

# FEMALE ORGASM SECRETS Revealed

DISCOVER THE CLOSELY  
GUARDED SECRETS TO  
PLEASE WOMEN WITH  
MULTIPLE ORGASMS

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Discover Why Men's Intimate Secrets

BY GABRIELLE MOORE

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# INTRODUCTION

**One** of the most common questions I get asked in my line of work revolves around the female orgasm.

Men want to know more about how to give their partner an orgasm. Women want to know why they sometimes have trouble having an orgasm or why they've never had one at all. And couples want to know how they can achieve simultaneous or multiple orgasms.



It's not surprising that "orgasm" is such a popular topic. Anyone who has ever experienced one knows just how wonderful it feels. It's a feeling like nothing else. And when it's achieved through the touch of a loving partner, the experience is far more gratifying than anything you can achieve by yourself.

What continues to surprise me is the number of men and women who know so little about the female orgasm. Some come to me with all sorts of misinformation about the subject. While others are so clueless they don't even know where to begin.

There are also a lot of people who still ask me, "Is it the man's or the woman's job to give her an orgasm?" Some feminists will tell you that women should be responsible for their own orgasms, not men. Their feeling is that equality requires men and women to take responsibility for their own orgasms.

But this stance only adds to the confusion of women, sex, and orgasms. What these feminists fail to realize is that men and women are not equal when it comes to their bodies, their states of sexual arousal, or their ability to have an orgasm. We are different in many ways. This is why I feel both partners need to make an effort to please each other. Besides, it's a heck of a lot more fun, too!



# INTRODUCTION

## **“Is it the man’s or the woman’s job to give her an orgasm?”**

With all the confusion and mixed up beliefs about female orgasms, the following facts come as no surprise to me:



- *More than 70% of women have NEVER experienced an orgasm during sex with a man.*
- *A majority of women in long-term relationships have sex because they feel they have to, not because they want to.*
- *Up to 50% of men have female partners who NEVER ask for sex.*
- *Over 90% of women FAKE ORGASMS to get the act of sex over with.*

What these statistics tell me is that there are a lot of men (and women) out there who don't know what they're doing when it comes to sex and the female orgasm. And it's for these reasons that I feel it necessary to write this book, as it's time for men to educate themselves and to do away with all the myths and misconceptions that exist out there and replace them with the real facts.

In this book, you will learn just how the vagina is designed and in which ways her genitalia and cycle of sexual arousal differ from your own. With this knowledge, you will understand why it is foreplay is so important to women, and just how to go about arousing your partner's sexual desire and bring her to orgasm. In addition, you will learn what sexual positions work best for producing an orgasm in your partner, as well as tips and techniques for producing female orgasms during oral sex and anal sex.

But one of the most important things you'll learn of all is how to talk to your partner.

*Communication is the key* to tearing down any walls that exist between you and your partner and finding out what it is she needs and desires from you during sex. By learning how to talk to your partner, you will be better equipped with the communication tools needed to talk openly and honestly without placing blame or creating uncomfortable feelings.

When armed with the right information, correct techniques, and the desire to provide your partner with what she needs, you'll feel a lot more confident about your abilities to provide your partner with pleasurable orgasms that keep on coming one after another.

So let's get started on your journey to discovering the seemingly mysterious world of women and their orgasms.

# **Chapter 1** *The Truth About Female Orgasms*



*Ten Common Myths You Need to Unlearn  
What Matters Most to Woman  
Hot Tips to Remember*

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# Chapter 1 *The Truth About Female Orgasms*

**Put** your hand up if you expect to have an orgasm every time you have sex? If you raised your hand, great! Your optimistic mindset will help you climax a lot more during sex. However, if you left your hand down, then give yourself a pat on the crotch and say, “Good boy!” Because expecting to have an orgasm every time you have sex is a just plain unrealistic. That’s because just about everything about you and your life, such as what kind of mood you’re in, your state of health, your sleep, what’s going on in your life, and how you feel about your partner at any given moment can all affect your ability to climax during sex. And when it comes to women in general, multiply all of the above by 100!



Inhibitions, stress, lack of sleep, etc. often stop women from feeling relaxed enough to climax during sex with their partner. Inexperience—her not knowing her own body—sure isn’t helpful either. But one of the greatest obstacles between a woman and the Big O is a partner who doesn’t know what he’s doing. If his idea of foreplay is simply saying, “Wanna do it?” then the chance of her skyrocketing into erotic ecstasy is about as likely as her becoming an astronaut.

This is the main reason you are reading this book. So you can learn just what it takes to please a woman sexually and provide her with some great orgasms. But before you can begin learning anything new about any subject, there is usually bits of “unlearning” you need to do first. Just because you think you know something, doesn’t always mean you do. And when it comes to the subject of women and female orgasms, the likelihood of you being handed down some misinformation somewhere along the line is virtually guaranteed.



# Chapter 1 *The Truth About Female Orgasms*

The female orgasm is very different than the male orgasm. For this reason, both men and women often misunderstand female orgasms. As a result, there is a sizable portion of sexually active women out there who have never had an orgasm, and even more who have never had an orgasm with their partners. Sometimes it's the woman's fault, but other time it's the man's.

If you've ever had an orgasm, then you know just how much of a thrill it can be. But just think for a moment about what women who have never or who have difficulty having an orgasm are missing out on—not to mention their partners. If this is the case for you and your female partner, then you know just how frustrating the problem can be. But before you can begin learning the techniques that generate that elusive orgasm, you must first confront some of the most common myths in our society about female orgasms.

## *Ten Common Myths You Need to Unlearn*



When you take time to think about it, some of the things we get told and believe about sex and our bodies as we grow up are actually quite funny. We've all heard at one point or another in our lives that if a man masturbates too much, he'll go blind. Penises have bones in them. Women take the pill vaginally. You can use a plastic sandwich bag as a condom. Men with big feet or big noses have big penises. It's all quite silly when you think about it.

Yet, there are still many sexual misconceptions that both men and women believe are true to this day, especially when it comes to the female orgasm. Some myths about sex are simply outdated, reflecting changes in morals and values within our society. People change, times change, and even what we once thought were facts change at times when new evidence presents itself.

But what remains quite amazing is this: with sex being one of man's greatest obsessions, most people are surprisingly naïve when it comes to sorting fact from fiction.

So let's take a look at a few of the biggies and dispel these sexual myths from your belief system once and for all.

# Chapter 1 *The Truth About Female Orgasms*

## **Myth 1: A woman can reach orgasm more easily if her partner has a large penis.**

If you think your penis size has something to do with a woman's ability to have an orgasm, you need to think again. The truth is that size really doesn't matter all that much. Look at it this way: just as large breasts may be fun to play with and look at, they really don't have anything to do with whether or not you climax.

Just as they say "more than a mouthful is a waste," the same holds true for penises, except our saying goes "more than a vagina full is a waste (and sometimes painful)."

Since only the first two inches of a woman's vagina are sensitive to stimulation, anything over that amount is kind of useless during intercourse, at least from a woman's physical perspective. In fact, when men are overly concerned with the size of their penis and whether it's sufficient, their minds aren't focused on pleasuring their partner—a sure-fire way to NOT give your partner an orgasm!

A survey done by the Kinsey Institute found that the average size of an erect penis measured from the tip to the base is 6.16 inches (15.65 centimeters) in length. The girth of an erect penis is 4.84 inches (12.29 centimeters) on average. Both of these statistics often come as a surprise to many men and women, because our society has convinced us over the years through one form of media or another that the average size of an erect penis is 8-9 inches. Yet, that same Kinsey study actually found that less than 2% of men have penises, which meet that requirement.

**“Because of the way a woman’s vagina is designed, regardless if your penis is below, above, or right in line with the average, you still have the ability to help your partner achieve an orgasm—something far more worthy of praise than a few extra inches of penis”.**

## **Myth 2: A woman doesn't enjoy sex unless she has an orgasm.**

To make sure you hear me loud and clear, I want you to lean in a bit. Closer...closer...okay, that's good. Now listen up: NOTHING COULD BE MORE WRONG!!!!

Although a majority of men believe that the only way a woman enjoys sex is if she has an orgasm, nothing could be farther from the truth. First of all, even an orgasm is a wonderful part of the sexual experience, making love involves so much more than that.

For many couples, sex is generally a physical and emotional expression of love, intimacy, and trust. Because women thoroughly enjoy being close to their partners, many enjoy the physical aspect of feeling their partner's naked body against theirs during sex, even when it is not accompanied by an orgasm. The physical touch of her partner helps satisfy a woman's need for affection, so sex can be very satisfying both physically and emotionally even if she doesn't climax. An orgasm is an intense pleasurable feeling but it is not the sole source of sexual pleasure for a woman. Just as men enjoy the actual act of intercourse, so do women.

# Chapter 1 *The Truth About Female Orgasms*

Sometimes men make the mistake of asking their partner up front if she is going to have an orgasm. This is a big mistake, as it can put pressure on a woman and cause her to feel as if she has to deliver—even when her partner isn't applying the right techniques. This can lead to her faking her orgasms, which isn't in the best interest of either partner.

The best environment for helping a woman achieve an orgasm is one in which the man is 100% in tune with his partner's body. When this is the case, you don't have to ask if she's going to have an orgasm. The signs of her moving towards that ultimate zone of pleasure are unmistakable. We'll talk about these signs later in the book.

## **Myth 3: There's nothing wrong with faking orgasms.**



A lot of women sincerely believe this myth, but the truth is that there's A LOT wrong with faking orgasms.

Although faking an orgasm may benefit the woman in one way or another, it does absolutely nothing for her partner. Faking an orgasm is nothing more than a lie. It doesn't matter if her reason for doing so is to spare your feelings or to get the act of sex done and over with. Allowing you to believe something that isn't true is lying.

While faking an orgasm may help a man feel good about himself in terms of his ability to satisfy his partner, the truth of the matter is that he is not satisfying his partner.

Over time, this can damage a relationship, because if her partner does not sexually satisfy a woman, she will eventually look at sex as a chore instead of a pleasurable experience. As she loses interest in sex, this will create a lot of confusion for her partner.

And when the day comes when she must reveal the truth, her partner's self-esteem is going to take a serious nosedive—not to mention his trust in her.

Women who fake orgasms because their partners are not helping them reach climax are depriving both themselves and their partner pleasure. Faking orgasms not only prevents a woman from discovering the joys of climaxing with her partner, it also prevents the man from learning how to please her.

The only way to have a mutually satisfying sexual and non-sexual relationship is through honesty. Although problems in the bedroom can be hard to discuss, talking about your concerns and working through them will help strengthen your relationship, as well as create a healthier sex life.

# Chapter 1 *The Truth About Female Orgasms*

## **Myth 4: Some women just can't have orgasms.**

While there are a percentage of women who have never had an orgasm, there is no evidence to suggest that some women are physically incapable of having an orgasm.

One of the reasons some women have never had the pleasure of experiencing an orgasm is because they just don't know how. While men have a lot of practice pleasing themselves through masturbation, many women lack the same experience. As a result, they don't understand what the big deal is about sex and give up trying to learn how to reach climax.



The main reason behind this failure to achieve an orgasm is improper genital stimulation. Contrary to popular belief, a woman requires clitoral stimulation to have an orgasm, not vaginal stimulation. Without proper stimulation of the clitoris, orgasm is unlikely for most women.

There are also some women who have psychological block when it comes to experiencing sexual pleasure. This may be the result of any number of traumatic events in their lives. But even so, this doesn't mean they are physically incapable of having an orgasm. If they work through their emotional issues, they can learn to relax and experience the steps of orgasm-producing intercourse just like the rest of us.

## **Myth 5: Women take longer to reach orgasm than men.**

This is another common myth, which has not been supported by research. The reason many men and women believe this to be true is because of their lack of understanding sexual arousal (which we'll discuss later). A woman's pattern of sexual arousal is much different than a man's. As a result, it takes women longer to "want" to have sex than it does men.

Once a woman is fully aroused, she can have an orgasm just as fast, if not faster, than her male partner. But should she fail to reach that optimum level of sexual arousal, it can appear to take her longer to have an orgasm than a man.

*So the key is to learn how to get your partner hot and horny first.*

Because men often don't know how to sexually arouse their partners, they often engage in sex sooner than their partner is ready for. As a result, achieving orgasm can be difficult for the woman, if not impossible. Not only will that help her to climax faster, it will also help her to climax more often.



# Chapter 1 *The Truth About Female Orgasms*

## **Myth 6: Women should only reach orgasm through vaginal intercourse.**



This is a myth that has caused many men and women over the years to take the sexual needs of a woman for granted.

This myth was actually started by Sigmund Freud, the developer of psychoanalysis. Through his research, he discovered that women could easily reach orgasm through clitoral stimulation. But Freud dismissed this type of stimulation as juvenile, as he believed it was important for women to become more sexually mature by focusing only on vaginal stimulation to reach orgasms.

The problem is that the vagina was not designed for orgasms. It does not have the concentrated nerve endings that one finds in the clitoris or in the head of a penis.

As a result of Freud's determination, women who could not reach orgasm through vaginal intercourse were considered to have some type of psychological impairment. All sorts of methods and devices were devised in an attempt to "liberate" women from their reliance on the clitoris for sexual pleasure, many of which failed.

It was only in recent decades that society began talking openly about a woman's right to enjoy sex and to reach orgasm in whatever manner worked best for her. Fortunately, younger generations are unaware of this myth, but there are those who still approach sexual intercourse with this Freudian way of thinking in mind.

## **Myth 7: Only women fake orgasms.**

Even though this book is about female orgasms, I think it's important for both men and women to realize that orgasms are not going to happen during every sexual encounter. As a result, women aren't the only ones faking things.

Studies show that about one-fifth of men admit to having faked an orgasm with a partner at one time or another. Their reasons were the same as women's: they didn't want to hurt their partner's feelings, they were tired and wanted to get it over with, etc.

Orgasms don't always come easily in a partnership.

Even though masturbation often results in an orgasm every time, it's important to remember that it's simply because you're already feeling aroused (which is the reason you're masturbating in the first place) and you also know your body and what gets you off. Our sexual partners have to learn these things over time and, most importantly, with your help.

Again, faking orgasms is not the answer for either sex. It just complicates the issue and prevents both partners from having a truly fulfilling sexual relationship.



# Chapter 1 *The Truth About Female Orgasms*

## **Myth 8: Men just care about their own pleasure, not their partner's.**

This myth was probably true at some point in the past, but today more and more men worry about their role as lovers. Many strive to give their partners a sexual experience that's just as pleasurable (if not more) as what they hope to experience themselves.

The only reason this myth continues to persist is the same reason I wrote this book—a lack of understanding of female orgasms and how to help women achieve them. This isn't something men and women are taught in sex education classes. And even if you asked your father, you'd probably still be left in the dark.

What makes this worse is that many women feel that men should instinctively know how to give them an orgasm. But that's not how it works. Every woman's body is different, so even if you figured out how to give one partner mind-blowing orgasms, those same techniques might not work with another.

*The key to knowing what's sexually stimulating to your partner is communication. In an honest, caring relationship, the easier it is to share your thoughts and feelings, the easier it will be to experience a pleasurable sex life.*

## **Myth 9: Most couples have great sex most of the time.**

**"Debbie and I have sex every day," your best bud reveals after a couple of beers.**

Why does everyone else's sex life appear to be better than yours? It could be because you're at different stages of your relationships. You can't compare sex from a six-month relationship to a six-year-been-there-done-that relationship. Our nervous system is design to become desensitized to things that we routinely receive stimulation from. That's not to say that long-term sex can't be as pleasing—it's just different.

If you and your lady know all the right buttons to push with each other (and you should after all that practice!), orgasm is often guaranteed and sex can still be very loving and passionate. My guess is that you wouldn't be able to hold down a job with the amount of energy it would take you to sustain such a sex life.

Real life and all its stressors get in the way and many couples are just too tired to have sex and crank out the orgasms at various stages in their life (new job, kids, or trying to keep your head above water through a rough patch). So why is it that your brother still has mind-shattering sex after seven years of marriage? It could be because he thinks you have a great sex life and doesn't want to admit he doesn't. Or the sex he does have, even if it's once a month, is terrific, and that's what stands out in his head the most.

# Chapter 1 *The Truth About Female Orgasms*

## **Myth 10: Sex is the most important thing in a relationship.**

Couples can only spend so much time in a relationship having sex. So if you love someone for more than just sex, you have no choice but to relate to each other on other levels. Sex is, indeed, a very important part of a relationship. However, most people (including men) have other needs, usually divided equally. When you look at it this way, although sex tends to be a man's number one need, it still accounts for only 25% of what he needs in life to be happy.

- (1) Sexual needs
- (2) Mental needs (keeping the brain stimulated)
- (3) Emotional needs (loving others and being loved by others)
- (4) Spiritual needs (connecting with other people or a higher being)

Based on a variety of surveys and studies on relationships, approximately 20% of men believe that mind-blowing sex is "crucial," whereas the other 80% look at it as "the icing on the cake" of a healthy relationship. According to the Kinsey Institute New Report on Sex, unsatisfactory sex isn't even a major cause of divorce (even though it tends to be high on the list of complaints for many men). Experts tend to agree that when sex is good, or even just okay, it's given the same importance we place on things such as shared interests, love, and trust. It's when the sex is bad that sex becomes the focus of the relationship and destroys everything else.

It is for this reason that you need to know what it is that makes your partner feel good sexually and what she needs to experience an orgasm. More importantly, you need to know what it is that matters to your woman the most. If you think it has anything to do with your sexual techniques, think again.

## *What Matters Most to a Woman*

When it comes to sex, what matters most to your partner is not how you work it, the position you do it in, how long you last, or whether or not you give her an orgasm.

*What matters most to her... is YOU!*

A woman's relationship with her man is often times the main reason behind her lack of interest in sex and inability to achieve an orgasm. Although she could be displeased with her man in the bedroom, her lack of sexual desire and orgasms is usually related to much more than his faulty techniques and inability to give her an orgasm: it's a sign that some of her most important needs aren't getting met through her relationship.

Any problem a woman experiences with her man outside of the bedroom is guaranteed to eventually filter into the bedroom—especially if it's a continuous problem that goes unfixed.

# Chapter 1 *The Truth About Female Orgasms*

The good news is that such problems can be resolved. But for that to happen, you must be a willing and able partner. In fact, you're really the only one who can solve this problem for your lady. Although it won't happen overnight, with continuous thought, effort, understanding and patience, your partner can get back into the game of sex and discover a new level of orgasms like never before.

So if your partner's desire for sex and ability to have an orgasm is lacking, take a deep breath, blow it out, and find comfort in knowing that this problem can be fixed. Neither of you are doomed to a sex life without pleasure. In fact, if you follow all of the steps in this book, you will be able to provide your partner with what she needs to "want" to have sex and to achieve orgasm.

The following are a few things you can do to help ease any tension that may exist between you and your partner and open her mind to exploring new sexual terrain with you:



- Don't be negative. If you accuse your partner of being frigid or lying there like a cold, dead fish, you'll cause her to retreat from sex even more. So do the opposite. Lift her self-esteem and shower her with compliments (sexual and otherwise). Help her to feel comfortable about talking about her sexual issues with you by sharing all of the positive thoughts you have about her.
- Don't pressure her into having an orgasm. Pressuring your lady to have an orgasm when she doesn't feel like it will only make her want to avoid it more. Remove the pressure by making it clear to her that you will never get upset with her or offended if she doesn't have an orgasm or doesn't feel like having sex. If pressuring her, sulking or getting angry is what you've typically done in the past, let her know those days are over and never do it again!
- Discuss the issue with her. Find some quiet time to have a talk with your lady about her difficulty achieving an orgasm. Tell her you've noticed that she doesn't seem to climax as often as you would like for her to.

# Chapter 1 *The Truth About Female Orgasms*

Ask her why, and be sure she knows you are only trying to get some answers, not make her feel bad. Ask her some pointed questions: Is she tired or do your methods need some improvement? Does she want more foreplay? Would a sensual massage help?

Provide her with support if her inability to orgasm is due to a painful past. Let your lady know you understand. Tell her you understand how painful it must be for her. Encourage her to talk to a counselor who specializes in sexual problems in women. Be sure not to force her to tell you every sordid detail about her experience. But let her know that you are there for her if she wants to talk. Never judge her, and do your best to avoid offering her advice. Just listen and provide her with lots of nonsexual hugs.

*Tell her how much you love her. A woman never tires of hearing her man say, "I love you." ♥ And a woman who feels loved and secure will be more likely to relax and trust enough to allow you to satisfy her deepest desires.*

There's a lot you can do to sexually arouse your partner and provide her with the stimulation she needs to have an orgasm. Just keep in mind that it doesn't happen overnight. If bringing your partner to orgasm has been a challenge in the past, then it's going to take some time, effort, understanding, and practice before you are able to give her the Big O. But that's not all it's going to take. It's also going to take lots of KNOWLEDGE! And that's exactly what you're getting by reading this book. So keep reading—the best has yet to come (no pun intended)!



# Chapter 1 *The Truth About Female Orgasms*



## *Hot Tips to Remember*

Forget what you think you know and open your mind to all that this book has to offer. Letting go of any myths you have about women, sex and orgasms will help you learn what it is you really need to know and do with your partner to help her achieve sensational orgasms.

Forget about the size of your penis, and forget about whether or not your partner has ever had an orgasm. Neither of these things matters. All that matters is your willingness to learn and your ability to engage in open communication about your sexual relationship with your partner.

If you have a healthy relationship, you will be able to create a healthy sex life, orgasms and all.

The following can help ease any tension that exists between you and your partner and open her mind to exploring new sexual terrain with you:

- Don't be negative.

- Don't pressure her into having an orgasm.

- Discuss the issue with her.

- Provide her with support if her inability to orgasm is due to a painful past.

- Tell her how much you love her.

Good sex does not begin in the bedroom. It begins with talking, getting to your partner, developing trust, and feeling comfortable enough to be completely open and honest with the woman in your life. Truly amazing sex is not possible without these ingredients.



## **Chapter 2** *The Two Types of Female Orgasms*



*The Vaginal Orgasm*  
*The Clitoral Orgasm*  
*What Her Orgasms Feel Like*  
*Hot Tips to Remember*

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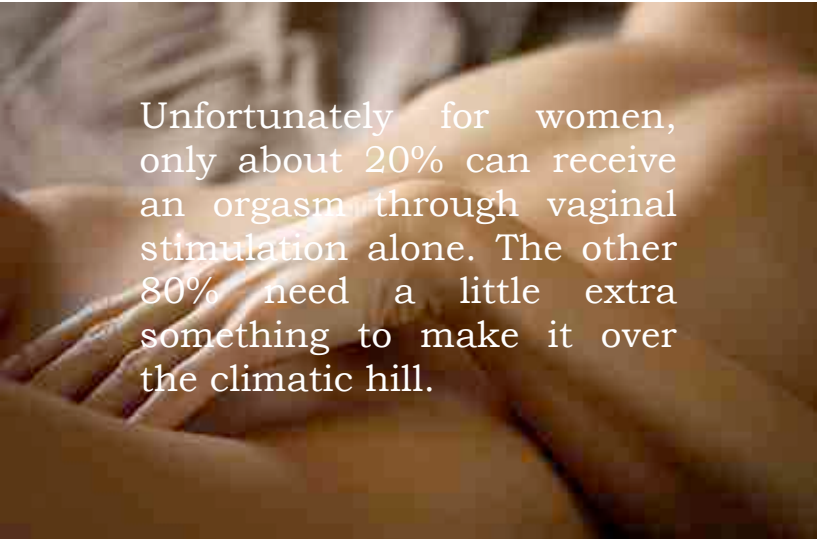
## Chapter 2 *The Two Types of Female Orgasms*

**One** of the biggest misconceptions people have about female orgasms is that they are all created equal. The truth is that not all orgasms are the same. Although all orgasms may feel pleasurable, they differ in intensity and are generally achieved through different means.

Basically, there are two types of female orgasms: vaginal and clitoral. Both will be discussed in this chapter. Through the information provided, you will have the knowledge you need for when it comes time to experiment with the orgasm-producing techniques you'll learn later on in this book.

### *The Vaginal Orgasm*

As you'll recall from the first chapter, vaginal orgasm was the only type of orgasm Freud and other men of his time felt women should experience as a form of sexual pleasure. Had he been a woman, I'm sure he would have thought differently.



Unfortunately for women, only about 20% can receive an orgasm through vaginal stimulation alone. The other 80% need a little extra something to make it over the climatic hill.

But before we get into that, let's take a look at what a vaginal orgasm is and what it takes for a woman to have one.

A vaginal orgasm occurs as a result of vaginal stimulation. That stimulation is usually in the form of the thrusting of the penis in and out of the vagina during sexual intercourse.

The reason most women do not receive an orgasm just from penetration is that the vagina is not a highly sensitive area. This is actually a good thing, as the vagina is not just used for sex but also for delivering babies.

If the inside walls of the vagina were made up of concentrated nerve endings like those found in the nipples, clitoris, and penis, things such as menstruation and childbirth would be even more painful than they already are for women. In fact, sex may also be an uncomfortable experience.

Only the first two inches of a woman's vagina are sensitive. So how is it that some women have orgasms solely from vaginal stimulation?

The answer is they probably aren't. Women who report vaginal orgasms are thought to have the ability to do so as a result of their vaginal anatomy. In some women, the labia minora are formed in such a way that vaginal penetration actually causes the labia to rub against or gently pull on the clitoris. This, not vaginal stimulation, is what leads to the orgasm in most cases. Technically, however, this would still be considered a vaginal orgasm because there is no direct stimulation of the clitoris.

## Chapter 2 *The Two Types of Female Orgasms*

Another reason contributed to vaginal orgasms is that the shape of the penis and their preferred position allow for stimulation of the G-spot. The G-spot consists of a small bundle nerves. As a result, it is often linked to increased sexual pleasure and a woman's ability to achieve orgasm. What is important to understand is that although vaginal orgasms are possible, they are not common.

Vaginal penetration is often times not enough to produce the necessary stimulation for a woman to achieve an orgasm. The good news is that by knowing where the sensitive parts of the inner vagina are located, the first two inches and the G-spot, you can produce a powerful orgasm in your woman by simply combining stimulation of these areas with clitoral stimulation techniques you'll learn later on in this book.

### *The Clitoral Orgasm*

By far the most common way for a woman to achieve an orgasm is through direct or indirect clitoral stimulation. To understand why, you must first understand the clitoris.

The clitoris is located just above the entrance to the vagina and behind the labia minora. In most women, it is a small nub of flesh that contains a high concentration of nerve endings. This is what makes the clitoris so sensitive. A clitoral hood often covers it. Many men and women mistake the hood for the clitoris itself. But what most people don't know is that only a small portion of the clitoris is actually visible. The remainder of the organ is surrounded by the rest of the reproductive system and extends all the way to the bottom of the pubic bone much like that of a penis.

Two things are particularly interesting about the clitoris. First, all female mammals have a clitoris. This is interesting because according to biologist, the sole purpose of the clitoris is sexual pleasure. That would seem to mean that humans aren't the only ones who enjoy the way sex feels. And if you've ever seen two animals mate, you might agree.

Second, the clitoris is made from the same material as the penis. In fact, in men the clitoris becomes a full-fledged penis after the embryo is exposed to testosterone in the womb. Just like the penis, the clitoris fills with blood and becomes erect during sexual arousal. The clitoral hood is essentially the same as the foreskin of a penis.



## Chapter 2 *The Two Types of Female Orgasms*

The only real difference between a clitoris and a penis—besides location in the body—seems to be that the penis is used for urination, while the clitoris is not. With that said, it is important to realize that the clitoris is really similar in size to the penis, even though most of it cannot be seen. Vibrations through the pelvic region caused by intercourse can stimulate the nerve endings in the unseen part of the clitoris, as well, and this can also lead to an orgasm.

What many people don't realize about the clitoris is that the penis alone usually can't stimulate it. This is due its position within the woman's body. This makes it extremely difficult for the penis to provide rhythmic stimulation to the clitoris. That means traditional intercourse usually needs to be coupled with clitoral stimulation.

*So the big question is how does one engage in clitoral stimulation during sexual intercourse?*

Some men take the approach that the women should be responsible for stimulating themselves. This has always seemed a bit unfair to me, since the woman is providing him with the stimulation he needs to reach orgasm. So shouldn't he do the same for her? However, when handled appropriately, having a woman stimulate her clitoris can be a pleasurable experience for both her and her partner.



Another method is by, what I like to call multi-tasking. Multi-tasking basically means the man does more than one thing at the same time. For example, he may be penetrating the vagina while also stimulating the clitoris by pressing his pubic bone against, also called “grinding.” If the couple wants to achieve orgasm at or near the same time, this is clearly the best option.

Other couples I've met with have resorted to taking turns, meaning one partner climaxes first, then the other. Depending on how each person best reaches orgasm, this may be a possibility, but for couples that enjoy climaxing together, this may not be a satisfactory option.

The best thing about clitoral orgasms is that they can be achieved in many different ways. Because the entire area is highly sensitive, experimenting with these types of orgasms can also add some interest and spice to sexual relationships, which may have become routine and boring over time.



## Chapter 2 *The Two Types of Female Orgasms*

The main benefit of experimenting is that you'll learn just what makes your woman tick—sexually speaking, of course. While some women prefer direct stimulation, others find it uncomfortable and prefer to have the area around the clitoris stimulated instead. Women who have learned how to have an orgasm through masturbation will generally have a much better idea of what type of stimulation they prefer than women who have not.

Before we close this chapter, let's talk about what happens during a clitoral orgasm.

As I mentioned above, the clitoris fills up with blood and becomes erect like a penis. This means it's much more noticeable when a woman is aroused. Because the clitoris does not need to be erect for sexual intercourse to occur, clitoral orgasms will only happen if the woman is properly aroused.

That means some type of foreplay is generally a requirement. With continuous stimulation of the clitoris, it becomes more engorged with blood and this further heightens its sensitivity. As stimulation continues, a point is reached when all of the tension in the area must be released—the point in which an orgasm is experienced.

### *What Her Orgasms Feel Like*

Ever wonders what a female orgasm feels like? I know us women often wonder what a man's feels like. Although neither of us will know quite for sure, studies do show us that they are very similar experiences for both sexes.

As a woman, I can tell you firsthand that the female orgasm feels absolutely wonderful. But, of course, that's not going to help you understand just how it feels. So let's take a look at what happens when a woman orgasms.



Most women describe their orgasms as occurring in two different ways: the physical and the psychological sensations. Physically, many women feel pleasant contractions throughout their pelvic region. The blood returning to the body and the blood vessels narrowing again causes these contractions. *As a friend of mine put it, "They're like ripples of pleasure."*

While the physical sensation seems to be wonderful, many of the women I've worked with have commented on the psychological sensation of their orgasms. Immediately after the orgasm, women report feeling completely relaxed and free of stress, as if all the tension in their body has suddenly been released. They also talk about overwhelming feelings of peacefulness and love towards their partner. In fact, some women have actually cried as a result of having such intensely pleasurable, psychologically stimulating orgasms.

The physical sensations of the female orgasm usually last between 10 to 30 seconds. The psychological sensations, however, can last as long as an hour or more. It all depends on the environment.



## Chapter 2 *The Two Types of Female Orgasms*



*Hot Tips to  
Remember*

When it comes to female orgasms, there are technically two types: vaginal and clitoral. The truth is that almost all female orgasms, even those supposedly resulting solely from vaginal stimulation, originate from the clitoris.

Women experience orgasms both physically and psychologically. The female orgasm produces pleasurable waves of contraction within the pelvis and vagina. It also releases tension and produces a peaceful, relaxing, and loving psychological state.

If you have not yet discovered the clitoris in your partner (or yourself), then that should be your first task. The second task is to start discussing what kind of clitoral stimulation works best. If you don't know, then by all means begin experimenting.

The best type of orgasm, however, is the one that gets produced as a result of stimulating sensitive areas of the vagina simultaneously. In fact, recent studies show that in some women, both vaginal and clitoral stimulation is needed to provide what's called a "complete" orgasm. With this in mind, let's take a look at why women differ from men when it comes to their ability to achieve an orgasm.

A close-up photograph of a man and a woman in an intimate embrace. The woman, with blonde hair, is looking towards the camera with a slight smile. The man, with dark hair, is leaning in towards her, his face partially obscured. They appear to be in a relaxed, possibly bathed, setting. The image is used as a background for the chapter title.

## **Chapter 3** *Why Women Have a Harder Time Reaching Orgasm Than Men*

*Physical Reasons*

*Emotional Reasons*

*Social Reasons*

*Self-Education Reasons*

*Hot Tips to Remember*

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## Chapter 3 *Why Women Have a Harder Time Reaching Orgasm Than Men*

**For** men, reaching an orgasm is fairly simple whether they are having sex with their partner or masturbating by themselves. While most men do have preferences about the types of positions and stimulation they enjoy, it seems that almost anything can push them over the edge if they are already in a state of arousal.

With women, it's a bit different. And in this chapter, we're going to look at the top four reasons why women have a harder time reaching orgasm than men.

### *Physical Reasons*



The most obvious reason why women have a more difficult time reaching orgasms is physical. A woman's sexual anatomy is designed differently than a man's. As a consequence, she requires more in the way of sexual arousal and stimulation to reach an orgasm.

For men, orgasm is relatively easy because the source of their sexual pleasure is the penis. The penis is not only completely visible but it can easily be stimulated as a result of it being located on the outside of the body and sexually stimulating hormones such as testosterone.

Additionally, a man's arousal level is easier to recognize: an erect penis usually means he is ready for sexual intercourse and capable of reaching orgasm. For women, it's not so straightforward.

As we've already discussed, the main pleasure center for a woman is the clitoris. Although it is approximately the same size as the penis, almost all of it is concealed within the pelvis.

Due to its location, the penis through normal penetration cannot easily stimulate the part of the clitoris that is accessible.

Even during masturbation, women must often try multiple methods and positions before finding the right combination that leads to an orgasm. Furthermore, signs of a woman's arousal may not be as easy to spot unless her partner is knowledgeable in what to look for.

The consequences of these physical differences are that women require more in the way of sexual stimulation to achieve an orgasm. This doesn't mean they are any less capable of reaching an orgasm; it just means that it typically takes a little more effort and education.

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But there's a lot more in the way of physical factors that can prevent a woman from having an orgasm. And lack of sleep is a big one!

It's not uncommon these days for women to have multiple roles and responsibilities. If your wife or girlfriend works, has children, and takes care of you and the house, chances are she's tired at the end of each day. Even if she doesn't work outside the home or clean up as much as you'd like, if she was looking after small children all day long, she'll be TIRED!

*So if she's tired, her body is going to say, "Uh-uh. No way. I ain't got enough energy to master up an orgasm right now."*

Fatigue can take its toll on a body. And if a woman is being pulled in various directions and not getting enough rest, this is going to interfere with her physical ability to have an orgasm. It's no different than if you go without eating for a lengthy period of time. There comes a point where finding food takes priority over everything else.

If you are one of those guys who approaches his wife or girlfriend for sex at the end of the day when you're both in bed ready to go to sleep, your chance of bringing her to orgasm is slim to none. Although it may be your own busy day or daily routine that causes you to wait until you are both in bed for the evening before approaching your lady for sex, if she has multiple duties that she has tended to that day, having a moment's peace to herself and sleeping is most likely all that's on her mind—not sex and orgasms!

It's very important to think about the time of day that you approach your wife or girlfriend for sex, especially if she's lacking in sexual desire and orgasms. When are you pursuing her or asking her for sex? If it's at night, then her being tired from the day could be a reason for her lack of interest and ability to climax.

One thing you will learn later is that a woman's sexual desire does not work the same as a man's desire for sex does. So her choosing to relax and sleep over having sex with you is nothing personal. She's just programmed that way. But don't get discouraged. There are ways around this, which we will discuss later.

### *Emotional Reasons*

Many women believe that men can "get off" with anyone and at any time, and not think twice about it. When women express this belief to me, it is often in the form of a complaint, because women need much more than a warm body to engage in sex.

While it isn't true that men can reach orgasm at the drop of a hat, men usually don't have as much difficulty with orgasms as women do. A man can meet a stranger in a bar, take her to his car, have sex with her in the backseat of his car without ever learning her name, and climax.

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Unless he is an exceptional lover, the woman he is with is not as likely to get the same payoff from the encounter, no matter how vocal she gets (which, by the way, is a sign of faking it). So why is there such a difference?

For one, women tend to feel more self-conscious about their bodies. As a result, they have a harder time discussing their sexual issues, because it often means having to talk about what they feel embarrassed about when it comes to their bodies. For a woman to feel relaxed enough to have sex and achieve orgasm, she has to have a great deal of trust in her partner. This is why many women can't have sex with just anyone at anytime.

So if a woman doesn't feel comfortable with her sexual partner, than she's not going to feel comfortable with having sex. Her mind will be lost in her thoughts and feelings about herself, her partner, and her relationship. As a result, she will not be able to relax or tune in with her body to achieve an orgasm.



As we've discussed before, it's unfair to expect men to automatically know how to bring a woman to orgasm. Every woman's body and mental state is different, so men have to learn how to help each new partner reach orgasm in her own way. Doing that requires communication and openness: two things, which require trust in a relationship.

When a woman doesn't entirely trust her partner, she is less likely to open up and discuss problems in the relationship, particularly problems in the bedroom. She may sometimes fear that her partner will judge her or ridicule her if she shares what feels good to her. Her discomfort can also be elevated if she has been faking her orgasms as a result of not wanting to hurt her partner's feelings and not wanting him to know she is not experience that form of pleasure when they engage in sex.

*If there's one thing I wish every person on the planet knew it's that the most important sexual organ in the human body is the brain. If your brain isn't ready for sexual pleasure, then sexual pleasure will not happen.*



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Another trust-related issue is that many women hold back during sex because they are not completely comfortable with their partners or themselves. For example, if a woman thinks her thighs are too big, she may be so fixated on what her partner thinks of them that she won't free her mind enough to get pleasure from sex. If she feels pressured to have sex or is concerned about the fidelity of her partner, then she also may find it difficult to get into the proper mind set for an orgasm.

### *Social Reasons*



For a long time, society viewed sex as a source of male pleasure only. Women were meant to satisfy their husbands' longings and to produce offspring. But as far as sexual pleasure went, that was strictly for the man, not the woman.

This social idea has a long history. The Greek philosopher Aristotle believed that women were mere incubators for the babies their partners delivered into their bodies during intercourse. Since this was viewed as a man's biggest contribution, he deserved to receive all of the pleasure. Interestingly enough, prior to Aristotle, some people believed that babies were the product of female sexual pleasure, so to reproduce, men had to please their wives. Unfortunately for women, Aristotle came along and threw that concept out the window.

Even though we have known the real story of where babies come from for a long time, Aristotle's view has persisted. During the middle ages, any expression of sexuality by women was condemned by the church as sinful. Women were taught that the natural longings they had for sexual pleasure were wrong. Even into the 19th century, women were told not to show any signs of sexual enjoyment. Her job was to lay beneath her partner and let her body be used as a tool for man's pleasure.

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Not until women began gaining more autonomy in society did this idea begin to change. After World War II, more women began entering the workforce and were not content to just stay at home taking orders from their husbands. They wanted something more. As women began to believe that they too deserved to lead a fulfilling life beyond just being a mother and a wife, they also began to discover their sexual appetites.

We can look back today and recognize that female sexuality was truly set free by the invention of birth control. For the first time, women had control of their bodies. It allowed them to engage in sex for pleasure and not for reproduction. Instead of having to worry about an accidental pregnancy, women could start thinking about what felt good and what didn't.

A significant segment of the population today recognizes that women have just as much right to sexual pleasure as men do. However, some social ideas are hard to get rid of—especially those related to religion.

Many women have been taught that sex doesn't feel good nor is it supposed to. At best, it's a chore women must accept as part of being a good wife, but never something one should actively seek out. Some generations of women have even passed on ideas about how to avoid having sex with their partners.

The most unfortunate part of these ideas is that it has robbed both men and women of mutually satisfying sex for centuries. Clearly, women who were told that sexual pleasure was wrong were unlikely to enjoy being intimate with their partners. Men also lost out. After all, most men enjoy sex more with a responsive partner who is just as into sex as he is.

Today, some women still feel that sex is not meant to be pleasurable and those thoughts will lead to a self-fulfilling prophecy. It can be hard for a woman to break free of the belief that society stigmatizes female sexual pleasure and that can make it more difficult for some women to have an orgasm.

### *Self-Education Reasons*

One of the most interesting phenomenon's I've witnessed in dealing with human sexuality is the ability to train oneself on how to have an orgasm. Anyone who has ever masturbated has engaged in this self-training program and taught he or herself how to achieve an orgasm. Before we talk about female training, I'll give you an example from the male perspective.

I worked with a man once who was a regular masturbator. During masturbation, he fantasized about having his partner bent over the edge of a couch and engaging in vaginal penetration from behind. For months he used this same fantasy to help him reach orgasm during masturbation. This affected his sex life. When he was having sex with his partner, he found that he was losing his erection and finding it difficult to climax in any other position. The only way he was able to reach orgasm during actual sex was by imitating what he had been doing in his masturbation fantasies. Essentially, he had trained himself about how to get off.

## Chapter 3 *Why Women Have a Harder Time Reaching Orgasm Than Men*



Men are not the only ones who train themselves. In fact, the training men do usually does not interfere with their ability to reach an orgasm during actual intercourse. With women, it's different.

Women train themselves in two ways. First, they train themselves to reach orgasm using specific techniques. Second, they train themselves for each orgasm using certain fantasies. Let's talk about both of these.

When women begin masturbating, they usually try multiple ways of accomplishing the goal. Once they find something that works, they stick to it. Let me give you an example.

One woman I worked with had been masturbating with a vibrator for about ten years. She had to use the same vibrator every time because she claimed no other vibrator could bring her to orgasm. With sexual partners, she would fake orgasm then excuse herself to the bathroom where she would reach a real orgasm using her vibrator. After a decade of relying on the same toy and the same technique to reach orgasm, this young woman had taught her body how to have an orgasm. Since her partner's penis was not her vibrator, her partner was not capable of doing the job. To his credit, he did try a variety of things to help her but the problem really wasn't his alone to fix. She had to re-train her body.

The second method of training often begins even before a woman ever masturbates. As soon as girls begin fantasizing about men, they are beginning to train their bodies about how to reach orgasm. Another woman I worked with is a perfect example.

This particular woman had been relying on the same fantasies during masturbation for almost two decades. Her preference was rape fantasies in which she was the victim and was non-violently coerced into having intercourse with multiple partners. The fantasies involved different scenarios, locations, and men, but the basics were all the same. Even when she tried to have other fantasies, they would always end up deteriorating into a rape fantasy before she was able to orgasm. The only time she was able to reach an orgasm with her husband was when they attempted to act out her fantasy. Like the other woman, she had to re-train her mind about what turned her on and what would lead her to an orgasm.

The reason I'm sharing these stories with you is because orgasm training is one of the biggest, yet most often unrecognized reasons for women's difficulties in reaching orgasm. The only way to break free of that old training is through experimentation. So keep this in mind as you move forward with your partner. *The more you and your partner try out different things, the more likely she will find something else to help her climax.*

## Chapter 3 *Why Women Have a Harder Time Reaching Orgasm Than Men*



*Hot Tips to Remember*

Women have a harder time achieving orgasm than men due to physical, emotional, social, and self-training reasons. These include social pressures not to enjoy sex, a lack of trust in the relationship, anatomical differences between men and women, and limited orgasm training.

Understanding what may be hampering your sexual relationship will help you determine the best course of action to take in order to enjoy mutually satisfying sex.



## **Chapter 4** *The Difference Between Male and Female Sexual Arousal*

### *THE STAGES OF FEMALE SEXUAL AROUSAL*

*Excitement, Plateau, Orgasm, Resolution*

*Multiple Orgasms & Sexual Response Cycle*

### *THE STAGES OF MALE SEXUAL AROUSAL*

*Excitement, Plateau, Orgasm, Resolution*

*Multiple Orgasms & Sexual Response Cycle*

*Hot Tips to Remember*

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## Chapter 4 *The Difference Between Male and Female Sexual Arousal*

If there's a one-thing man need to understand it's that women and men differ greatly in terms of sexual desire. Thanks to high levels of testosterone, men can become sexually aroused by a simple brush of their partner's hand across their penis or seeing or thinking about their partner in the nude. Unfortunately, sexual desire doesn't come that easy for women.

In this chapter, I'll walk you through the female sexual arousal cycle and show you how it differs from your own. Knowing just how these cycle work and how they differ from man to woman will help you to better understand just how important the act of foreplay is, and how it can set the stage for some very pleasurable orgasms for both you and your lady.

### *The Stages of Female Sexual Arousal*



The famous sex researchers, William Masters and Virginia Johnson, were the first to outline the four stages of sexual response in human beings. These stages apply to both men and women, but each gender experiences the stages differently. Men typically race through the stages faster than women do. But in some situations, women may be ready for orgasm much faster than a man.

Let's take a look at each of the stages as they occur in women and how to know when your partner is ready for the next stage.

#### *Stage 1 - Excitement*

This is one of the easiest stages to reach for both men and women. Just smelling your cologne or having your hand brush against her breasts can excite a woman. She can become excited by fantasizing about sexual encounters or by flirting with you during dinner. In fact, during the average date, women may become excited ten to fifteen times. Most of those times do not lead to the next level, however.

The female body responds to this stage in very specific ways. Let's go through some of those physical signs of excitement:

- *Her nipples become erect.*
- *Her vagina starts becoming lubricated.*
- *Her clitoris begins to swell and grow larger.*
- *The inner parts of her vagina begin to expand.*
- *Her breasts may even increase in size if she becomes highly aroused.*

## Chapter 4 *The Difference Between Male and Female Sexual Arousal*

These are not the only physical signs, but these are probably the ones you or her may notice. Notice that during this early stage, her vagina is already becoming lubricated. Many men have the mistaken notion that this is a sign that a woman is ready to engage in intercourse. That is not the case. A lubricated vagina only means a woman is aroused. All of these signs do suggest, however, that her body is preparing for the possibility of sex.

### *Stage 2 - Plateau*

This second stage does not occur as frequently as the arousal or excitement stage. In fact, most incidents of arousal never reach this level. So when does a woman reach this level? Well, she will require more physical stimulation. Foreplay, for example, will help her move to this stage, so does increased fantasizing. During this stage, sexual tension inside her body is growing. More physical signs also accompany this stage. A few of those signs are listed below:

- *Breasts may increase noticeably in size.*
- *The vagina swells and the vaginal opening begins to narrow.*
- *The clitoris becomes more erect.*
- *Her heartbeat may increase noticeably.*
- *The color of the labia minora will change from pink to either red or wine in color.*

This final physical sign is very important. Researchers have found that if the color change does not occur, then women rarely have an orgasm. About one-half to three-fourths of women also experience what is termed a “sex flush” on parts of their body. The increased blood flow to the skin sometimes gives the appearance of a flush over the chest or other parts of the body. During the plateau stage, the woman's body is becoming ready for intercourse. Only near the end of this stage is she physically ready for vaginal intercourse.

### *Stage 3 - Orgasm*

All of those women who fake their orgasms end up continually jumping from the second to the fourth stage of sexual response. After her body is truly ready for intercourse and if she is receiving the proper stimulation – usually clitoral – then it does not take long for her to reach the third stage.

Below are some of the physical effects your partner will experience during this stage. Some of these should be noticeable by you and a couple are impossible for her to fake, so if you really want to know whether you are making her climax or not, pay attention to the physical signs.



## Chapter 4 *The Difference Between Male and Female Sexual Arousal*

- Muscle contractions: Intense muscle contractions through the pelvic area will occur during the orgasm. A woman can have three to fifteen of these contractions depending on the strength of her orgasm. She may also experience muscle contractions in other parts of the body as well.
- Most women's bodies become temporarily rigid at the highest point of their orgasm. This lasts for only a moment, but it's something you may notice.
- The “sex flush” is another indicator of orgasm. At this stage, it becomes brighter and more noticeable. It may also have spread to other areas of her body.
- Another telltale sign of orgasm in some women is ejaculation. Some women do ejaculate after an orgasm.

### *Stage 4 - Resolution*



This is an interesting stage because what happens during it depends on what did not happen before or what is continuing to happen. For example, if a woman successfully completes stage 3, then she may be able to have multiple orgasms. However, if she fails to have an orgasm, then her body will begin to return to normal, but at a slower rate than if she had climaxed first. Many women actually report physical discomfort in the pelvic area during this process—similar to the discomfort men experience when they come close to climaxing but then fail to do so.

During the resolution stage, a woman's breasts and nipples can be incredibly sensitive. In fact, they can be so sensitive that touching them is uncomfortable for her. This is important to remember, because if you have not climaxed yet, you will want to refrain from any aggressive fondling of her breasts to reach your own orgasm.

After the last orgasm, the “sex flush” will disappear. Also, your partner may experience heavy sweating, rapid heart beating, and/or heavy breathing.

The resolution stage marks the end of the cycle of sexual desire and arousal for women.

## Chapter 4 *The Difference Between Male and Female Sexual Arousal*

### *Stage 5 - Multiple Orgasms & Sexual Response Cycle*

Many women are capable of having multiple orgasms. In fact, they are more common than researchers initially believed. Any time a woman has an orgasm she is capable of having another one if proper stimulation is continued.

What's interesting about multiple orgasms in women is that they don't have to repeat the entire cycle to achieve another orgasm. Once they are in the area between the third and fourth stages, their bodies are highly receptive to orgasm.

### *The Stages of Male Sexual Arousal*

While this book is about female orgasms, I think it's important for you to understand your own sexual response cycle, as well. When you understand the differences between how you and your partner respond to sexual stimuli, both physically and mentally, it will help prepare you for assisting your partner in reaching orgasm. Remember the four stages—excitement, plateau, orgasm, and resolution—are the same for you as they are for your partner. The only difference is the time it takes to reach each stage and your body's physical response.



#### *Stage 1 - Excitement*

A woman's physical signs of sexual arousal are less noticeable than those of a man. Below are the three main signs of sexual excitement in males:

- *The testes begin to elevate.*
- *The skin around the scrotum becomes thicker and tenser.*
- *The penis becomes increasingly erect.*

Because men are stimulated visually, they often are easier to arouse than women. They can reach this stage by watching sexual scenes on television, looking at an attractive woman on the street, touching their partner in a non-sexual way, etc.

Some men wrongly believe that if they are aroused they must have sex. That's not the case. Arousal does not have to lead to sex or even masturbation. If you do not reach the second stage, then your erection and the other signs of arousal will diminish and return to normal.



# Chapter 4 *The Difference Between Male and Female Sexual Arousal*

## *Stage 2 - Plateau*

As with women, this stage is marked by growing sexual tension. The desire for intercourse becomes great.

In fact, the further into this stage you go the less likely it is that your erection will go away on its own. Below are some other physical signs of this stage:

- The testes reach their highest point of elevation and maintain that position.
- The Cowper's glands become activated and begin releasing seminal fluid through the tip of the penis. This is usually a clear fluid, which helps lubricate the vagina during intercourse and prepares the urethra for semen.
- The testes become fully engorged and may grow as much as 50%
- The penis's corona becomes engorged with blood.

*Men do not have to reach this stage to be ready for sexual intercourse. In fact, even before the penis is fully erect, men are ready for intercourse. This is a definite difference between the genders.*

If a man does not reach the next stage, however, he can experience discomfort. Will the penis stay erect, but he may also experience what is referred to, as “blue balls” meaning the blood in his testes will not return to the rest of his body so they remain engorged. Although this may not be the best feeling in the world, it is not as horrible or painful as some men have made it seem in order to pressure their partners into “going all the way.” Masturbation would be just as good a cure as sexual intercourse.

## *Stage 3 - Orgasm*

In men, this stage is actually divided into two parts, so we'll talk about each of them separately.

- Emission – At this point, all of the fluids from different parts of your reproductive organs are collecting at the end of the urethra. This creates a feeling of heaviness, which men recognize as the signal of imminent orgasm.
- Expulsion – A short time after the seminal fluid is collected, contractions begin within the penis which cause ejaculation. These contractions, like those of women, are a physical sign of orgasm. They also tend to occur throughout the pelvic area for men, as well as for women.





## Chapter 4 *The Difference Between Male and Female Sexual Arousal*

Because a man's orgasm occurs in two separate stages, he has a little more control over the process than a woman does. That's important because if you are at the emission stage when your partner is not quite ready for an orgasm, you can hold off on ejaculating and completing your orgasm. It isn't easy, but it's possible, and we'll talk about a few ways you can accomplish this in the next chapter.

The other important thing to remember is that after you ejaculate your penis will quickly lose its erection. By quickly, I mean one to two minutes' top; that means you have to make sure your partner is where she needs to be before you let go.

### *Stage 4 - Resolution*

During this stage, the penis goes back to non-erect size and all of the blood in the testes returns to the rest of the body.

Men also have what is known as a refractory period, which means that for a certain time he will not be able to achieve another erection. That period of time varies from as little as two minutes to as long as two weeks.

On average, as a man ages his refractory period also becomes extended.

As I mentioned earlier, if you don't reach stage three, you may have difficulty achieving this stage as well.

### *Stage 5 - Multiple Orgasms & Sexual Response Cycle*

As we discussed earlier, women are able to experience multiple orgasms fairly easily. Because they don't have to go back through the cycle and because they do not have a refractory period, they can have several orgasms in a row with the right stimulation.



Until recently, most men believed they could not have multiple orgasms because of the refractory period, but that's no longer held as popular wisdom. Because orgasm and ejaculation are two separate events in your body that occur close together, you can train your body to orgasm without ejaculating.

This is important, because if you can train yourself to have multiple orgasms without ejaculating, you'll also be training yourself to last longer during sex so that you and your partner can have multiple orgasms together.

The trick to doing this is exercising your pubococcygeus (PC) muscle. By contracting this muscle regularly, you'll be able to control it more effectively. That control will allow you to stop yourself from ejaculating. If you're not sure how to contract your PC muscle, the next time you urinate try stopping the flow several times. The muscle that stops your urination is the PC muscle.

## Chapter 4 *The Difference Between Male and Female Sexual Arousal*



### *Hot Tips to Remember*

The following are some of the most important tips you should remember when it comes to female and male sexual desire and arousal.

- Both women and men go through four stages of sexual arousal.
- The difference between them is at which stage they are ready for intercourse. Men are ready from the first stage when they have an erection; women need to wait until the end of the second stage if they are going to be physically ready to have an orgasm.
- Just because a woman's vagina is lubricated doesn't mean she is aroused enough for sexual intercourse. Women who engage in sex before their body is ready generally do not have as pleasurable an experience and rarely have orgasms, particularly not vaginal orgasms.
- By learning how to control your PC muscle, you can train your body to hold off on ejaculating. This means you can continue having sex longer and can achieve multiple orgasms for the pleasure of both you and your partner.

What we've learned so far is that men are physically able and ready to have sexual intercourse almost as soon as they are aroused. An erect penis is all it really takes on their end because all of the other physical changes will continue to follow regardless of what happens next. In fact, most men are eager and willing to start engaging in sexual activity by the end of their first stage and the start of their second.

Women, as we've seen, do not work that way most of the time. Although they are easy to excite, they don't automatically jump to the second stage nor are they ready for intercourse until near the very end of their second stage.

When we combine those facts what we see is that most couples engage in sex before the woman is physically ready and this makes it nearly impossible for her to reach orgasm, particularly through vaginal intercourse.

*"Women need to build up to that point, which is why foreplay is so important".*

## **Chapter 5** *Foreplay - The Quickest Way to Creating Female Sexual Desire*



### *THE RULES OF FOREPLAY*

#### *FOREPLAY THAT WILL GET HER SEXUAL ENGINE REVING*

- Dirty Talking*
- Gentle Touching*
- Kissing*
- Tickling*
- Massage*
- Give Her a Bath*
- Cool Her Off*
- Compliment Her*
- Tease Her*
- Partial Penetration*

*Hot Tips to Remember*

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## Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*

**There** is an old saying that goes like this: "Happiness isn't a destination; it's a means of traveling." This is what I want you to think about when it comes to foreplay. If you rush through it, you just might miss out on the best part of the trip. So take your time. Don't look at it as a chore. Look at it as a sexually inviting tour full of pleasurable surprises.

To women, foreplay is not something you do before sex. It is sex! So if you stop thinking of foreplay as the appetizer that you need to race through to get to the main course, then you've already moved up in the ranks when it comes to being a better lover. Foreplay can be initiated before, during or after sex.



For example, if the both of you are very aroused and you have already penetrated her, you can withdraw and partake in some foreplay. Experienced couples do this quite often after initiating intercourse. They'll stop and take a break for some masturbation or oral sex to prolong their hot and heavy sexual mood. Some of the most creative lovers do nothing but foreplay throughout their entire sexual encounter. They don't do this every time, just some of the time. Many men and woman report that the orgasms they experience through masturbation and oral sex are more intense, and it's the only way some women can have an orgasm.

*Before you get into learning just what foreplay's all about, it's important that you first understand the meaning of erogenous zones.*

Yes, your penis and her vagina are considered erogenous zones. But these are the ones you need to leave alone during foreplay. Instead, you are going to focus on the less obvious erogenous zones, the ones that create intense levels of arousal when stimulated.

## Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*

Apart from the obvious parts that we all share (like the penis and the clitoris), we each have our own secret erogenous zones that cause us to writhe in pleasure and beg for more. For women, it can be gentle kisses to the back of her neck or nibbles on her ear. Others get hot when they have their buttocks stroke. Just keep in mind that what works for one woman won't necessarily work on another, so if you're still looking for the perfect partner, consider each new lover territory that has yet to be explored.

When it comes to foreplay, always keep in mind that her entire body is craving for attention, so enjoy touring her body and save her breasts and vagina as your final destinations.

As you learned, although the cycles of sexual arousal are the same for both men and women, the response time is different. For men who want to please their partners, this means foreplay is a must. I make that point because I've worked with lots of men who hated foreplay and just wanted to get down to business. But foreplay has an important role in female orgasm.

The average man can achieve an orgasm with just 2-3 minutes of sexual stimulation. It takes the average woman, however, between 20-30 minutes. This goes a long way to explain why men so often finish way before their lady has ever had a chance to get started. This is why women so desperately desire foreplay. If all men in the world could get this simple logic through their head, there'd be a lot less complaining and a hell of a lot more sex! To understand just how much a woman wants foreplay, think about it in terms of your desire for a blow job—just the thought of your woman going down on you can get you all hot and bothered!

“The average man can achieve an orgasm with just 2-3 minutes of sexual stimulation. It takes the average woman, however, between 20-30 minutes”.

Before we talk about different types of foreplay, I want to point out another fact often overlooked by men, which is that foreplay not only makes sex better for women but it also improves the male orgasm. It's true!

*The longer you hold off from sex the more the sexual tension will build in your body. And the more tension that's released during your orgasm, the stronger your orgasm will be.*

It's like pulling a rubber band. The tighter and more tense the rubber band is pulled, the further it's going to fly when it's finally released. That means foreplay won't just help your partner reach orgasm; it will also help you to have stronger, longer lasting, and more pleasurable orgasms.



# Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*

## *The Rules of Foreplay*

We can't talk about foreplay without first setting down some rules. Most men and women do not understand these rules and are, as a result, not as good at foreplay as they could be. These are important to learn now because when you and your partner are in the heat of the moment, you won't have time to check back with each other. So let's take a look at how the rules of foreplay work.



*“Foreplay can begin anywhere. In fact, location can increase the effectiveness of foreplay by a considerable amount”.*

- Foreplay does not involve genital touching. Some couples I've worked with had the belief that if the woman was giving the man a hand-job or if the man was playing with her clitoris, then they were engaging in foreplay. **WRONG!** Foreplay does not involve touching your partner's genitals in any manner. So when it comes to foreplay, keep your hands away from your partner's vagina until you know that she is well into the second stage (plateau). Also, if she tries to touch your penis, you should pull her hand away. By holding back, you'll be increasing sexual tension in both of you.
- Foreplay is not the same as oral sex. Another problem I've encountered with couples is that they falsely believe that oral sex is a type of foreplay. While it's true that some people would agree with that idea, the truth is that oral sex is just another variation of vaginal intercourse. Also, refer back to the first guidelines and keep your hands (and your tongue) off of each other's genitals.
- Foreplay should be slow. Foreplay is not meant to be a quick hurdle men have to jump over to get to the finish line. Instead, it is supposed to be a slow, gradual increase in sexual arousal and tension. When it's done properly, women become so aroused that they will actually beg for penetration. Imagine how that would make you feel as a lover!
- Foreplay can begin anywhere. Another misconception about foreplay is that it must begin in the location where sex is going to happen. For example, if you are going to have sex in the bedroom, then foreplay starts when you get into the bedroom. **WRONG!**

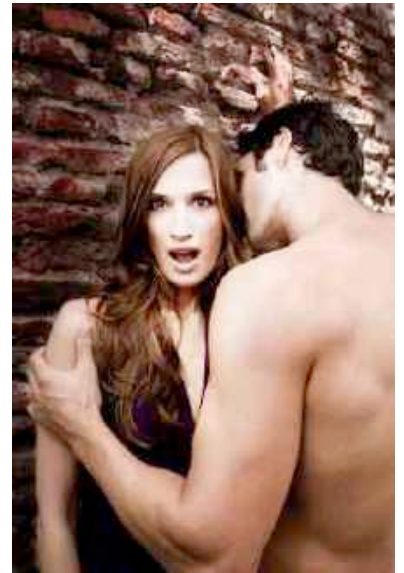
# Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*

## *Foreplay That Will Get Her Sexual Engine Rewing*

Keep in mind that the purpose of foreplay is to increase your partner's desire for sex to the point where she wants it as much as you. Below are some examples of foreplay techniques you can use to get your partner in the right mood before sexual intercourse. These techniques can be used together, but remember to start slowly and build on the passion. If you move too quickly, you won't achieve the desired effect.

### *Dirty Talking*

Never underestimate the power of words to turn on your partner. Imagine looking into your partner's eyes over dinner at a nice restaurant and whispering, "You look so sexy tonight I can barely keep my hands off of you." You can even follow it up with a description of what you'd like to do to her. For example, you might say, "When we get home, I'm going to slowly undress you, lay you down on the bed, and give you the best full body massage you've ever had." These kinds of comments will make your partner feel desirable and that will increase her arousal, plus she'll be able to start fantasizing about how your hands are going to feel caressing her body and that's definitely going to build her anticipation for more. Just remember that you need to follow through with whatever you say. If you promise her an amazing massage, then you need to deliver. A broken promise is a huge turnoff!



### *Gentle Touching*

I've met with women who complain that men don't know how to touch them. By this they usually mean that men don't know how to be gentle. For example, they grope their breasts instead of stroking them. A gentle touch even in the most non-sexual place can have incredible results. There's a scene in a movie that illustrates this point. The movie, *Don Juan DeMarco*, starred Johnny Depp as a man who believed he was a world-class lover who only thought about pleasing the women he was with. In an early scene, he meets a strange woman in a restaurant and sets her on fire simply by stroking part of her hand. While some may argue Johnny Depp could have that effect on a woman without touching her, there is truth to the message the character is conveying. Softly stroking your partner's shoulders or gliding your hands lightly over her back can send shivery tingles through her body the way other types of touches won't, especially early on in the arousal process.



# Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*

## *Kissing*

Kissing is an incredible type of foreplay but it is often misused because partners don't communicate what they like and what they don't like. There are many, many different ways of kissing romantically and each way is appropriate at different stages of the process. For example, if your partner is merely aroused, you wouldn't want to begin using a lot of tongue while you're kissing. Most women seem to dislike a lot of tongue use anyway, which surprises most men. Gentle kissing is best at first, including brushing your lips over her fingers, her palm, her earlobes, her inner thighs, even her toes. Kissing doesn't always have to involve her lips. There's a lot more of her body to touch and taste. As her level of arousal increases, your kissing can become more passionate. If you use your tongue, only use the tip to touch her tongue or her lips gently. Unless you know for a fact that it turns your partner on, don't thrust your entire tongue into her mouth. Most women find this unpleasant.



## *Tickling*



Now when I say tickling, I don't mean to hold her down on the bed and tickle her until she pees her pants. I mean something a little more mature. Take a feather (if you can't find a feather, then go to your local pet store and check out the cat toy section – you'll find a number of items you can use as substitutes for feathers) and very gently graze your partner's skin with it. Pay special attention to her erogenous zones. Your touch must be very light, so the feather just barely brushes against her skin. This will send shivers through her body. If she's naked, you may want to start at the top of her head and work down her neck, around her breasts, along the inner part of her thighs, on the back of her knees, and so forth.

## *Massage*

Remember that massage we discussed under Dirty Talking? Well, that's considered foreplay as well. Massages are a good choice for two reasons. First, stress hinders your partner's ability to have an orgasm. A massage will help her release all of that tension and stress so she is physically and mentally ready for pleasure. Second, a sensual massage will further her excitement and can take her to the next level. You don't have to be an expert masseuse either to achieve results. All you need to know is how and where to rub your partner's body so she receives pleasure.





## Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*

Some women love back massages, others like their partners to focus on their shoulders or legs, while a few prefer foot massages. If you've never given her a massage before, I recommend trying each of them until you discover which one pleases her most. Also, there are a number of massage oils on the market, which work amazingly well at helping set the mood and intensifying the experience. Oils that warm when they come in contact with human skin are a wonderful choice, particularly during the winter when she's feeling a little chilled.



### *Give Her a Bath*

Women enjoy being pampered and giving her a bath is a great way to do that while also getting her in the mood for sex. Here's what you do. Surprise her by filling the bathtub with warm water and bubbles. Have a glass of her favorite wine or beverage ready beside the tub as well. When she slides into the water, take a soft sponge or cloth and begin to gently rub the soapy water over her body. Remember to be gentle and to avoid contact with her vagina. Near the end of the soaping, you can come very close to her vagina, by rubbing the sponge along her inner thigh. Then start slowly rinsing her off, possibly with a shower massager if you have one. When she gets out of the tub, have a warm fluffy towel ready and begin drying her off yourself. In fact, if your tub is comfortable enough, you can sit behind her in the tub for even more erotic foreplay.

### *Cool Her Off*

While the shower and the warm massage oils may be perfect for the cold winter months, these two ideas may work better in the hot summer months. The first idea is to have your partner lie naked on the bed or couch. Make sure that the majority of her erogenous zones are facing upward or are easy to reach. Now take a hand held paper fan and gently wave it over each of those areas. If you don't have a fan, you can also blow on the areas yourself. Like the tickling, this sensation will make her shiver with delight. The second idea again involves her erogenous zones, but this time you'll cool her off with an ice cube instead. Don't have an ice cube handy? Try using a Popsicle, and then gently lick away the melted part on her skin.



### *Compliment Her*

Remember that women are generally more self-conscious about their bodies than men are. That means that even though they are enjoying your touches, in the back of their minds they are wondering how they look. To relax your partner, look for an opportunity to compliment her body during foreplay. Tell her how beautiful her breasts are, how perfect her butt is, how soft her skin feels, etc. Simply whisper the comments in her ear between kisses or while you're massaging her body. But be sincere.

## Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*



### *Tease Her*

As things heat up, you can move on to teasing as a form of foreplay. When your partner is in the plateau stage, she is going to be feeling the need for sex just as much as you are. Of course, the more sexual tension that builds inside her, the better her orgasm is going to be as well, so don't give in too quickly.

Keep doing everything you've been doing, but increase the intensity a little. For example, your gentle touches should be strokes and your light kisses should be a little deeper. Don't give in the first time she asks. Hold off a little longer. This may be difficult for both of you, but the wait will definitely be worth it.

### *Partial Penetration*

Right before you decide engage in actual intercourse, you may want to step up the teasing. Researchers have found that when women are highly aroused and are near the height of the plateau stage, they feel a yearning to be penetrated. That's why so many women resort to using dildos and vibrators during masturbation. When your partner is begging you to fulfill that need, you can tease her a little more by only penetrating her vagina with the very tip of your penis. Then very slowly use more during each stroke. By the time you reach full penetration, she'll be groaning with relief and pleasure.



These ideas are just the tip of the iceberg when it comes to what you can do during foreplay. After you try these ideas, you should begin experimenting with some of your own techniques. The more you learn about your partner's body and what pleases her, the easier it will be for you to decide how to take her from those flickering flames of arousal to a total inferno of desire.

*If she asks you what you're waiting for, simply reply, "I'm waiting until you want to feel me inside you."*



## Chapter 5 *Foreplay - The Quickest Way to Creating Female Sexual Desire*



### *Hot Tips to Remember*

We've covered a lot of material in this chapter, but there are a few points that are most important for you to remember. They are:

- Touching your partner's genitals and oral sex are not foreplay. These are acts of sex, not lead-ins to sex.
- Foreplay should involve gentle touching, particularly around the erogenous zones, and any type of activity which will relax your partner and heighten her arousal, including talking dirty, giving her a massage, or rubbing her skin with an ice cube.
- Don't engage in sex until she is ready. Remember to wait until she is asking for penetration even though it may be difficult for you to hold back.

# Chapter 6 *How to Give Her a Mind-Blowing Orgasm*



## *VAGINAL INTERCOURSE POSITIONS & TECHNIQUES*

### *ORAL SEX TIPS & TECHNIQUES*

*Humming, Rotating Tongue, Licking, Face Straddle, Toys & Cunnilingus, Oral Sex & Popsicles, Sixty-Nine, Fellatio and Female Orgasm, Fellatio and Sex Toys*

### *ANAL INTERCOURSE TIPS & TECHNIQUES*

*Oral Sex & Anal Stimulation*

### *OTHER EROTIC TIPS & TECHNIQUES FOR HER ORGASMIC PLEASURE*

*Scenario 1: Fantasy Land*

*Scenario 2: Date Night*

*Scenario 3: Movie Night*

*Hot Tips to Remember*

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## Chapter 6 *How to Give Her a Mind-Blowing Orgasm*

**After** you've gotten your partner worked up with the use of some good foreplay, you're now ready to move on to the next step and bring her to orgasm through sex. In this chapter we're going to look at how you can help your partner reach orgasm through vaginal, oral, and even anal sex. Variety is what helps keep things from getting boring in the bedroom, so the more you know, the better.

### *Vaginal Intercourse Positions & Techniques*

As we've discussed throughout the book, most women find it difficult to achieve orgasm through vaginal intercourse. In this section, however, we're going to look at some techniques and positions you can try with her in order to make climaxing easier. Keep in mind as you try these different approaches that every woman's body is different, so if one technique doesn't work with your partner, simply try something else.

#### *Missionary Position 1*



For women, the missionary position is often the most difficult when it comes to achieving orgasm. Unfortunately, if your partner is nervous or not very experimental, she may not be interested in trying other positions yet. That doesn't mean she can't still achieve an orgasm. One of the keys to bringing your partner to orgasm is your ability to grind the base of your pubic bone against her clitoris—it's all a matter of position.

Have your partner lie back on the bed and place a pillow or two under her butt so her pelvic area is more arched. Remember to continue the foreplay even as you are getting in position, so fondle her breasts or play with her butt as you place the pillows.

Whisper in her ear that you have something incredible in store for her, and then let her mind conjure up the details. With her pelvic area arched in this way thanks to the pillows, you'll have an easier time of stimulating her clitoris during vaginal intercourse.

However, if you want to boost your odds, you can purchase an inexpensive vibrator designed for the anus. Gently insert it at or before you begin penetration. The vibrations will stimulate her pelvic area, including her clitoris, which may lead you both to the desired orgasm.

# Chapter 6 *How to Give Her a Mind-Blowing Orgasm*

## *Missionary Position 2*

Repeat everything from the first missionary position we discussed, but instead of using the vibrator, place your partner's legs on your shoulders as you thrust inside her. This makes it easier for the base of your penis to stimulate her clitoris. Remember to start slowly and work your way up to harder and deeper penetration. Let her reaction guide you. If she begins to moan with pleasure, then intensify your movements. If she winces, then ease up.

## *Grinding*

When women masturbate with their fingers, they often rub their clitoris using circular movements. Since you know that, you should attempt to use similar circular motions during penetration. To do this, you need to grind into your partner the way you would if you were doing some erotic dancing. Move your hips in a circular motion and make sure that you are pressing against her groin area. The combination of your movement and the pressure on the area will stimulate her clitoris and bring her to orgasm.

## *Alphabet Position*

If your partner is more comfortable with the missionary position, but she is still having trouble reaching orgasm, then this position may help. Again, she should be lying on her back, preferably on the floor or a large comfortable bed. You'll spread out across her on your side, perpendicularly so that the two of you resemble a lowercase "T." Place her legs over your body or have one of them hanging off the bed, whichever is most comfortable, and slide your penis inside of her. At the same time you penetrate her, begin using your finger to gently massage her clitoris. Try to mimic the intensity of penetration with your clitoral stimulation. For example, if you're doing a slow grind, use slow circular motions to stimulate the clitoris.

## *Missionary Position 3*

This is a variation of the second missionary position, which allows for even deeper penetration and gives you an angle more appropriate for clitoral stimulation.

Again, your partner lies on her back on the bed. You'll be kneeling above her, but at a slight angle. Take her legs and put both of them over one of your shoulders. Make sure you remain at that slight angle during penetration as well.



## *Missionary Position 4*

This missionary position works by keeping the two of you closely connected so each thrust is more likely to stimulate its desired target. Of course, your partner lies on her back and you straddle her body. After you are inside her, she needs to pull her legs tightly together and you'll need to wrap your ankles around her lower legs. While in this position, you'll continue thrusting into her. If she seems uncomfortable, you may want to lessen the depth of each thrust. Remember that discomfort of any kind will interfere with your partner's orgasm.

## Chapter 6 *How to Give Her a Mind-Blowing Orgasm*

### *Missionary Position 5*

While this technique may not technically be an example of the missionary position, this is the best classification I could determine. This time your partner lies on the bed or floor with you kneeling above her. Now take her legs and raise them up, so you are holding her calves in the crook of your arm. Her butt should now be lifted off the bed and her vagina should be in line with your penis, so penetration will be easier. If it makes her more comfortable, you could slide some soft pillows under her lower back. In this position, each time you thrust into her, you are also pulling her body against yours so each penetration is deeper and more intense. Because of the angle of the penetration, you are also more likely to stimulate either her clitoris or her G-spot, which should bring her to orgasm.



### *Woman on Top Position 1*

One of the best positions for female orgasm is with her on top usually because she has more control over the stimulation her body is receiving. For this technique, you'll need to be flat on the bed with a pillow under your butt so you'll provide a good arch for her grinding motions. She should straddle your body and should be facing you. While she's on top, resist the urge to begin thrusting into her. Instead, use your thumb or index finger to massage her clitoris. Try to match the intensity of your massaging with the intensity of her movements. Remember the harder she's riding you, the closer she's getting to climax.

### *Woman on Top Position 2*

Another variation of the standard woman on top position gives your partner even more control over your penetration and over her own climax while also increasing your pleasure as well. Again, you must lie on the bed. Your partner is, of course, on top but she does not straddle your body. Instead, she squats above you. With your penis inside her, she moves her body up and down using her legs. The tightened muscles in her pelvic area mean you'll have a more pleasing sensation, plus the up and down motion will provide her with more effective clitoral stimulation.

### *Woman on Top Position 3*

This is another intense variation you should try with your partner. Again, you'll be lying on your back. This time she will be straddling your body. Once you're inside her, gently place your hands on her hips and direct her movements slowly. You want to move her body in the shape of a wide diamond. After she gets the idea of what you want, she can take over herself if she wants or can let you continue to steer the ship. This technique means that your penis is going to come in contact with every side of her vagina and that means you should be stimulating the areas necessary to bring her to orgasm.



## Chapter 6 *How to Give Her a Mind-Blowing Orgasm*

### *Woman on Top Position 4*

Even with the variations we've mentioned above, the woman on top position can become a little boring if it's overused. This variation should provide your partner with even more orgasm potential, if done correctly. After you stretch out on the bed, raise either of your knees and keep the other stretched out. When your partner gets into position, she's not going to be facing you. This time she should be at angle, so that she is actually looking past your upraised knee. As she's riding you, she should be able to use your leg for leverage so its easier for her to move in any way that gives her the most pleasure – up and down, back and forth, circular, etc. Plus, if she leans back enough, your leg will be rubbing against her clitoris and should provide the extra stimulation she needs to climax.

### *Side-by-Side Position 1*

If you've never tried having sex in a side-by-side position, then now is the time. Many couples find these positions are not only conducive to orgasms but it also allows for more physical contact and a mutual feeling of closeness which, let's be honest, you want to feel with a special partner. With this first example, you and your partner must lie on your sides facing each other. You'll need to be as close as possible. Also, make sure that your feet are facing your headboard. The sturdy surface will act as a brace for you when things get really hot. Now gently lift your partner's top leg in the air and slide inside her before placing her leg over yours. She should wrap her leg around you to give you more leverage during penetration. This way the two of you can work together to set a rhythm pleasing to both of your bodies while you also continue some heavy foreplay.

### *Side-by-Side Position 2*

Here's another way you can enjoy the side-by-side position while helping your partner reach orgasm. This time you won't be facing each other. Instead, you'll be on your side behind her. In order to penetrate her, you may need to raise her upper leg a little. Once you are inside and have found a steady thrusting rhythm you should gently lean her backward so she is almost lying on top of you. Now while you are still thrusting in and out of her vagina, use your hand or a vibrator to stimulate her clitoris.



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### *Rear Vaginal Entry Position 1*



The rear entry position has long been heralded as one of the best positions to use to help a woman reach orgasm. However, you need to know the right positions to achieve maximum effectiveness. Here's one way. Have your partner get in the “doggy style” position on the bed. You stand behind her. Now before you begin, ask her to lower her top half and rise up her bottom so that her back is arched. When she's comfortable, you can commence with penetration. In this position, you should be able to stimulate her G-spot (another sensitive area on a woman), plus you can reach below her and use your hand to massage her clitoris.

### *Rear Vaginal Entry Position 2*

While most rear entry positions require the “doggy style” position, this one does not. In fact, if your partner is partial to the missionary position, this may be a good one to try. Your partner stretches out on the bed face down while you straddle her body from behind.

Once you're deep inside her, ask her to clench her legs together and cross her ankles. This position will keep your bodies close together, which many women enjoy. Plus, she can add even greater pleasure for herself by clenching and unclenching her PC muscle in time with your thrusts. Another benefit of this position is that if you have difficulty preventing yourself from ejaculating before your partner climaxes this technique will slow you down and can buy you some extra time.

### *Rear Vaginal Entry Position 3*

If your foreplay began with you giving your partner a bath, then this may be a good way to take it to the next level when she's ready. Keep the tub partially filled with warm water (and bubbles if you like). Your partner gets into the tub first and kneels down. She should be close to the faucet so you have plenty of room behind her.

When you get into the tub, you'll kneel down behind her and penetrate her from behind. As you're both enjoying this, you can use a showerhead to direct a stream of water directly on her clitoris or you can use a waterproof vibrator to stimulate her. Either method will work wonders, particularly if she has enjoyed masturbating in the tub before.

## Chapter 6 *How to Give Her a Mind-Blowing Orgasm*

### *Rear Vaginal Entry Position 4*

One of the most erotic things for a woman to experience sometimes is being in complete control of the sex act during a session. This position can make that possible. In this technique, you sit down on the bed with your legs straight out in front of you. Your partner lowers herself down onto your penis by straddling your legs and facing away from you. You do not move; you allow her to move in the anyway she wants and to set her own rhythm. This gives her more control so she can determine what feels the best for her while you enjoy the view from your end.

### *Rear Vaginal Entry Position 5*

Women do tend to enjoy this particular position more than others in the “doggy style” category, so it's definitely one you'll want to try out. As usual, your partner will be down on all fours. However, one of her legs should be lifted up at angle. Since this position is difficult to hold for long, you should assist her by sliding some soft pillows under leg to prop it up. Instead of penetrating from straight on, you'll want to position yourself at an angle to her body. Now slowly insert your penis into her vagina all the way. Don't stop until your testicles brush against her bottom. Just as slowly, pull it out and repeat. You can speed up a little, but the idea with this technique is to use long, slow strokes. The deeper penetration gives you a better chance of stimulating her clitoris and/or her G-spot, plus most men get off on watching their penis slide inside their partners. Maybe it's a little like watching a self-made adult movie.

### *Standing Position 1*

Although rear entry is often a good method for helping your partner orgasm, not all women are comfortable being in the “doggy-style” position. A variation of that position can be done while standing, which is particularly useful for unusual locations, such as public bathrooms, or right after coming home from an evening out. You stand behind your partner while she is bent over slightly, and then penetrate from the rear. The best thing about this position is that you can lovingly reach around her and stroke her clitoris while you're penetrating her from behind.



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### *Standing Position 2*

Both partners don't have to be standing for deep penetration to occur. If you want to try something a little more interesting, then this technique may be a good one. You'll need a sturdy bar stool (which can be inexpensively purchased almost anywhere if you don't already have one). Have your partner slide onto the stool while you stand completely naked in front of her. If you're still working on foreplay, this is a good way to add in some heavy kissing and stroking. While you maintain those positions, you'll slide your penis inside her. Not only does this provide enjoyable penetration for both of you, but you'll be able to continue the foreplay more easily than with most methods because you'll still be facing one another and you'll be very close together.

### *Standing Position 3*

Some couples are surprised at how many ways they can have sex in a standing position. The great thing about these positions is not only that they can help your partner achieve a strong orgasm, but they also can seem more naughty and dangerous to your partner. We'll talk more about this a little later in the chapter. With this particular variation, you'll stand behind your partner while she is bending over, almost as if she's trying to touch her toes. While she's bent over, you'll be in the perfect position for penetration and for stimulating her G-spot. What's even better is that this position can be used almost anywhere.

### *Standing Position 4*

Here is another interesting idea with this type of position, particularly if your partner has a police officer fantasy. In this position, your partner faces a wall and spreads herself out as if she was about to be searched by a police officer. You come behind her for penetration. While you're in the middle of the fun, you can always pretend to be the arresting officer who finds a new way to punish (or pleasure) lawbreakers.



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## *Other Positions 1*

Not all positions are easily classifiable. This one, for example, is a combination of the side by side and missionary positions, but it offers you a chance to achieve deep penetration while also making it easier for you to gently massage your partner's clitoris. To achieve these benefits, she needs to be lying on her side while you're in a kneeling position. Raise her upper leg over your shoulder so you'll be able to slide inside of her. Many of the women I've worked with have found this position to be one of their favorites for achieving orgasm, so I highly recommend trying it with your partner.

## *Other Positions 2*

Another interesting position the two of you may want to try involves one partner standing and the other stretched out on the bed. In this case, your partner lies face down on the bed, and then scoots her body down until everything below her waist is hanging off the end of the bed. This is where you come in. You stand at the end of the bed, as close to the mattress as possible, and hold her legs in your arms. If necessary, you can lift her up a little so her vagina is more lined up with your pelvis. As you continue to hold her legs, you can begin thrusting inside her. The reason this position has high orgasmic potential for your partner is that the angle of her pelvis means your penis is going to be stimulating her G-spot and that usually leads to very good things.

## *Using Toys 1*

Some men have a hard time allowing sex toys in the bedroom. They sometimes feel insecure and worry that if their partner is more satisfied by a plastic toy than their own flesh and blood penis then they may not be as necessary in her life. The truth is, however, that sex toys can be an incredible addition to any couple's sex lives and can tremendously increase a woman's ability to reach orgasm. Clitoral suckers are one example. These toys do exactly what their name says: they suck against the clitoris. You can use these on your partner while you are penetrating her from any position or in any location. They will provide her with intense stimulation, which will only be enhanced further by your penetration.

## *Using Toys 2*

If you don't like the idea of using toys on your partner, why not use them on yourself? Vibrating cock rings are one possibility. These toys fit around the shaft of your penis and, of course, vibrate. During vaginal penetration, the cock ring will give your partner the same type of experience she would have using a vibrator, plus the vibration will boost your pleasure as well.



# Chapter 6 *How to Give Her a Mind-Blowing Orgasm*

## *Oral Sex Tips & Techniques*

Oral sex is often one of the only ways men know how to get their partners off. Unfortunately, even oral sex doesn't automatically bring women to orgasm. Remember that a sizable percentage of women have never had an orgasm, and many of them are probably guilty of faking orgasms during oral sex. After all, they feel even more pressure to climax when you're selflessly trying to please them. Plus, we can't discuss oral sex without talking about some ways you can pleasure your partner while she pleases you. In this section, we'll look at some techniques that can help in both areas.

### *Humming*

If your partner enjoys the way a vibrator makes her feel inside, then you can turn your mouth into a vibrator during oral sex just by humming. You can try humming an actual tune or just maintaining a single pitch. Either way the vibration in your mouth and jaw will be transferred into her pelvic region and her clitoris. This technique may be especially useful if your partner's not quite aroused enough for direct clitoral stimulation.

### *Rotating Tongue*

Some women love circular stimulation. That's why grinding into your partner during vaginal intercourse can often bring her to orgasm. During oral sex, you can use the same trick with your tongue. Move your tongue around her vagina or around her clitoris in a rotating motion. Start slowly, and then begin to move faster as her pleasure builds.

### *Licking*

Most men resort to a type of licking motion when performing oral sex on a woman, however, it's the movement of the tongue which matters when it comes to helping her achieve orgasm. Have you ever watched a dog drink water out of its bowl? If so, then you've seen the short, fast movement of its tongue in the water. That's the type of movement you can imitate during oral sex.

Because she receives quick jolts of pleasure interrupted by a brief moment of no stimulation, it's almost as if you are teasing her and this is going to increase her sexual tension and help her build towards the climax. When she is nearing that point, however, you may need to switch to a technique that provides more continuous stimulation.

### *Face Straddle*

Another trick to try when it comes to oral sex is having your partner straddle your face. While she straddles, your mouth and your tongue are going to work on her clitoris. You can also have your hands on her hips and move her body in a circular motion or in the diamond-shape we discussed earlier. This will add even greater stimulation and may make her reach orgasm faster and harder.

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### *Toys & Cunnilingus*

Even though oral sex provides some women with orgasms, some report that these orgasms are not as fulfilling because they are not accompanied by that sense of fullness provided by the penetration of your penis in their vagina. To alleviate that problem and to even improve the odds of attaining an orgasm, you can use a dildo or a vibrator on your partner at the same time you are performing oral sex. If you don't want to share her vagina with a toy, use a vibrator designed for anal stimulation instead.



### *Oral Sex & Popsicles*

Popsicles may be the most perfect edible sex toy. Not only are they an ideal shape, but also the handle makes them easier to use than bananas or other items. Take a popsicle in your favorite flavor and gently insert it inside your partner's vagina as if it were a dildo or vibrator. The coldness of it inside the warmth of her body is going to send chills through her body and definitely kick her arousal up a notch. You can either thrust the popsicle gently in and out of her body, or you can use the tip to rub circles around her clitoris. When most of the popsicle has melted, it's your turn to use your tongue to lick up all of the melted sweetness.

### *Sixty-Nine*

Most people have heard of this sexual position but not as many have tried it, even though it provides both you and your partner with an ideal method of achieving orgasm. For those of you who are not familiar, this position would involve you performing oral sex on your partner while she is doing the same to you. Some couples prefer to use this technique in a side-to-side position while others prefer one partner to be on top of the other. Either way, your biggest problem is going to be staying focused on pleasing your woman while you are being pleased. This can be a tremendous distraction and often Sixty-Nine sessions end with the man climaxing before the woman even has a chance. This possibility can be reduced if she is sufficiently aroused before you get started.

### *Fellatio and Female Orgasms*

Let's be honest, men enjoy fellatio and want to receive it. The bad part is that since your partner usually won't be getting much in return, she may be less likely to go along with your desire. If you can pleasure her while she is giving you oral sex, then you have the best of both worlds.

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Next time you ask for fellatio, lie flat on the bed and ask your partner to straddle your body with her butt facing you. As she's going down on you, you'll be in perfect position to reach up and use your fingers to massage her clitoris. While that hand is busy, use your other hand to stroke her butt and her back. As your pleasure becomes more intense, you should increase the intensity of what you are giving to her as well.

### *Fellatio and Sex Toys*

Of course, you don't have to use your fingers to get your partner off while she's pleasuring you. Another method is to use some sex toys. While she's in the same position described above, use a dildo or vibrator to simulate thrusting into her vagina. If she's not completely aroused, try rubbing the vibrator over her butt, labia, and inner thighs while she's going down on you. By the time she's finished with you, she'll either have had an orgasm or be more than ready to have one of her own.



### *Anal Intercourse Tips & Techniques*

When most people think of female orgasms, they rarely think of anal sex. However, anal sex and stimulation can be surprisingly pleasurable to many women. Even though your partner may enjoy these activities, you will probably have to take it slow. The majority of women do not generally jump at the opportunity for anal stimulation, and some have been turned off from it completely because of past experiences.

Remember that most types of anal sex or stimulation will require the use of lubrication because the area does not create its own lubricant. Below are some ideas of how anal stimulation can increase the chances of your partner reaching an orgasm.



### *Oral Sex & Anal Stimulation*

If you want your partner to be open to trying any type of anal stimulation, you'll need to bring it up while she's in a very relaxed, feel good state. During oral sex is an excellent time for this reason. As you're stimulating her clitoris with your tongue, use your fingertip to gently rub the outer rim of her anus. Because this area contains a large number of nerve endings, this added and probably unexpected stimulation will send shivers up her spine. It's also a good introduction to the pleasures of anal stimulation.

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### *Anal Stimulation & Vaginal Intercourse*

Another way to introduce this type of stimulation is during vaginal intercourse. When you and your partner are trying out some of the positions described earlier in this chapter, you may also want to throw in a little extra stimulation. Very gently slide the tip of one of your fingers inside her anus. You can slide it in and out the way you are thrusting in and out of her with your penis. Remember just to use the tip of your finger. If you get too gung-ho and slide too much of your finger in, then she may feel pain and not pleasure.

### *Anal Stimulation & Sex Toys*

If you aren't comfortable using your fingers to explore that part of your partner's body, you can still find ways to give her that extra stimulation. As we've mentioned earlier in the book, a number of vibrators are designed for anal stimulation. While you are having vaginal sex in almost any position, you can be using the vibrator just as you might have used your finger. The extra bonus for her is that the vibration from the toy is going to be coursing through her entire pelvic region and will "ring" her clitoris, as well.

### *Anal Intercourse*

Never attempt anal intercourse without first discussing it with your partner. If you do, she is likely to be angry and will feel as if she can't trust you in the future. Without trust, she's going to have a harder time achieving an orgasm. So do both of you a favor and talk to her about things first. If she is willing to try it, then read through some of the rear entry positions discussed earlier in this chapter and choose one that you both think would be the most enjoyable. If it's her first time experiencing anal intercourse, then she's probably going to be nervous, so you'll want to relax her first, perhaps with a deep body massage on top of the other foreplay you've done to get her in the mood.

Make sure you use plenty of lubrication to ease the initial discomfort. Some women do report being able to have orgasms from anal intercourse, possibly because the unseen portion of the clitoris would extend far enough back to be stimulated by the thrusting of a penis in this area. However, you can help her along and keep her feeling stress free by reaching below her and massaging her clitoris or using a vibrator on her at the same time.





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### *Other Erotic Tips & Techniques for Her Orgasmic Pleasure*

So far in this chapter, we've gone over some techniques and positions you can use to help the woman in your life reach orgasm. In the previous chapter, we discussed a variety of foreplay techniques, which can help get her in the right physical and mental state to climax. What I'd like to do in this section is give you some ideas on how to combine the two in order to create a truly amazing sexual experience for your partner. You don't have to attempt these ideas verbatim. You can mix and match the techniques and positions that you like and that you think your partner will like. The idea of this section is to show you how to help her move from one stage of arousal to another with ease. These scenarios will read more like stories and do include named characters. As you read them, picture you and your partner engaging in the activities and try to determine whether each one is right for you.

#### *Scenario 1: Fantasy Land*

Let's say your partner has a fantasy about being coerced into sex by a police officer. Of course, you know all about this fantasy. One evening when you come home from work, you change into a rented police officer costume in the garage before sneaking up the stairs to surprise her. She hears you coming up the stairs and turns to greet you, but without saying anything you pull her out of her chair and turned her against the wall so her back is to you.

"What are you doing?" she asks.

"I have a warrant for your arrest," you respond seriously. You can already feel yourself becoming aroused by being pressed up against her body, but you know you have to calm down and take it slow.

"What?" she says, sounding confused yet a little excited. "I'm going to have to search you now," you tell her, "and because of the seriousness of your charge it's going to have to be a strip search."





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She doesn't say anything else, but lets you run your hands down the front of her blouse to slowly undo each button before pulling it off and throwing it onto the floor. Then you release the buttons and zippers on her skirt and let it fall around her ankles on the floor. You start rubbing your hands slowly over her body, paying special attention to her lower back, the side of her neck, and the sides of her breasts because you know these are three of her most powerful erogenous zones. As you stroke her, you lean in and whisper in her ear: "You know, baby, maybe we can work something out so you don't have to go to jail."

*"I'll do anything not to go to jail!" she pleads, now playing along with the game. "Anything?" She nods.*

You gently nibble on her ear while your hands cup her breasts, which are noticeably fuller than they had been earlier. You unhook her bra, slide it off her shoulders, and then run your tongue from the base of her neck down to her elbow. You feel her shiver against your body.

"I'm still going to have to make sure you're not carrying any weapons," you whisper in her ear, then run your palms slowly down both sides of her body and back up again.

Now you pick up her vibrator and turn it on, then slowly run it up and down the inner part of her legs as if it were a hand-held metal detector. Then you playfully rub it against the outside of her panties. You could even use the vibrator to slide her panties down her legs so they are on the floor with her skirt.

*"I'll do whatever you want," she whispers to you eagerly.*

You sit the vibrator aside and continue rubbing her entire body with your hands while softly blowing on the nape of her neck and pressing yourself tightly against her so she can feel your desire for her.

"Now I'm going to take you over to the bed and make you feel more pleasure than you ever have before," you whisper to her. She shows all the signs of being well into the plateau stage of arousal when you guide her over to the bed. "If you don't want to go to jail, you'll do exactly what I say," you tell her.

Now have her stretch out face down on the bed, and then have her scoot down so that her legs and pelvis are hanging off the edge of the bed. Quickly remove your own clothes; gently grab her legs so her knees are in the crooks of your arms. Slide only the very top of your penis inside her, and then remove it just as quickly. Tease her like this for a few minutes, and then when she least expects it, insert your entire penis inside her. If she groans deeply, you know she was ready for you. If not, you may want to go back to teasing her a little to get her worked up to that point. If you know your partner doesn't usually make noise, ask her how that feels and let her response guide your next action.

If you get the green light, begin moving in and out of her in using a slower rhythm. You can speed up as things progress, but if you feel that your own orgasm is coming on too quickly, you need to slow down or switch positions until she is also close to reaching her climax.

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### *Scenario 2: Date Night*



You and your partner are sharing a special dinner at your favorite restaurant. She looks sexier than usual. You reach across the table and softly stroke her hand. When she looks up, make eye contact with her and smile your most devilish grin so she knows you're thinking naughty thoughts.

"I don't know if I'm going to make it through dinner without touching you," you whisper to her across the table. She pretends to be embarrassed, but you can see she is flattered by the compliment.

During the meal, find excuses to touch her. Drop your fork on the floor, and then while you're picking it up, stop to run your hand all the way up her leg. When you excuse yourself to go to the bathroom, brush your fingertips over the nape of her neck or her earlobe. When you come back to the table, whisper something naughty in her ear about what you'd like to do to her when you get home.

After dinner, while you're in the car on the way home, you should step your flirting up a notch. Again, find ways to touch her or kiss her while you're stopped at red lights.

*Use your fingertips to rub the inner part of her thigh or rub the upper part of her back, for example. In the car, you can be a little more vocal.*

Avoid getting too dirty or resulting to the use of vulgarities unless you already know that gets her hot. It turns some women on and turns other women off, so use your best judgment. Remember the sexier she feels, the more eager she's going to be for sex, so do your best to show her how hot she makes you.

When you arrive home, don't wait to get to the bedroom to take your foreplay to the next level. Start kissing her, rubbing her body, and slowly undressing her as soon as you get out of the car. Don't be too pushy. If you feel her pulling back, then slow down as well. If you move too fast, you'll kill the mood and stop her from getting where she needs to be.

Move her into the living room.

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If she's already naked and clearly at the top of the plateau stage, ease her back to the couch. If she's not, keep the foreplay going. Slide a few of those decorative pillows under her bottom, then grab her legs and place one on each of your shoulders as you kneel on the couch in front of her. Remember when your penetration from this angle is going to be deep, so go slowly at first so you don't cause her any discomfort (some women feel pain from penetration when the penis touches the cervix).

As you're thrusting in and out of her with a good rhythm, use your index finger to play with her clitoris. Try different patterns of movement to see which brings about the best sounds of pleasure. Keep working the clitoris and your penis until you bring her to climax.

### *Scenario 3: Movie Night*

Another form of foreplay we haven't talked about yet is watching pornography together. One of the biggest misconceptions men have about women is that they think adult movies don't turn them on, but that's not true. Whether they want to admit it or not, many women do get hot from watching other people have sex. Before you try this next scenario, you should discuss your partner's feelings about pornography. Just as it excites some women, others are repulsed by it. If you get the green light, then by all means proceed.

You ask your partner to join you in the living room to watch a movie. When she's settled in, turn on the video. As you watch the movie, pay more attention to her and to reaction to the movie than to the movie itself. This is good for two reasons. First, women are sometimes threatened by the women in this films, so if you are too busy being interested in her body to look at those women then that lets her know just how sexy and desirable she is. Second, you want to watch for those signs of arousal so you'll know how to proceed.

When she starts to get worked up, you should start up the foreplay. Remember to begin slowly. Have her sit up a little, and then remove her shirt so you can give her a back massage. Don't use rough movements; just glide your hands over her back like feathers floating on the wind.



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Blow on the back of her neck, it may be one of her erogenous zones. Move your hands forward more to massage the sides of her breasts, as well as her shoulders and arms. Start kissing her neck, her earlobes, her shoulders, any piece of her flesh you want to taste. As you're doing all of this, however, don't let her stop watching the movie if it's turning her on.

Remember to keep building the sexual tension inside her until you can tell that she's very turned on. Now let her stay on the couch, but you move to the floor. Pull off her pants or skirt while she's still watching the movie and begin stroking her legs and kissing her ankle, the back of her knees, her inner thighs. When the time is right, move so that you are between her legs. Have her scoot to the edge of the couch, then while she still has her eyes on the movie beginning performing oral sex on her. Flick your tongue in short, quick motions around her clitoris, then move it in a circular motion around the outer part her vagina. If you can hum at the same time, definitely do it.

*Remember the humming will vibrate her clitoris and will add even more stimulation.*

If you think she's ready, try using your finger or a small vibrator to massage the outer rim of her anus as you continue to pleasure her orally. Continue alternating between different tongue movements until she has an orgasm. Incidentally, if it starts taking a long time or if you get tired, try using an ice cube or popsicle inside of her to buy you some rest time.

Also, if she does reach her climax, don't roll away and ask, "Now do the same for me" or something similarly crude. This time at least should be all about giving to her. If she does offer to reciprocate, tell her it's not necessary. You got pleasure by giving it to her but don't be surprised if she doesn't offer to give you a nice treat very soon.

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### *Hot Tips to Remember*

Well, we've covered a great deal of information in this chapter, and I think this will probably be the section where you spend most of your time, as it is certainly the most fun. Still, I want to give you a few ideas to try or to think about as you begin trying some of these ideas and scenarios.

- You don't have to try all of the positions. Pick and choose the ones you find the most promising. In fact, you might want to show this chapter to your partner and let her help you pick out some positions.
- Don't give up on any one position too soon. Some people try to rush through all of the positions in this chapter in one sex session but that's not going to do anything but make your partner tired and irritated. Choose only one or two to try per session. If the first one doesn't seem to be getting results, then switch to the second. Ideally, the two positions should be similar (i. e. both are woman on top or both are rear entry positions, etc.)
- Be smart when you pick the time and location of your experimentation. If you have a family, don't try to get your partner to reach orgasm while your kids are still awake or when they're due home at any moment. She's already going to be on edge and that's going to make it difficult for her to free her mind, which is necessary for an orgasm to occur. Also, pick a location that's going to be private. Don't start in your living room or kitchen if you have guests or kids in the house. Don't experiment in public unless your partner finds the risk of getting caught to be a turn on. Otherwise, she'll be too worried to climax.
- Don't pressure her or yourself. Clearly, you want to be a better lover to your partner and you want to make sure she is getting all of the pleasure she deserves. However, if you keep pressuring yourself and focusing on how important it is for her to climax, you'll be missing out on the main reason you should be having sex: enjoying one another's bodies. The same is true if you start pressuring her to orgasm. All that will get you is a partner who becomes very good at faking. That's not what you want.
- Try things you know your partner will enjoy. We all have to make compromises in our relationships and sometimes those compromises are made in the bedroom. You probably won't like everything that makes your partner feel good but keep in mind that she's probably willing to do things to pleasure you that she's not all that happy about either. If you don't enjoy performing oral sex, for example, imagine how surprised and happy she'll be when you give it to her.



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- Most importantly, practice controlling your ejaculation. Nothing is more disappointing to a woman than being on the verge of an orgasm only to discover that her partner has already finished. It's very frustrating to her. If you have trouble, remember that slowing down and changing positions can help. Thinking about something other than sex is said to be helpful, but most men have difficulty doing that. Remember to practice working your PC muscle so you can gain more control over your ejaculations and can eventually even have multiple orgasms of your own.



## **Chapter 7** *How to Talk to Your Partner About...*

*Masturbation*

*Sexual Fantasies*

*Faking Orgasms*

*What She Likes*

*Hot Tips to Remember*

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## Chapter 7 *How to Talk to Your Partner About...*

**We** have talked about a lot of things in this book which should help you understand female orgasm better and should help you make it easier for your partner to achieve that goal as well. However, before you can really begin putting all of this information to use, you'll probably need to discuss a lot of what you've learned with your partner.

When it comes to issues of sex and intimacy, women are often as close-mouthed as men. They may not want to admit that they've been faking orgasms because they don't want to hurt your feelings. They may not feel comfortable talking about sex acts or their fantasies. They may not want to admit that they have masturbated. There are all types of issues your partner may be reluctant to discuss.

However, if you are going to have a mature, mutually satisfying sex life, these topics must be discussed. Communication, after all, is the best technique for finding out what your partner wants. In this chapter, we'll look at some of the topics you'll need to discuss and how you can more easily approach the subject with your partner.

### *Masturbation*

Several times in the book I've talked about how important female masturbation is because it helps women learn what feels good to their bodies. When women can experiment in privacy and can learn their bodies better, they become more responsive lovers who can guide you in your quest to bringing them greater sexual satisfaction. The problem is that a large percentage of women who have masturbated are ashamed or embarrassed to admit they do it.

While society pretty much accepts male masturbation, it still views female masturbation as somewhat taboo. Plus, women today were probably raised in households where such things were simply not discussed. Many adult women are shocked when they finally discover that their mothers were also masturbating all that time.

Knowing this is important because you may face difficulty when it comes to talking about masturbating with your partner. Now, of course, some women have no problems broaching the subject. Others, however, are more timid. To be successful, you'll have to feel your way through the conversation.



## Chapter 7 *How to Talk to Your Partner About...*

To help you, I've developed an example conversation below, which is similar to many of the conversations I've helped my clients plan when they wanted to discuss this sensitive matter with the women in their lives. It should give you some idea of how to begin the conversation and how to steer it in the right direction.

Also, keep in mind that while not all sex conversations should take place in the bedroom, this one may be a good one to have on the bed while both of you are feeling a little amorous. That way it will make what comes next a little easier.

You: "Can I ask you something, baby?"

Her: "What?"

You: "Do you ever get yourself off?"

Her: "What do you mean?"

You: "You know, do you ever masturbate?"

Her: "I'm not going to tell you that."

You: (keeping the conversation light and playful):

"Come on, why not?"

Her: "It's private."

You: "I masturbate. Sometimes when I see how hot you look I get so turned on that I can't help myself. Don't you ever feel that way?"

Her: "I'm not going to tell you."

You: "I think it would be really hot to watch you get yourself off."

Her: "Really?"

You: "Absolutely! But since you don't do that . . ."

Her: "Maybe I've done it a couple of times."

You: "Does it feel good?"

Her: "Not as good as being with you."

You: "Maybe you could show me how good it feels."

Her: "You want me to masturbate in front of you?"

You: "I think it would be really sexy."

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At this point, your partner may or may not agree. If she does agree, sit back and watch quietly. Don't try to get involved or to offer words of encouragement. Pay attention to how she pleases herself. For example, does she use a toy or her hand? This can be very useful information for you because if you want to provide added stimulation during intercourse then you can use whichever method she normally prefers.

Of course, there's a good chance that your partner may not be eager to pleasure herself in front of you. If that's the case, you can always offer a compromise. Instead of you watching from inside the bedroom, ask her if you can tape her masturbating. You'd be somewhere else in the house or gone completely, but the videotape or DVD would record her masturbating in private. You'd be able to see her in action without her feeling as if she's invading your privacy.

If she doesn't go along with that idea, then you may need to drop the subject for a little while. That doesn't mean you can't go ahead and start experimenting with methods of clitoral stimulation.

You may also have a partner who has honestly never masturbated. In that case, she may not be able to give you much feedback about what feels good to her because she probably won't know. That's not a bad thing; it just means you'll be doing a lot of trial and error. It also means that you're going to need good communication so when you do hit upon something that sends pleasure racing through her body she lets you know.

### *Sexual Fantasies*



Fantasies are one of the best tools in the pleasure arsenal. If you act out or talk about your partner's fantasy during intercourse, you're likely to amp up her arousal dramatically. Her fantasies can also give you ideas about which techniques and positions she may be most open to trying.

Remember that some fantasies are not meant to be act out. A client of mine from a few years back had a partner who fantasized about watching him receive oral sex from another woman. This was not a fantasy she wanted to really see, however. Instead, it represented how turned on she became by watching people having sex. Fantasies involving violence or bondage may represent a partner's desire to take a more dominant or submissive role during sex but may not mean your partner literally wants to be hit or tied up.

Conversations about your fantasies should also be a two-way street. If you're asking her to confide her innermost secrets, then you need to be willing to confess yours as well. Let me give you a word of caution about revealing your fantasies. Most of us have multiple fantasies and some of those fantasies may involve women other than our partners.



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If that's the case for you, keep those fantasies to yourself. Nothing makes a woman feel less desirable than knowing her partner is fantasizing about other women.

Fantasy discussions can take place almost anywhere. The bedroom is a good place because sometimes just talking about fantasies can turn one or both of you on. However, you could also have the discussion anywhere you have some privacy. Also, it should be obvious but it's worth stating anyway that whatever your partner reveals to you should remain confidential.

Don't go running off to people you know and telling them what your partner fantasizes about. When she finds out, and she will, her trust in you will plummet and you'll never get her to confide in you again.

As before, I've put together a sample conversation that can help you get a feel for what to say and how to introduce the subject to your partner. Again, some partners are more willing than others to discuss these subjects so adjust your conversation accordingly.

*You: "You know there's something we've never talked about before."*

*Her: "What's that?"*

*You: "What our fantasies are."*

*Her: "You mean our sexual fantasies?"*

*You: "Yeah, exactly."*

*Her: "Why do we need to talk about that?"*

*You: "Because I'd like to know what gets you excited."*

*Her: "Besides you?"*

*You: "Yes, besides me."*

*Her: "I'll tell you, but you can't tell anyone else, ok? It's kind of embarrassing."*

*You: "Your secret will be safe with me."*

*Her: (she confides her fantasy)*

*You: "You shouldn't be embarrassed about that. I can see why it would turn you on."*

*Her: "Really? Ok, now what's your fantasy?"*

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Of course, you should now share with her the details of your own fantasy. If she tells you her fantasy first, then follow her lead. The more details she includes in hers the more details you need to include in yours. It wouldn't seem fair for her to provide an elaborate description of her fantasy only to have you say, "I dream about having sex with you on the hood of a car" or something similar.

If she's not comfortable talking to you about her fantasy, then you may want to go ahead and tell her yours. Once you've confided your secret it may make her feel more secure about telling hers. If not, drop the subject and come back to it after you've been together a little longer. The more trust you build between you in the relationship the more likely she is to tell you her secrets.

### *Faking Orgasms*

This is another important conversation you'll need to have, and this one – unlikely the other two – should not take place in the bedroom. During the prelude to sex, the last thing either of you should be discussing or thinking about is whether or not the other person is a satisfying lover. That is a mood killer.

This may also be a difficult conversation for you to have because of your ego. Of course, you want to pleasure your partner and it can be very depressing to find out that she's been faking her orgasms with you, even for only a short period of time. That's a natural response. However, you need to remember two important things:

- 1) You are not alone. Most women have faked orgasms with a partner so that means almost all men have been with women who have had to fake it.
- 2) You want to change things and that shows you are a good lover. Good lovers care about their partner's pleasure and are willing to take steps to improve the experience for both parties.

Your partner may also have a hard time talking about this with you. She doesn't want to hurt your feelings, and she's not likely to believe you when you tell her you'll be okay with her response. Just keep reassuring her that you are interested in being a better lover for her and that your own ego doesn't really matter.



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Also, let her know you're not going to be angry or upset that she's been lying to you about the orgasms. This is another concern women have about confessing.

Women also have a tendency to blame themselves if they can't achieve orgasms. This is because as a society we've focused on how hard it is for women to achieve orgasms not how hard it is for men to learn how to help their partners achieve orgasm. There's a difference in these two messages, and this attitude goes all the way back to Freud who believed women who could not achieve vaginal orgasms were frigid and immature.

Below is a sample conversation involving this topic. Remember this conversation should NOT take place in the bedroom.

*You: "Baby, I want to talk to you about something."*

*Her: "What?"*

*You: "Well, before I ask you I just want you to know that I want you to be honest. You don't have to lie or hide anything from me ever, ok?"*

*Her: "Ok. Ask me."*

*You: "Have you ever faked an orgasm with me?"*

*Her: "Of course not! Don't be silly!"*

*You: "I'm serious. I know most women have faked orgasms at some time or another, so I won't be shocked if you have. I just want to know so I can start changing some things I do in order to be a better lover to you."*

*Her: "I may have faked it a couple of times, but you already are a good lover. It's probably just me."*

*You: "Sweetheart, I don't think it's you. That's why the next time we're together I'm going to try some different things . . . things I think may help you stop having to fake it."*

At this point, she will probably be surprised at your reaction to her confession and impressed that you care so much about her pleasure in the bedroom. If, however, she continues to insist that she does not fake orgasms with you, then tell her that you're going to try some new techniques that will make it even easier for her to reach an orgasm with you. This way she won't be surprised when you begin experimenting, and she won't have to make a confession.

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## *What She Likes*



Probably the most important conversation you can have with your lady about orgasms is the one in which you find out what it is she really likes. The best place to have this conversation is in the bedroom, because if done correctly, you're going to be doing a lot more than just talking.

Although this isn't really the kind of conversation I can provide you an example of, I can tell you how it is I recommend my clients to pursue this subject.

After you've discussed with your partner your desire to be an even better lover, you then need to explain that to do that you need to experiment a little and find out what she likes. If she's willing (and most partners probably will be), the next step is to set the mood.

Use the foreplay techniques we discussed earlier in the book to help her become aroused, then have her stretch out on a comfortable surface, preferably a bed. She should, of course, be completely naked.

The next step is for you to explore her body. Move your hands slowly over every inch of her skin. Try different strokes, different movements on each part and take note of the ones, which bring about the most impressive results.

When you've explored her exterior, you're ready to some similar exploring inside her. Try rubbing her clitoris in a variety of patterns. If you have some toys, give them a try as well. The idea is to experiment as much as you can to see what makes her feel the best.

Encourage your partner to let you know what feels good because that's the only way you'll be able to get better. After all of your experimenting, both of you will probably be pretty worked up so take the chance to try out one of the of the positions from the book and see what happens.

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### *Hot Tips to Remember*

When it comes to female orgasms, you and your partner are going to have to open the lines of communication. Even though lots of people have trouble talking about sex in and out of the bedroom, these conversations will provide you with a solid foundation on which to build. Here are a few of the important points I want you to keep in mind about this chapter.

- Some sex conversations should be held in the bedroom while you're both relaxed and aroused. This can make you both less inhibited and more likely to honestly share your secrets. It also makes it easier for the two of you to take things to the next level if those secrets turn you on.
- Not all women are comfortable talking about sex. As we've said, women vary in how comfortable they are with this subject. If your woman is a little more reserved, don't push her. Find ways of building trust with her and she will eventually open up to you.
- The faked orgasm conversation is one that both of you need to have. By talking about this sensitive subject, you'll show that you really are the kind of lover your partner wants and needs.
- Never be judgmental. One important thing to remember when you are sharing sexual secrets is that you cannot be judgmental of her. If you tell her what she's doing is wrong or bad, then she's going to feel worse about her own sexuality, close her mind to experimentation, and feel betrayed by you. All of this is going to hinder her ability to reach orgasm with you or her future partners. If you can't keep your negative opinions to yourself, then you probably shouldn't be asking her these questions in the first place.



# CONCLUSION

**We've** reached the end of our voyage through the ins and outs of female orgasms. As I've stressed throughout the book, no matter what kind of lover you think you are now, your interest in pleasing your partner in bed, puts you above many of the men in the world who view their partner's enjoyment as secondary to their own.

*"My hope is that this book provides you with some ideas, techniques, and positions which you can use with your partner to enhance not only her pleasure but also your own. After all, sex should not be a one-way street. Even though it's wonderful to want your partner to have a good time, you can't become so focused that you lose sight of your own".*

What's important to know is what it is your partner wants from sex. Many women enjoy sex without having an orgasm. As a result, many don't think having an orgasm is necessary to be satisfied. Other women, however, want to have an orgasm and hope to experience at least one when they have sex with their partner.

Sex should be an event of mutual fun and pleasure, not one of expectations or extreme focus on whether or not your partner orgasms. Sex is much more satisfying if you learn to allow yourself to be in the moment and experience the physical and emotional feelings between you and your partner.

Remember that above everything else, sex is about having fun and building trust and intimacy between two people. If you keep those things in mind at all times, then your sex life is going to continue to improve and you'll become the greatest lover you can possibly be.

Just as important is to never stop exploring with your partner. In fact, this is the most important tip of all when it comes to ensuring a fulfilling sex life and creating pleasurable orgasms within your partner over the long term of your relationship. That doesn't mean you have to hang from the chandelier or have sex in the movie theatre (unless you're into kinky stuff like that!), but exploring and experimenting with sex is very important when it comes to maintaining a healthy and sexually satisfying relationship. Whether it be a new sex position, a different location to make love, a game of foreplay, role playing, or watching each other masturbate, all can add that special something and newness to your sex life that's need to reach ultimate sexual arousal.

With all of the knowledge you've gained from this book, you can now go forward and explore new ways of providing your partner with sexual pleasure. The more effort you put into making your sex life fun and erotic, the more likely you'll be able to ignite your lady's sexual arousal—the key to giving her powerful, mind-blowing orgasms.



# CONCLUSION

*Just remember:*

*"No matter how much you lick, suck or thrust, what matters most is how your lady feels about what you're doing".*

*By listening to her needs and providing her with some variety, you open the door to endless orgasmic possibilities. Even if what you try out doesn't go as planned, by simply trying it out, you learn what works and what doesn't for you and your partner and get that much closer to cracking her climatic code!*