road to bliss is even more of a sure thing.

THE MISSIONARY

Why you love it

It's both intimate and sexy, with a hot combination of eye and full-body contact.

How to make it even better

You'll always have a place in your bed for missionary, but this tried-and-tested position could use a jolt of excitement.

"My favorite way of adapting this position is what I call **"OPEN MISSIONARY"**", says Susan Crain Bakos, author of *The Sex Bible for Women*.

Have her wrap one leg around your waist (or have her put her ankle on your shoulder) and leave the other leg open by bending at the knee or leaving it flat on the bed. This increases tightness and pleasure for both of you.

And the advantages for orgasmic missionary don't stop here. Dr. Sadie Allison, relationship coach and author of *Ride 'Em Cowgirl: Sex Position Secrets for Better Bucking*, says missionary is perfect for achieving a clitoral orgasm.

A pillow under her hips provides easy access for pelvis to pelvis contact. **THE TRICK IS FOR YOU TO STAY PRESSED UP AGAINST YOUR PARTNER**, creating a gliding friction as you move in small circles, avoiding the in-and-out motion.

With consistent rubbing and attention to the clitoris, she'll be having a huge clitoral climax in no time. Trust me, you'll never see missionary position in the same way again.

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DOGGY STYLE

Why you love it

It turns up the raunchy factor a few notches and keeps you in touch with your wild side.

How to make it even better

To maximize pleasure, have her lower her chest down to the bed. This will elongate her vagina and create a tighter fit- so more pleasure for both of you.

You can also try **EDGE-OF-THE-BED POSITIONING**, so that you're standing on the floor rather than kneeling on the mattress. This will stabilize you and give you greater thrusting ability.

For more ooohs, **ENCOURAGE A BIT OF SELF-LOVE FROM HER PART**. While she's on all fours, she should open her legs wide enough so she can play with herself. You could also hand her a vibrator to hold against her clitoris. The double treatment will make her holler!



UNLIKE SHOWER SEX, WITH ITS SHRINKAGE AND SLIPPAGE ISSUES, SEXING IT UP IN A STEAMY BATHROOM PROVIDES ALL THE HEAT YOU NEED, SANS SIDE EFFECTS.

Add more sexiness by doing it **DOGGY STYLE IN A STEAMY BATH**. Hot, misty air is perfect for loosening stiff muscles... and inhibitions. Steam has a relaxing effect on the body and mind, so you're less likely to have body hang-ups.

Unlike shower sex, with its shrinkage and slippage issues, sexing it up in a steamy bathroom provides all the heat you need, sans side effects.

Run the shower on the hottest setting for 15 minutes (you can carbon offset it later!). Turn the



water off and lay a mat on the floor of the shower or bath, so your feet don't slip. Then step in and get hot and steamy together.

The heat increases blood flow throughout her body, which allows for easier penetration. "Bring some ice into the bathroom and, as you thrust, run a cube down her back, for a bouquet of feelings", suggests Darcy Luadzers, author of *The Ten Minute Sexual Solution*.

GIRL-ON-TOP

Why you love it

She's in control of the angle, depth and speed, so she can work it any way she likes for maximum satisfaction and comfort. Also, admit it, you love it when your partner takes the reins. The majority of the dudes polled in most sex surveys picked woman on top as their **NUMBER ONE NOOKY STYLE**. And no wonder, considering the all-access view you have of her body, not to mention the excitement of watching her scale the pulse-pounding peak.

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How to make it even better

The best way to have an orgasm in this position is to have her tilt her hips forwards so her vulva is in direct contact with your pelvis. She should then gyrate in small, gentle circles continuously in one direction then switch directions. This will add the pleasure of clitoral stimulation, which puts her on the express service to O-town.

This also has pleasure payoff for you. Besides the bodacious view of her breasts, you'll love the soft circling motions. And the unexpected twist in a new direction will keep you in a horny holding pattern, so you won't climax quickly.

Another variation is **THE G-SPOT-FRIENDLY ANGLE**. She should move down so your penis is angled straight. Then slowly guide the tip of your penis to her G-spot and let her begin her glory ride.

The **REVERSE COWGIRL POSITION** is also an orgasm favorite. When she's facing your feet, she can lean forwards at a variety of angles to achieve different sensations.



SIDE BY SIDE

Why you love it

It's the perfect "lazy Sunday" position, when you're looking for something hot and fun, but not too strenuous.

How to make it even better

When you're in a spooning position, a good trick to increase pleasure is to have her, well, shut her legs! Instead of holding her legs open with one knee up, she should keep them tight together.

This will create **EXTRA SNUGNESS** for you, and more stimulation for her.

For something a bit more adventurous, I would suggest facing each other and introducing a vibrator into the mix. When you're holding her and watching the pleasure that you're causing, it'll turn a sweet position into an extremely hot one.

2. GET CREATIVE

Want to turn tonight's amorous encounter into an erotic adventure? Give your mattress a rest and attempt my new, super-hot pleasure poses- perfect for getting it on upstairs, downstairs... heck, even on the stairs.





Chances are, when you and your partner are about to get it on, you make a beeline for the bed. Now I'm not knocking between-the-sheets sex, but you can make your intimate encounters even more intoxicating by moving them **BEYOND THE BOUDOIR**.

"Shaking it up by doing it in an **INNOVATIVE LOCATION** will create a new, exciting dynamic in your sexual relationship", says Kimberly Raye, author of *The Sex Solution*. "Having sex somewhere unexpected or where you're not supposed to often releases brain hormones that increase desire and passion."

With the benefits of novel nooky in mind, I've mapped out some daring and innovative sex positions to try in every nook and cranny of your home. Let the room christening begin.

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KITCHEN ENCOUNTER

Have her sit on the edge of the counter, with her knees pulled up to her chest, and her feet placed flat on the counter. Stand facing her, between her legs, and have her scoot her bum far enough forward (it may have to hang over a few inches above the surface) so you can enter her. If she's too high up for you to reach her comfortably, stand on a phone book or a sturdy crate.

While she holds on to your shoulders for support, grab her butt to help propel her back and forth. "This is a twist on an ancient position in the Kama Sutra where both thighs are raised in the air, which allows for very deep penetration", says Alex Williams, author of *Kitchen Kama Sutra: 50 Ways to Seduce Each Other Outside the Bedroom*.

Erotic extras:

- The kitchen offers you easy access to homemade passion props. "You can tease her with the sink sprayer as she sits in the sink", points out Joan Elizabeth Lloyd, author of *Naughtier Bedtime stories*. You're also right by the fridge so you can find creative uses for ice, fruit, whipped cream, and other fun lickables.
- You also have the option of laying the table... but this time in a fun and sexy way. Have her lie down on her back on the kitchen table (just make sure it's clean and any condiments have been removed) with her bum close to the edge and her legs open. Stand between her legs and hold onto her hips as you enter her and pump in rhythm, building as the

orgasmic tension mounts. You can also raise her legs in the air, rest them on your shoulders or have her bend them with her feet on the edge of the table. Big O booster: Clench and lift her bum to increase the flow of blood to her pelvis. She'll love it even more.

DOORWAY PLAY

Standing-up sex can be a challenge, unless there's some solid structure for support... like a door frame.

For this pose, squat with your back against one side of a doorway. Your thighs should be parallel to the floor, and you can put your hands behind your lower back for cushioning. Have her stand facing away from you, with her legs spread so they're on either side of yours, and then have her back up onto your member.

Once you're positioned like that, she should bend forward and push against the opposite door frame with her palms. This helps her balance and allows her to control her gyrations and vary the depth and speed of penetration.



STANDING-UP SEX CAN BE A CHALLENGE, UNLESS THERE'S SOME SOLID STRUCTURE FOR SUPPORT... LIKE A DOOR FRAME.

Because she's in the driver's seat, she'll most probably want to mix up the moves- swivel her hips back and forth in a circular pattern or figure eights- and experiment to see what feels best. This is good news for you because every time she switches direction, you'll both experience new pleasurable sensations.

Erotic extra

- Ask her to leave on a pair of sexy stiletto heels... and nothing else. The shoe's shape will help keep her pitched forward on her toes for maximum maneuverability, and the mere sight of them will drive you wild.



THIGH HIGH

Have her kneel on the floor in front of an ottoman (or use a couple of cushions), then have her lean forward so her stomach is flat against it, palms on the floor. Kneel between her legs and hold on to her hips as you penetrate her.

While you're firmly inside her, she should straighten her legs so that you can hold on to her thighs. You can lift her legs to create a better G-spot angle- just watch the way she reacts to it to see how high you should go. Another bonus of this from-behind position for her: Not being able to see you lets her fully focus on the tingly sensations.

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Erotic extra

If she has the flexibility to pull it off, she should start by sitting cross-legged, each foot on the opposite thigh. Then when she leans forward, she should keep her legs forward during intercourse. They will form a triangle with her butt, for a sexy sight like you've never seen before, and her locked limbs will create an incredibly snug fit for your member.

ON THE LEVEL

This is a perfect position if there's a big difference in height between you and your partner... but it's pretty hot even if there's not. Have her stand with her back to the wall, either at the bottom of the staircase or one or two steps up if you are taller than she is. (If she's taller, do the reverse) Stand facing her so your pelvises are at the same level.

Get yourselves situated, then have her lift one of her legs and rest it on the banister that's across from her to help support herself. She should hold on to your shoulders for balance as you enter her. (You both might have to twist your torsos a little to meld the right way.) The angle created by her raised leg will give you a tighter fit, making it more pleasurable for both of you.

Erotic extra

By slightly bending her outstretched knee, she'll have more leverage to rub against you, giving her clitoris some extra feel-good friction and boosting her orgasm. If she flexes both her knee and her PC muscles- the ones she uses to stop the urine flow- in sync, you'll feel even tighter inside her, and



the subtle rocking motion created by bending her knee lets her control the speed and rhythm.

THE COUCHING TIGER

Have her sit on your lap while you're on the couch, and tuck her feet into the crease where the back and seat connect.

When you're inside her, hold on to each other's forearms for support, and have her slowly lean back until she's lying on her thighs. She should straighten her legs slightly and push back her hips to ride you; you can use your arms to help propel her back and forth.

This position is visually hot. You can look at her spread out before you, and she gets to see the action as well. It also angles her clitoris for direct contact and make is easy for you to give her manual stimulation.

Erotic extra

Place a pillow underneath her thighs (up by your knees) to allow for even deeper entry.

GOOD VIBRATIONS

Have her sit on top of a washing machine, with her legs dangling over the side or placing the soles of her feet against it to steady herself. Stand facing her, between her legs, while she tightens her thighs around you after you're inside. For deeper penetration, grab her butt and pull her close.

Once you're going at it, turn on the machine. The vibrations will feel delicious against her bare body.





And every time the machine changes cycles, you'll experience a different sensation. In addition to the shaking, the surface of the washer will create a scintillating heat from below.

Erotic extra

Lean forward so your thighs are against the machine. The vibrations will rock through your entire body.

FLOORING IT

Finally, a ground position with no rug-burn risk.

Kneel (you can cushion your knees with a towel or pillow), and have her slowly lower herself onto your member, facing away from you.

This is one of the best positions
for you to bring her to orgasm
manually.

For more erotic arousal, take action by grabbing her by the hips and lowering her yourself. You can tease her and ensure some sweet eye candy for you by slooowly inching her way down.

She should stay squatted without fully sitting so she'll be able to thrust with abandon. You can lean back with one hand and use the other to stimulate her pleasure zones.

This is one of the best positions for you to bring her to orgasm manually. Another bonus: If she leans back as well, you get the naughty thrill of not looking into each other's eyes but the intimacy of having your faces so close.

Erotic extra

Spread your thighs wide, while she kneels on the floor in front of you. If she keeps her legs together, she'll be able to feel every inch of you as you slide in and out of her.

3. BECOME A SEX NINJA

Give me any kind of sexual boundary and I will gladly push it. And, in fact, sometimes pushing it is necessary because **EVEN THE BEST SEX LIFE CAN BECOME A LITTLE ROUTINE.**

So, when I set out to cook up a new batch of sex moves, I knew they had to be unbelievably sexy, easy to master- and guaranteed to intensify the erotic experience for both of you.

Some women (wrongly) believe that nudging the boundaries will be complex, but that isn't true, and you can prove your partner that. All you have to do to accomplish this is **INTRODUCE AN UNEXPECTED ELEMENT**- whether it's a prop or just a switch in location.

I know daring men like you are always up for a lusty challenge. **ACHIEVE SEX NINJA STATUS** with some boundary-pushing, masterful moves.

You're a *Gabrielle Moore* student, so I know you're interested in making sex as exciting as possible. And according to top experts, the key to both you and your partner being satisfied is to **KEEP RISING THE BAR**.

How do you do that? By becoming what I call a sex ninja- a person who can **TURN EVERYDAY OBJECTS INTO SEX PROPS**, knows how to be creative and get it on in unusual places, and can even transform into someone different in the bedroom.

In other words, a master of all things naughty.



ACCORDING TO TOP EXPERTS, THE KEY TO BOTH YOU AND YOUR PARTNER BEING SATISFIED IS TO KEEP RISING THE BAR.

Trying new, wild techniques not only keeps things fresh- being adventurous is a serious turn-on for you both. Here are six advanced moves that will bring her to her knees plus erotic variations for each to switch up the action and make sure it stays surprising and hot.



1. DO IT IN A TEENY, TINY SPACE

"Tackling her somewhere small, like in a closet, adds a must-have-you-know vibe that's hot", says Ava Cadell, author of *12 Steps to Everlasting Love*. "And since you won't have room to undress fully, it'll feel even more all-consuming, spontaneous and animalistic."

Lean your back against a wall, with your legs together and knees bent so your hips are slightly below hers. Press your hands against the wall for balance or, if it can take your weight, hold on to the rod above your head. She should then be able to straddle you by planting her feet on either side of yours. Once you're in position, either you or she can move up and down. Because your bodies are pressed tightly together and you're slightly slouched down, you don't take up much room.

Sexy variations...

- Take control! Hold her by the hips and move her any way you like.
- Another great confined space: the bathroom. Prop her on the sink, pull up her skirt, and enter her as she controls the thrusting by guiding your butt with her feet.

2. SNEAK A SILENT QUICKIE IN A CROWDED HOUSE

Maybe you are at your parents' house for the week-end or have a roommate who sleeps in the very next room. Whatever the situation, there's something totally badass about getting down with your girl when someone else is close enough to discover you- while making sure you don't actually get walked in, causing the mood to sputter out.

"The key to being stealthy is to use a position where the bed won't creak loudly and alert the world that you're doing it", says Sonia Berg, author of *Spectacular Sex Moves He'll Never Forget: Ingenious Positions and Techniques That Will Blow His Mind*. "Get into a spooning position with you behind her. It's almost impossible to move up and down- which is what causes creaking- when you lie like this." Enter her and move your hips in a wide circle instead of thrusting in and out.

Sexy variations...

- Have her turn around so she's facing you, and have her swing her top leg over yours to allow you to go extra deep. Not only will you be chest-to-chest, creating feel-good friction, but you can kiss her to stifle any moans she lets loose.

- While she's staying on a side, kneel so you can straddle her lower leg. It gives you a great view of her booty, and you can still move in wide circles to prevent any bed noise.

3. DEFY GRAVITY IN THE WILDEST WAY POSSIBLE

The regular version of 69 is killer enough- both of you getting oral pleasure at the same time? Come on. But you can make it even more hardcore by going extreme: you standing... with her upside-down. Here's how: Stand behind her at the end of the bed, and have her bend over, placing her hands on the bed. Help her lift her legs straight into the air so she's in a headstand position, while you're holding her around the waist. Her mouth will be right near your penis, and if you open her legs a little, you'll have easy access to her clitoris. Plus, because she's upside down, blood will rush to her head, making her orgasm more intense.

Sexy variations...

- Spread her legs wide, then bring them together (so her thighs hug your face). Repeating this move will work the muscles in her vagina, giving her more feel-good sensations.
- If you're strong enough, hold her around the waist and actually lift her up and off the bed. It'll make you feel more masculine, but you'll still have the soft bed underneath you... just in case.

The regular version of 69 is killer enough- both of you getting oral pleasure at the same time? Come on. But you can make it even more hardcore by going extreme.

4. BE A WICKED "OTHER MAN"

Transforming your sexual personality amplifies the excitement for both of you. You feel more free to try new things and be vocal than you might usually. But look, you have to get into the fun of playing a role to pull this off. Start by thinking up a name for your alter ego. Pick something flirty or sexual- maybe something from a movie you both like. Prep yourself up with some special clothes to really impersonate the fictional character you've got your mind set on. Then decide on one bedroom trait you're going to focus on- maybe it's giving her orders or pretending to be completely submissive. Whatever it is, choose something that's new for both of you. Walk into the bedroom and tell your partner that she's sleeping with someone different tonight. She'll be so excited and curious as to what's to come, she'll play along.



Sexy variations...

- Chose your favorite steamy sex scene from a movie to reenact with your partner. Watch it first and get revved up knowing you'll be doing the exact same moves soon.
- Take notice of the kinds of celebs your girl lust over, and turn yourself into a version of them for the evening. Does she dig celebrities with the "nice-boy" public persona? Put yourself at her mercy and tell her you're hers for the night and she can do to you exactly what her heart desires. Is she into tough guys? Slap on a fake tattoo and get "rough" with her.

5. BE AN X-RATED MULTITASKER

I'm sure that for some of you this might come as a surprise, but chicks love to see you get yourself off. Here's a real bad-boy twist: Pleasure yourself at the same time as you make her climax. Have her lie on the bed on her back while you lie next to her on your side, perpendicular to her body, with your head near her lady bits. Start giving her oral, making sure she gets as turned on as possible. Once she's wet and enjoying herself, reach down with your hand and start rubbing yourself (your position gives her primo view). Don't worry about being precise with your technique on her anymore, because watching the action that goes on down your package will turn her on so much, she won't need much attention to climax. Also, if you start moaning and breathing heavily as you near orgasm, that'll make your lips vibrate on her clitoris, providing an intense sensation for her.

Sexy variations...

- If you really want to go full blaze on her, bring out the sex toys. Use a vibrator on her, and a vibrating ring for your penis. Don't go vaginal with the vibrator right away though. In order to make her hot out of her mind, tease her with it, by rubbing it against the sides of her labia for a few seconds before inserting it inside her vagina and letting it work its magic on her.



- While pleasuring her with your mouth, bring her hand down to touch you. Cover her fingers with yours so you can make sure her movements are exactly what you need to ejaculate. It'll arouse her even more to get to see you taking control of her actions, and she'll love getting to feel you.

6. VAMP IT UP WITH A VIEW

Public displays of erection can land you in jail, or at least get you heavily fined, in many states. But damn, it's so hot, it's worth figuring out a way to do. Have her leave on her top, but take off her skirt and panties and have her lean out an open window so you can enter her from behind. You'll both get a thrill knowing people can see you while having no clue about all the naughty stuff going on just out of view. If you're still a little worried, do it at night.

Have her leave on her top, but take off her skirt and panties and have her lean out an open window so you can enter her from behind. You'll both get a thrill knowing people can see you while having no clue about all the naughty stuff going on just out of view.

Sexy variations...

- Have her sit on the window ledge with the window closed. Her back will be pressed up against the glass so others can still see her, but she'll be face-to-face with you, making for a far more intimate experience.
- Get frisky in your car at night when it's parked on your driveway. Not only is it fun because it's not a place you usually have sex, but being outside your house (where someone could see) will spike your adrenaline.

SEX-NINJA PROPS

Consider these your weapons of pleasure- knowing how to wield them will grant you bedroom superpowers.

- **TEMPERATURE.** Forget about stroking your woman with just your hands. For a real treat, pop one of her silk scarves in the freezer a few minutes before you're ready for action. Then take it out and loosely wrap the icy fabric around her hot spots and gently slide it up and down. "The coolness combined with the satiny smooth texture provides a surprising



sensation”, explains Olivia St. Claire, author of *227 Ways to Unleash The Sex Goddess*. But act fast- the heat coming off your partner’s below the belt region will melt the chill rapidly. So once the scarf hits room temp, go the opposite route and really warm things up. Microwave it for about 15 seconds then use it to rub her in an up-and-down motion, just as you did when it was cold. Not only is the warming sensation soothing, but is also brings the blood flow to her groin area, increasing her arousal.

- **FOOD.** Incorporating food into your passion play is a classic carnal activity. Turning your bodies into a sexy buffet is a fresh, tasty spin. Take a few of your favorite erotically appealing combinations, like peanut butter and honey or whipped cream and chocolate sauce. Put a dollop of, say, peanut butter on an area you’re you know she’d like to be licked (avoid the genitals, as it can lead to nasty infections). Then dot the honey on the same spot on the opposite side of her body. First lick off one flavor and then make your way over to the other, providing a pleasurable sensation for her and a flavorful sensation for you. Continue mixing up yummy treats in symmetric spots all over her body.
- **BODY PAINT.** For a unique sensation, use a clean artist’s paintbrush to tickle her skin. Run it across her inner arms, behind the knees, over the top of her feet- any area where she’s very sensitive. The bristles arouse the nerve endings, sending a message to the brain that she’s yearning for more touch and sensation. For varying effects, test out different brush sizes.
- **MINT TEA.** You can create a pleasurable hot-and-cold double-whammy sensation with a few sips of warm mint tea. The tea makes your mouth hot as you put it on her private parts, meanwhile the menthol in the mint will cool down the area when you pull your mouth away, creating a hot-and-cold tug-of-war. Take a small sip of the tea before exploring her with your mouth. Sip often to ensure she’s getting the full mint effect. Alternate by blowing cool air on the warm, tea-soaked skin, making the tingly feeling more intense.
- **TYING ITEMS.** During intercourse, you’re all wrapped up in each other. So extend the carnal concept even further by literally tying yourselves together. Take a really long piece of sturdy plastic wrap (long enough to fit around your body about eight times), then fold it in half, twist it into a long rope that fits snugly around both of your bodies twice, and secure it with a knot at your waist so you’re locked together. You can also use a Pilates stretch band or a knitted scarf that has a bit of give. Whether you get into girl-on-top, missionary or she straddles you face to face, you won’t be able to move more than a few inches from each other. This not only increases intimacy, but also the fun factor, as you find inventive ways to move in sync.