

7 Day Orgasm by GABRIELLE MOORE



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

*How to last like a triathlon athlete
and finish like a champion*



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1. CURE PREMATURE EJACULATION IN 10 EASY STEPS

I know, there are certain aspects of a woman's orgasm that you can't always control or foresee, but there is a domain where it's all about you.

Indeed, I'm talking about **YOUR ABILITY TO LAST FOR AS LONG AS SHE NEEDS YOU TO LAST**. Otherwise, all your efforts to get her turned on and choosing the right cocktail of positions will be in vain.

PREMATURE EJACULATION is as serious a matter as it can be. And it can ruin a perfect sexual act before it actually gets to be... perfect. In a matter of seconds, that is.

What you have to know from the start is that, though it's serious, it's also easily fixable.

If only thinking about coming way too fast and leaving her unsatisfied seems more troublesome than the petrol crisis, it's time you took a breather and do some learning.

If only thinking about coming way too fast and leaving her unsatisfied seems more troublesome than the petrol crisis, it's time you took a breather and do some learning.

Don't already be calling yourself the Premature Ejaculator of the Year, read (and apply!) my advice and start enjoying longer romps. The satisfied look on her face will totally be worth it!

STEP 1 - DO SOME CONSTRUCTIVE THINKING THIS TIME

I know, the majority of psychologists and sex experts say the same thing: stop thinking about it! What they don't realize is that this is pretty much... impossible.

The more you think about not coming, the more likely you are to come. This is because **YOU CANNOT "NOT" THINK SOMETHING**.

If your jaws are clenched, your eyes are closed and your muscles tense while you're desperately trying not to imagine your sperm freeing itself from your penis, the quicker you are making it happen.

It's pure logic. And I have scientific proof to back up my thesis: it appears that **THE AREA OF THE BRAIN THAT IS RESPONSIBLE FOR TRIGGERING AN ORGASM IS ENGAGED WHETHER YOU'RE TRYING TO HAVE ONE OR TO STOP ONE FROM OCCURRING**.

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The more attention you give it, the more likely it is to arrive. Simple as that.

What you can do is try to focus your attention on something else, either completely unrelated to the sexual act (one former boyfriend of mine told me he tried to solve complicated mathematical equations in his head, while other thought about existentialist matters like the meaning of life or what actually happened to the Aztec tribes), or still in the sensual area, but without focus on the orgasm per se (like the sensation of her breath coming in and out or her soft thighs on your hips).



WHAT YOU CAN DO IS TRY TO FOCUS YOUR ATTENTION ON SOMETHING ELSE, EITHER COMPLETELY UNRELATED TO THE SEXUAL ACT.

This will help diffuse pleasure throughout your whole body and slow things down for you.

Do some **BREATHING EXERCISES** as well. Each time you feel like you're on the verge of coming, take a deep breath, hold for 3-5 seconds and then exhale slowly. Repeat for as many times as necessary. **THIS WILL PUT A BREAK ON YOUR EJACULATION REFLEX.**

It also helps if you maintain a **RELAXED, CAREFREE MIND AND BODY**. This means controlling the degree of arousal so you don't end up overly excited.

Just think about the sex you're having as not being such a big deal. See it as it is, something normal, something that occurs between two consenting adults all the time, everywhere on this planet (and beyond, who knows?).

Otherwise you'll only tense up and end up more and more nervous, which is **THE PRIMARY FEEDING SOURCE FOR PREMATURE EJACULATION.**

Maintaining a positive, healthy outlook is a crucial fact when it comes to putting and end to... ending the show and taking a bow way too quickly and suddenly.

PERFORMANCE ANXIETY should not exist in your mental vocabulary.

If you failed once and you worry the next time you're doing it with your partner, you're only going to end up delivering another poor performance.

It's like when you're playing domino- if you don't put an end to this bad habit of worrying yourself sick, shame and embarrassed will soon become you're most intimate friends.

So **WORK ON YOUR ATTITUDE**. So what you ejaculated two minutes into it? At least you're having sex. At least your partner is so hot it makes it excruciatingly difficult not to come the minute you see her naked body.

If you practice these **CONSTRUCTIVE MIND GAMES** all the time, before you know it you'll have more control that you ever believed was possible.

If you failed once and you worry the next time you're doing it with your partner, you're only going to end up delivering another poor performance.

STEP 2 - SHOW A LITTLE COURTESY

She's a lady, so the rule says **SHE SHOULD COME FIRST**, either through a door or in bed.

Also, when you help her have an orgasm first, **IT RELIEVES YOU OF SOME OF THE PRESSURE TO PLEASE** and the psychological anxiety that feeds into premature ejaculation.

If you're feeling really turned on and fear you're not going to be able to hold yourself very long, just make her want you really bad. This way she'll come sooner and you'll gain the needed leverage.

Here's what you have to do to turn her on to the point of no return and tip the sexual scales in your favor. Remember, she just needs a little encouragement.

- **WHISPER SWEET NOTHINGS.** Sure, the sight of your woman in a black lace thong might turbo-charge your engine. But chicks need more than a hot visual to get revved up. For a woman to become fully aroused, she may require **EMOTIONAL STIMULATION**. Hearing loving sentiments from you provides that and in turn heightens her desire. But how do you get all lovey-dovey without sounding like a total cheese puff? Say you're chilling on the couch together. Simply lean over and whisper in her ear, 'You look so cute and sexy in your sweat-pants.' Trust me, you'll have 'em off of her in no time.

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- **GIVE HER A RUBDOWN.** In order to jump-start a sack session, **IT HELPS TO GET A LITTLE HANDS ON.** "Massage is a powerful tool because it instantly relaxes your woman both mentally and physically, making her more responsive to the possibility of sex", explains sex therapist Aline Zoldbrod, author of *Sex Smarts*. To work your own massage magic, ask your girl to take her top off (talk about motivation!) and have her lie facedown on the bed. Gently knead her neck, shoulders, and back with both hands. Bonus points if you think ahead and bring the massage oil.
- **DO MOST OF THE WORK.** There are times when your girl wouldn't mind getting it on but is too darn tired to go through the mattress motions. Meaning: **SHE WANTS THE PLEASURE, MINUS THE MAJOR EFFORT.** Offer to take care of her frisky business and she'll be an eager passion participant. To let her know you're ready (and more than willing!) to run the sex show, I suggest saying something like 'Tell me what you'd like. All you have to do is lie here and I'll handle the rest.'
- **MAKE OUT FOR A WHILE.** You can't convince your girl to get it on just by unzipping your pants. She's going to need a warm-up. Physiologically speaking, **IT TAKES WOMEN LONGER TO BECOME PRIMED FOR SEX.** Which is why, in order to satisfy her, you have to extend foreplay. To reach that erotic effect, slowly plant tiny kisses along her jaw line, working your way to her mouth. At the same time, explore her breasts and inner thighs with your fingertips. Let the anticipation build and she'll be aching for more.



STEP 3 - TRAIN YOUR BODY TO LAST LONGER

Picture this: you're in bed, your partner is moaning in absolute delight and your inside smile stretches all over your face. Why? Because you feel you're not ready to finish things off.

You feel you're capable of more. **MORE ORGASMS FOR HER, MORE PLEASURE FOR THE BOTH OF YOU, BIGGER, STRONGER EJACULATION IN THE END.**

No, I'm not describing a fairytale. This can be achieved, with only slight modification to your normal routine and a bit of physical training.

No, not the one you have at the gym.

Here's what you have to do:

Bad masturbation habits are one of the leading causes of premature ejaculation.

1. BE BETTER AT MASTURBATION. Bad masturbation habits are one of the leading causes of premature ejaculation. Let me guess: in the shower, you "rub one out" in a matter of 2 or 3 minutes, in the bedroom, the pornographic movie that plays on your computer screen didn't even get to the juicy part and you're already done and satisfied, 2 pages from that porno magazine you've got stashed under the bed are enough to make you come. If you're used to masturbating with the goal of ejaculating faster than Speedy Gonzales, no wonder this hardly achieved speed translates itself in the bedroom as well.

HEALTHIER MASTURBATING HABIT: do it picturing you're with your partner and you're trying to satisfy her. Take your sweet time; try and work it up to 15 minutes at least. Do it with slow movements, savoring that erotic fantasy that sneaked into your mind. That way when you're with her, your body will rewind and press play to the same type of sexual arousal, following the exact same rhythm.

2. MANAGE THE INEVITABILITY OF YOUR EJACULATION. The process of sexual response has four stages: **EXCITEMENT, PLATEAU, ORGASM AND RESOLUTION.** The trick is to **MAINTAIN THE STAGE OF EXCITEMENT FOR AS LONG AS NECESSARY.** Focus on what you're feeling when you're masturbating. Take the time to savor the way your body reacts to your touches. As you're doing this, **RATE YOUR SEXUAL EXCITEMENT ON A SCALE OF 1 TO 10.** Learn all the stages and the feelings that come with each and one of those. Thus, when you'll do it with your partner, you'll know by what you feel when it's time to stop yourself and take a step back.

3. SEXERCISE... A LOT. Practicing tightening your muscles is important, because this way you keep yourself in shape and are able to last longer, but tightening your penis muscle

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is even more important, because thus you can keep your ejaculation under tight control. How do you do that? You already know it: **KEGEL EXERCISES**. I've already mentioned them saying that they are important for your partner to perform, because they help her orgasm more easily. Well, in your case is the other way around. **THEY HELP YOU DELAY YOUR ORGASM**. The best aspect of the kegel exercises: they're not hard to do and they can be done wherever you are and whenever you want. You can do them while urinating, while you are masturbating or even when you're at your dentist's appointment and you're sitting down doing nothing.



A STUDY IN THE JOURNAL OF SEXUAL MEDICINE HAS FOUND THAT YOU'RE MORE LIKELY TO LAST LONGER IF SHE'S ON TOP. LYING BACK, WITH YOUR PELVIC MUSCLES RELAXED, YOU'RE MORE IN CONTROL OF YOUR EJACULATION.

STEP 4 - LET HER CLIMB ON

A lot of the time sex can feel like a (much less dangerous) **GAME OF RUSSIAN ROULETTE**: You take a spin between the sheets, never knowing if you're going to last long enough to make sure your bedroom romp is going to end with a bang for your partner.

But there's a new, easy way to boost your chances of lasting as long as she needs in order to have an explosive orgasm.

A study in *The Journal of Sexual Medicine* has found that **YOU'RE MORE LIKELY TO LAST LONGER IF SHE'S ON TOP**.

Lying back, with your pelvic muscles relaxed, you're more in control of your ejaculation.

Take your sack style to new heights with my va-va-voom variations on woman-on-top position.

The Sit 'n' Spin

While you're lying flat on your back, have her lower herself onto your penis with her knees on the mattress. Put your hands on her thighs as she places hers on your torso. She should gyrate her hips in a circle, continuously in one direction, then switch directions.

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 too quickly.

The Passionate Piston

Lie on your back and have her lower her body onto your shaft by planting her feet firmly on the mattress or floor and putting her hands on your shoulders. (A wall or headboard will also work.) You can help steady her by placing your hands on either side of her hips. Using her legs for leverage, she should piston straight up and down your shaft as quickly as possible.

PLEASURE PAYOFF FOR YOU: The sight of her set jiggling and bouncing as her legs propel her up and down will drive you wild. This aggressive move is all about that amazing animalistic pleasure you go gaga for.

Back to the Rodeo

You lie flat on your back. She should hop on top of you facing your feet, guiding your penis inside her, then carefully lowering herself all the way back so that she is lying on top of you. She should then extend her legs straight out and slightly apart.

PLEASURE PAYOFF FOR YOU: You'll love that you can touch her breasts and belly or manually stimulate her while nibbling her neck. She can show you exactly how she gets herself off by guiding your hand with hers- a thrilling lesson most men crave.

The Lusty Lotus

Start in a seated position. Facing you, she should climb into your lap so she's straddling you, guiding your penis inside her. She should wrap her legs around your waist while you cross your legs Indian-style, then put her arms around your neck as you hold her under the hips. She should rock back and forth for a long, sensual, big O buildup.

PLEASURE PAYOFF FOR YOU: You'll love the feel of her breasts pressed into your chest as you sway your bodies in rhythm. You can also connect at the eyes and lips, taking your bond to a tantric passion plane.

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The Racy Recline

You should be sitting up, with your weight on your palms and your legs stretched out and slightly spread. Facing you, she should sit between your legs and place your penis inside her. Have her lean back on her hands for balance, then lift her legs and rest her ankles on your shoulders. Putting a small pillow under her hips will help her position herself at just the right angle.

PLEASURE PAYOFF FOR YOU: As you pump and enjoy the action shot, you'll be able to see her face and take in all the bliss you're bringing her. And with her legs straddling her upper body, you'll be completely surrounded by her- and love every minute of it.

The Hot Seat

Lie on your back, then have her lower herself onto your lap with her legs perpendicular to your pelvis. She should place her hands behind her for support and move up and down your shaft (carefully, so she doesn't bend it and possibly hurt you), as you steady her under her legs.

PLEASURE PAYOFF FOR YOU: Every inch of her vagina will move up and down along your member, making you feel like you're penetrating her for the first time with each new thrust. And with her legs close together, she'll feel really snug around your penis.

Hip- to-Hip Hula

Lie flat on your back, your legs extended and spread a bit. Facing you, she should position her body on top of yours, your pelvises aligned and her legs extended outside of yours. Once you're inside



her, she should lean forward and put her body weight on her palms. Hold her hips or butt, helping to support her and control her motions.

PLEASURE PAYOFF FOR YOU: By grabbing her hips and butt, you can pull her close to get really deep. And you'll feel every inch of her while getting a primo view of her pair.

Celestial Cowgirl

While you lie back, she should lower herself facing your feet with her knees on either side of your torso. Then, she should lean back, forming an arch. Hold her hips to both support her and guide the thrusting.

PLEASURE PAYOFF FOR YOU: This sexy slant will allow you to take over the thrusting and gives you a chance to drive her wild as you touch her C-spot and nipples while kissing the back of her neck. And if she's got long hair, you'll love the feeling of it grazing your chest.

STEP 5 - DO A LITTLE DAMAGE CONTROL

If it happens, if you finish and she's not yet done, don't just apologize or laugh it off and consider the whole act finished.

Yes, it happens to the best of men, you're with a girl and it feels good- really good. All of a sudden, way too good. Before you know it, you've concluded your business and she's left to stare quizzically into your eyes.

Don't fall asleep just yet, there's still work to be done. Even if she's not bluntly asking you to do it, **SHE'S STILL WAITING ON YOU TO RETURN THE FAVOR.**

Bottom line, **THIS IS NOT THE TIME TO BE SELFISH**, but to pull out your other big guns and finish her off.

Here are your options:

- **PERFORM CUNNILINGUS OR DO SOME FINGERING.** Given the fact that she should already be somewhat close to orgasm, just a few minutes of cunnilingus or fingering will definitely do the trick. If you do both things at the same time (stimulating her clitoris and G-spot simultaneously), even better. Curl up with your face down her vaginal area and start massaging

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her clitoris with your tongue. Two minutes into this and you're free to insert one or two fingers inside her vagina. If you can get the right rhythm down, it shouldn't be long before she screams out in delight and you're both happy and relaxed.

- **USE SEX TOYS.** You also have the option of using a dildo or a vibrator to satisfy her after you've peaked. If you're in a steady relationship, it's always a good idea to keep a vibrator under the bed or in a bedside drawer, so you can whip it out within a couple of seconds. Use the vibe in a circular motion on her clitoris and, when you start hearing some pleasant sounds emanating from her lips, repeat that motion. Another sex toy you can use for this purpose is the penis ring. This device will keep your waning penis awake long enough to continue intercourse for a bit. You might not feel anything, but hey, this is about her.



SOMETIMES AFTER YOU'VE PEAKED, YOUR PENIS INEXPLICABLY STAYS HARD FOR A FEW MINUTES LONGER. YOU MIGHT AS WELL DEDICATE THESE PRECIOUS MINUTES TO MAKING HER ACHIEVE ORGASM.

- **DELIVER HER ORGASM WITH YOUR PACKAGE.** Sometimes after you've peaked, your penis inexplicably stays hard for a few minutes longer. You might as well dedicate these precious minutes to making her achieve orgasm. After you ejaculate, wait about 30 seconds until your penis is no longer extra-sensitive to the touch. Then, change condoms, spread her legs, get back on top and plunge your semi-erect penis inside her again. This time around, let her completely control the motion. If she's close to reaching her orgasm, continue having intercourse until she finishes. If you can stay somewhat turned on, you might be able to bring it back to life completely.
- **WATCH PORN TOGETHER.** If you need a few moments to get your erection back, play with each other while watching a porn flick before having sex again. To avoid an awkward moment, prepare the movie before you have sex without her knowing. This way, you don't have to get up, leave the room, look for a DVD, and inadvertently spoil the mood. Plenty of cable bundles have girl-friendly soft-core porn that comes on late at night. Innocently flip to one

of these channels and rub her thigh while you're watching. If you can find the right movie, you're in business. Enjoy each other's bodies until you can perform again and finish the job.

- **CONVINCE HER TO FINISH THE JOB.** If you believe she'll be up for it, let her know you'd really like it if she finished herself off while you watch. This is the perfect opportunity for you to see how she likes to be stimulated too. Watching her masturbate will show you how fast and how hard she likes to be touched.

2. THE SEXIEST THINGS TO DO AFTER SEX

If foreplay is considered the appetizer to sex, then a great sheet session is comparable to a delicious entrée at a five-star restaurant. But what about dessert?

If the most creative activity you and your guy engage in post-nooky is the sweaty cuddle, take note: **THE BEDROOM FUN CAN LIVE ON AFTER THE MAIN COURSE IS SAVORED.**

"There are few places and times where you and your partner are more physically and emotionally connected to each other than after sex," says Lou Paget, author of *The Great Lover Playbook*.

Just like everything else bedroom related, **AFTER-PLAY IS VERY MUCH ABOUT TOUCH.**

But it's also about **TIMING**.

That's why I've organized these moves according to the specific times when they're most erotically effective. Sample a few (or all) of these post-nooky.

Seconds after sex:

- Immediately after climax, while you're still inside her, run your fingers down her arms, over her hips, and along her sides. Keep doing this in a slow rhythm, using a wavelike motion. Since most women get very sensitive after sex, these moves will soothe her and keep her stimulated at the same time.
- During sex, blood flow in the body rushes to the genitals. As it leaves, even the gentlest touch might be too much pressure for her, but lightly blowing on her lady bits will help cool her off while his body settles down.

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- Right after a red-hot mattress session, our egos are super-vulnerable. So if there's something she did that drove you insane in a good way—from her technique to her kissing—now's the best time to tell her.
- Individually, most of us have a couple of post-sex sweet spots: areas that are particularly receptive to being touched, licked, tickled, or kissed. They can be anywhere from your collarbone to the insides of your wrists, where the skin is thin. Experiment with her to find each of hers.
- Leave her in bed, then take a warm washcloth and gently towel her off in her below-the-belt region. Her body temperature will be up post-climax, but don't use a cold cloth or it will be too jarring—the sensation of the warm heat will feel more pleasurable.

Minutes after sex:

- While lying on your sides spooning, cup your hand around her breast, and place your knees at the back of hers. Men aren't wired to be verbal post-orgasm, but this move will make you feel connected to her without even having to speak.

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- You may not be in the mood to talk, but you can definitely listen, and pay attention to her. And, as long as you're not saying anything, speak with mellow and soothing touches. She'll get the picture, most women do, actually.
- Have the remote to your stereo or iPod near the bed so you can hit "play" without getting up. Suggestion: make a customized mix CD or playlist especially for this event.
- Have a heavy make-out session, alternating long, open-mouthed kisses with gentle nibbling. Kissing makes your pleasure endorphins skyrocket.
- After orgasm, some women's sense of smell may be heightened. Light a scented candle that gives off a yummy aroma like vanilla or cinnamon.
- Many women love lounging in bed after sex but crave physical space on the mattress. But instead of rolling over, create non-touching intimacy by lying on your sides facing each other. Or lie on your backs and just hold hands.
- Lead her into the shower 15 minutes later. Gently washing and caressing each other—especially with a frothy soap or body wash—is sexy in a nurturing way.

An hour after sex (aka the rebuild):

- Brush your lips past different parts of her body—her fingertips, a strand of hair, her breasts. There are big concentrations of nerve endings in these areas and on your lips as well, and doing this will raise both your arousal levels.
- Feed each other sensual foods to get your blood sugars back up, among other things. Bite-size snacks that have some fat and sugar, such as chocolate or ice cream, are ideal.
- Create anticipation for the next time by suggesting a spicy new twist. The perfect example: "The next time we have sex, I'd like to try doing it in front of a full-length mirror." Boom: You have planted a tantalizing visual that she will feel eager to bring to life as soon as physically possible.
- Keep a set of dice by your bedside table, and take turns rolling to decide which one of you gets to do what to each other. For example, if you roll a 5, she gets five teasing kisses down her happy trail. If she rolls a 2, she owes you a two-minute foot rub (or have her massage

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your scalp—it can be surprisingly erotic). Before long, the dice will be on the floor, and the two of you will be going at it again.

- Get just a little bit dressed. Put on something that covers up your goods, and cover her with what you find hot. Depending on your personal preference, that could mean anything from a bra and panties to your white undershirt. It'll pave the way for a sultry striptease.
- Turn her on her stomach and give her a "gluteus maximus" massage. Start by gently rubbing her buns, then with some flesh in your grasp, "stir" them in circles, until you're gently spreading her cheeks. By doing so, you're also indirectly stimulating her vaginal area from an exciting new angle—an unexpectedly intense way to get her blood flowing down there for round 2.



GET JUST A LITTLE BIT DRESSED. PUT ON SOMETHING THAT COVERS UP YOUR GOODS, AND COVER HER WITH WHAT YOU FIND HOT.

Afterplay don'ts

Behold, four surefire ways to kill a sexy time:

- 1. INITIATING A SERIOUS CONVERSATION.** In the moments after she's finished, her brain is so calamari-fried, she's not likely to remember her middle name, much less be able to answer hard hitters.
- 2. TRYING TO GO AGAIN BEFORE SHE'S READY.** C'mon, give your partner a little time for her hot spot to stop burning like a Greek fire. The point is to make her feel good, not to cause her crotch to burst into flames.
- 3. USING PROBING PHRASES LIKE "WATCHA THINKING?"** Cringe. Toss her a line like this and she'll only want to respond with one thing: "How the hell do we managed to lose my orgasm yet again?"

4. CHANNEL SURFING. Being a couch potato is one thing, but morphing into a post-sex mattress spud sends the following message: This you-and-me naked thing is so underwhelming that watching Animal Planet is more interesting than having a real “orgasm” with you.

3. THE POWER OF CUDDLING

I already told you that **CUDDLING IS A MAJOR ELEMENT IN AFTER-PLAY**, but did you know that the way you snuggle up to your partner sends her certain messages and encourages specific responses?

Yes, snuggling can serve a lot of other functions in your relationship- from strengthening your bond to turning her own again. And that’s because **TOUCH IS THE MOST POWERFUL FORM OF NONVERBAL COMMUNICATION**.

In the same way that we use words to convey our thoughts, we use touch to express our feelings.

Since different nestling positions can help fulfill and express different emotional needs, the first step is learning what they are and when you should use them. Once you do, you can cuddle your way to a more satisfying twosome.

Snuggling can serve a lot of other functions in your relationship- from strengthening your bond to turning her own again. And that’s because touch is the most powerful form of nonverbal communication.

THE NEED: TO CONNECT POST SEX

Key position: the spoon-fest

Those sleepy, bask-in-the-glow moments after a sack session should not- I repeat- not be wasted. Think about it: During sex, you and your partner are literally merged. To maintain that closeness- physically and emotionally- invite her to snuggle up in front of you. Spooning her from behind, especially after sex, makes a man feel powerful and masculine. It’s a comfortable position for you because it’s not face-to-face, so you don’t feel so vulnerable. She can also spoon you from behind. Aligning her body with yours extends the sexual experience and lets you know that she wants to be close. Women love this position because it helps maintain intimacy after they’ve just had sex. And if you’re in the mood for round two, your hands are free to roam her body to boost her arousal.

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THE NEED: TO BOND WITH HER

Key position: the face-to-face

There are a ton of ways to connect with your partner, but nothing- not even a romantic candlelit dinner or a long walk together- brings you closer than a few minutes of quiet nuzzling. The best intimacy-boosting snuggle: Lie down on the bed, face-to-face, and wrap your arms around each other. "For a lot of couples, being close enough to feel each other's breath and hear each other's whispers is connecting", says Paul Rosenblatt, author of *Two in a Bed: The Social System of Couple Bed Sharing*. Women especially like this up-close interaction because the intense eye contact makes them feel so emotionally linked. It's also a good position when you want to get something off your chest. You'll be so comfortable with her, you won't feel the need to hold back

THE NEED: TO SHOW THE LOVE

Key position: the low-key lean.

Making out with your partner or holding her hand isn't the only way to show affection. Another great option is the lean. Leaning in to someone is one of the most basic ways to say "I care about you". The beauty of this cuddle is that you can do it anywhere you're sitting next to each other, from your couch at home to a park bench to a restaurant booth. Just have her lean into the nook of your arm as you drape it over her shoulder. The best part? If you're in public, it looks sweet- not nauseating- to people around you. It's not an overly demonstrative position, but it does show that you and your partner rely on each other, that you feel safe with each other, and that you're completely content in your relationship.

THE NEED: TO CALM DOWN

Key position: the chest press

If she's had a hellacious day, there's plenty of potential to turn it around when you get home. But rather than sitting next to you to moan about her misery, have her lie on top of you, with her head on your chest, as you're also lying down. Simply sitting next to someone doesn't really provide comfort, which is what she needs. But lying directly on top of you and hearing the sound of your heartbeat will make her feel reassured and protected, the same way she felt cared for in her mother's womb. She'll relax almost instantly. And you'll love it too. This position will remind you that she still needs you and that you're her rock. If you're the one who needs to decompress, then all you have to do is switch places so you're resting on her.

There you go, your week of amazing sex should start right now. She won't even know what hit her!

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