

MODULE 3

HOT LICKS

MORE THAN A HAND JOB:

FINGERING, STROKING,
AND YOUR FIRST
CLITORAL KISS



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MOORE
Better Sex. Better Life.

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MODULE

3

More Than A Hand Job: Fingering, Stroking, And Your First Clitoral Kiss

WHAT YOU'LL LEARN TODAY:

- **A refresher** on the important areas that we'll mention regularly throughout the practical how-to's of this series.
- How and when to make **first contact with her Clitoral Head**.
- **What kind of rhythm** you need to establish for oral sex.
- **Why teasing is important**, and when to employ this tactic to inflame and arouse her.
- **How to lick a woman** and when to use each stroke.
- What to do **if you get tired** during oral sex.
- When she's about to orgasm, and **how to push her over the edge** if she's struggling to climax.
- How to **navigate each phase of her sexual arousal**, what exactly to do, and when.



CHAPTER 8

The Lo Down on Going Down

Finally, we're getting to the meat of this series how to go down on a woman, where the best spots are to get her going, and how to ride the orgasmic wave when you get there. Let's jump right in.

OVERVIEW OF THE BIG SPOTS

As we move into the act of oral sex, let's quickly go over the most important aspects of a woman's anatomy again as a refresher, as well as what makes those areas feel fantastic. This is also a good time to go back and review the diagrams from Day One and have them close by so you can actually see what we're talking about.

Just remember: it's easy to get overwhelmed with all of this information. It might seem like a tremendous amount of data initially, but your time and effort goes a long way towards putting you well ahead of other men and even other women.

Clitoral Glans or Clitoral Head

The head of the clitoris is incredibly sensitive, hosting more than eight thousand nerve endings in its tiny package. When it becomes truly aroused, the hood, or prepuce, swells and covers the clitoris to protect it from too much stimulation. Both the head and the hood love strokes that are rhythmic yet gentle, although as a woman moves along towards climax, they can both handle a firmer touch.

G-Spot

A sensitive spot along the top of the vaginal wall, the G-Spot is a spongy bit of tissue that abuts a woman's urethra, and is very pleasurable to the touch when rubbed or pressed during certain arousal periods. For the remainder of this series we'll refer to this area as the G-Spot because it's the more commonly used term, but try to think of it more as a general area than a small spot, as it can be quite expansive depending on the woman.

Mons Pubis

The Mons Pubis is just on the outside of where the G-Spot can be found, and you'll want to use this spot during your oral manipulations because tensions from both sides is really pleasurable. Imagine this whole area as a sandwich, where your hands are the bread (one inside, one outside) with both applying pressure to the 'meat' (G-Spot).

Front Commissure

The super-tender spot just above the Clitoral Head covers the Clitoral Shaft, and bulges out ever so slightly if you look or feel closely along this area, especially when a woman is excited. The Front Commissure is similar to the Clitoral Head and Shaft in that it likes softer tongue strokes initially during the first arousal phase, but then prefers a more firm touch, such as with a finger, flat tongue or lip, as the process continues.

Frenulum

Just underneath the Clitoral Head, on the other side of the Front Commissure, lays the Frenulum. It also likes a softer touch initially, with a firmer feel as time goes on. Most of a woman's sexual pleasure is gained from this general area Front Commissure to Frenulum.

Labia Minora

The smaller lips that surround the opening to a woman's vagina are the Labia Minora, and they fill with blood the more excited a woman is, to the point where they can double in size. Light touches work best here, as when engorged with blood, they can be especially tender and sensitive.

Vaginal Opening

The only part of the Vagina that is visible to the naked eye likes light nibbles and long licks, but not a lot of tension or firmness.

Fourchette

Found just after the vaginal opening closes, and where the Labia Majora and Minora meet, the Fourchette is best stimulated with tickles and very light rubbing.

Perineum

The space between the Fourchette and Anus is the Perineum (also known as the Taint), and is full of connective tissue and a network of pelvic muscles that lend themselves well to gentle pinches, tickles, licks and finger pressure, both from the inside and the outside of her body.

Anus

The same network of muscles that help the Perineum feel wonderful are in play with the Anus as well, and this whole area contracts during orgasm too. Light touches and pressure are excellent here, but be sure to either use a finger cot to keep your hands clean, or wash your hands thoroughly before using those fingers elsewhere along her genital area, because the Anus can harbor bacteria that isn't friendly to the rest of her sexual experience.

FIRST CLITORAL KISS

First impressions are always of high importance, but few more so than the first moment that your mouth touches your partner's vulva. If done correctly? It'll take her breath away and leave her primed for arousal.

Try to view your first mouth-to-genital kiss with a woman as something to be savored, not devoured. Like an expensive wine or caviar, its first blossom in your mouth is something special and memorable. Allow yourself the time to smell its bouquet, swish it around to see how it reacts, let it breathe or move on its own, and then, with delicious anticipation, take the first dip. Avoid chugging it (metaphorically) in one fell swoop; instead, appreciate every moment that leads up to your first clitoral kiss. Some ideas:

- If she chooses not to remove her pubic hair, run your fingers through it gently, or, if she has no pubic hair, tap her Labia gently with the pads of your fingers.
- Tease and tantalize the flesh surrounding the whole genital area. Kiss her thighs, lick her Mons Pubis, nuzzle her folds. Make the first contact more sweet than sexy, more tender than pressing.

*Like an
expensive
wine or
caviar, its first
blossom in
your mouth
is something
special and
memorable*

- Use your breath to warm up her privates, making sure not to blow any air inside her vagina.

NOTE: We're talking more a gentle kiss of warm air that hits her nether regions than a forceful fan blowing. Blowing air into her vagina can be very dangerous, and can do a lot of harm. So instead, breathe on her, blow lightly, but never blow into any of her orifices.

If she's still got her panties on, lightly kiss her from her vaginal opening all the way to where her Labia meets her Mons Pubis. Then, look her in the eye as you take her panties into your teeth, and tease her with removing them. Prolong the tease, without hurting her or ripping her panties. You can get rough another time, today is just for her pleasure.

Next, pull apart the skin surrounding her clitoris, and with incredible softness, breathe on it from mere centimeters away. Let her feel you right up against her clitoris, without actually touching it.

Peel off her panties, and look appreciatively at her vulva. Now is an excellent time to remind yourself of the pleasure you plan on bringing your partner to, as well as any mental notes. This is all about assisting your partner from arousal to orgasm—keep the focus. If it helps, you could also tell your partner:

- How much going down on her turns you on, and that you are as excited as she is about the process.
- To relax and feel like she has all the time in the world. That this is meant to pamper and savor her in full.
- That she smells divine, will taste even better, and that you've never seen her look more beautiful or alive than you do at this moment.

Of course, if you don't feel any of those things, don't say them but then perhaps take a few more moments to get into that head space, because bringing a woman to orgasm with your tongue is more about both of your mental states than anything else.

Imagine if you can, that you're at an event that you've been looking forward to for weeks. What do you say to the hostess? These are the same kinds of things you'll want to say to your partner now: how beautiful she is, how much you've been looking forward to the event, how excited you are. Use this time to really tease the senses and mind. Make her think you're going to extend this part of the evening forever, that you'll never actually touch her clitoris at all. That all you're doing is teasing her, leaving her frustrated—it'll make her go mad for you, and turn her on even more. Then, when she's almost at the brink of losing it because of the pent-up passion...

LAY IT ON HER

Take your tongue and, starting at the Fourchette, lick her slowly and tantalizingly, like you're savoring the most delectable thing in the world. If you think it should take three seconds to do this, triple it. You really want this first lick to be the best possible 'first time', even if it's only for the first time today. For instance:

- Put one of your hands on her Mons Pubis, and lightly pull back until you feel and see her Labia Majora tighten slightly;
- Take your other hand and faintly circle her Perineum, applying ever-so-slightly more pressure as your tongue moves closer to her Mons Pubis;
- Place your tongue at her Fourchette, making your tongue soft and malleable;

- Slowly move up her Labia Minora and Majora, trying to flatten your tongue while still keeping it soft, so that it covers her lips on each side;
- Stop briefly at her Frenulum, flicking your tongue ever so slightly;
- Brush over her Clitoral Head with the lightest, faintest of touches;
- Move to the Front Commissure and apply a bit of pressure, so that you can feel the Clitoral Shaft underneath.

This is however just a suggestion; you can go about this however you'd like. The point is to really savor this first lick, and make sure that it's something to remember for both of you.

Before Starting...

There are frequent special circumstances when it comes to oral sex; if you fall into one of the following categories, you'll want to check **Day Five's Advanced Techniques** for some extra pointers and Routines:

- Manual Manipulations
- For Those With Sexual Dysfunction
- Safe Oral Sex
- Oral Sex During Menstruation
- His First Time
- Her First Time
- Oral Sex During Pregnancy
- Adding Toys To The Mix



ESTABLISHING A RHYTHM

However you've started your oral sex escapade, you'll want to leave her begging for more after that first touch. This is where you want to slow things down even further, focusing on your rhythm and building pressure and tension, rather than trying to run to the finish line in an all-out sprint.

Before starting, make a point of having each of your tongue strokes stand on their own, meaning, they should be a wave in and of themselves that don't crash or run into the others before or after them. Later on, as she gets more excited, the tongue strokes will run into one another, but for now, they need to be distinguishable from each other.

Get Into a Groove

Find a rhythm that alternates between a flat tongue with licks that encompass her entire vulva, and a flat tongue that just focuses on one place. Repeat each of these licks, combined into one 'set' for several minutes, or until she starts pushing her Mons Pubis into your hand. To make it easier for you to tell, keep one of your hands on her Mons Pubis from the first routine, and pull back gently each time you lick the length of her vulva.



Now Tease Her

When she starts reacting to your tongue strokes, it's time to tease her a little bit. Avoid the Clitoral Head completely, and start licking with shorter, more pointed tongue strokes that tickle more than they do cover her Labia. See how much of her Labia you can explore with just your tongue, keeping it light and flirty without a lot of pressure.

During this time, although you're avoiding her Clitoral Head, you're still watching to see what it's up to. When you start the shorter, pointy licks, the Clitoral Head should still be covered and hiding, but as you continue playing with her Labia, it should peek out slightly. When you can see it, it's time to move to the next rhythm.

...Then Cover Her Head

When her Clitoral Head peeks out to see what's going on, and if it can finally get a bit of attention from your tongue, indulge it and give it a soft, tender lick. If you're using a dental dam, make sure she's got enough lube before you do this, and if you're not, engulf her Clitoral Head with your saliva or lubricant, and feel her whole body react to you as you do it.

As an aside, try using all of these techniques while she has her legs on your shoulders. Not only will it allow you some extra room to really get your tongue into new places, but it will give her the leverage she needs to get to orgasm.

Numbers Routine

Continue on again with the half licks, with five of these that are punctuated with one of the soft, wet placements on her Clitoral Head. Then do six half licks with one soft wet placement, then seven and one... and so on until you reach a ratio of ten to one. If you think she's predicting what you'll do next, change up the numbers a bit, but allow for the same amount of licking time for her Clitoral Head to get used to your ministrations.

Repeat this whole series, starting from five and moving up to ten, but this time add some rhythm to your licks. See if you can match the music that is playing, or if there isn't any, have some in your head that you can lick along with to create even more sexual tension between her legs.

Adding Fingers and Hands

Up until now, your tongue has been doing most of the work here, but now it's time for your hands and fingers to get involved too. If you can, think of these three parts of your body as a band, with each one filling a sound part that requires different movement at different times. As well, each instrument has to meet the others halfway, while still working together to finish the song.

FINGERS

Let's begin by using just one finger, your index finger, and then we'll move on to a few more challenging routines that will incorporate several fingers, some of which will have to work independently of the rest. But for now, try using your index finger in the following ways:

- Lightly touch your finger to her vulva, Labia Minora and Labia Majora. Gently pinch any skin that you can. Pretend that your finger is trying to read Braille from her vagina, and you want to feel every single bump to understand its meaning. Really explore this area.
- Tease the Front Commissure (the part just above the Clitoral Head and Hood) and see how her Clitoral Head responds.
- Pat her Frenulum (between her Clitoral Head and Vaginal Opening) rhythmically.
- Tickle the Fourchette (where the Labia Majora connect with the Vaginal Opening).



- Gently pinch the lower edge of her Vaginal Entrance.
- As your finger moves, try to keep it steady and with the same pressure throughout its explorations. Keep on licking her using the Numbers Routine throughout.
- Once she's aroused and you can feel a bit of moisture accumulating between her legs, gently push your index finger into her. It shouldn't take much, and if it does, hold back and wait until she's got enough natural lubrication for it to go in easily. If after fifteen minutes she's still not wet enough, add some lubricant and try again.
- Once your finger is inside of her, just hold it there. Feel her pelvic muscles strain against you, and continue with the tongue licks. You want to tease her at this stage, not push for anything more, because her body needs to grasp for something to push against so she can get to the next level of arousal.



THUMB

Your thumb is an excellent tool when you want to add something with a bit more width to the equation, or if you need something with a bit more power than just any old finger. It also works well when you're trying to stimulate her vulva, as it offers a bit more resistance and that area can handle some pressure.



INSERT FINGER

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Try adding your thumb into the mix (but only when you're ready). While your index finger is still inside of her, move your hand so that your thumb can brush up against her Perineum (just under her Vaginal Opening but before her Anus). Or, turn your hand the other way and have your thumb tease her Frenulum (right below the Clitoral Head).

HANDS

As we move along, both of your hands will get work assigned to them. One will primarily be involved with doing the small detailed work (usually the right hand for right handed folks) whereas the other will perform more supportive tasks. When discussing what goes where, the hand that takes care of small details is referred to as “Fingers” because usually more than one finger is involved, whereas the supportive hand is referred to as the “Hand”. Both are equally important to the other however; this is merely shared for ease of explanation.

When supporting her body, always put the arm working as your hand underneath her bum, and hold both cheeks firmly but gently in one hand. Use this hand to move her into the right position and angle for your mouth and fingers. It'll also come in handy as she nears the Orgasm Phase, as movement during this time is likely, and you won't want to lose contact with her various anatomy to help her ride through the crest of pleasure.

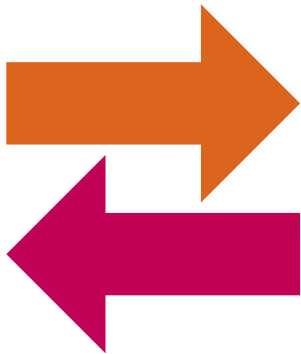


STROKING AND LICKING DESCRIPTIONS

Once her Clitoral Head is intimately familiar with your tongue's work, you want to change things up a bit so that she won't be able to predict what you're doing next, without frustrating her so much that she gets upset. The easiest way to do this is to remain playful and lighthearted, while still maintaining rhythm and pressure. Here are some ideas for you to mull over when it comes to licking your partner's Clitoral Head, as well as how they should make your partner react when you perform them.

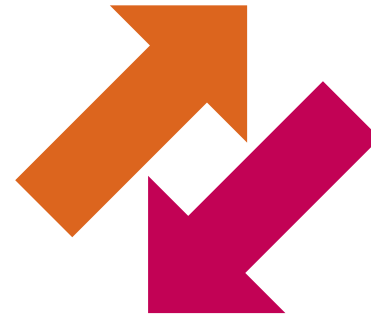
Side-To-Side

The obvious choice for licking direction is vertical (top to bottom, or bottom to top), but side-to-side also has its advantages too. When you lick side-to-side, you're moving your tongue in a way that you normally wouldn't, and thus, it'll take you a bit longer and it may even offer a bit more resistance than just vertically licking her. Because of this, side-to-side licks are best for when you want to arouse your partner quickly with a bit more pressure, as this will feel very different to her. Make sure there is adequate lubrication as well with side-to-side, as they can abrade a bit more because your tongue will hit angles on her Clitoral Hood that it normally wouldn't find otherwise.



Diagonal

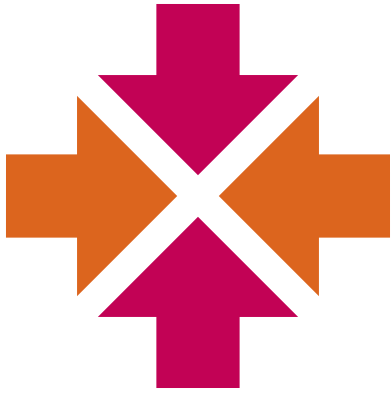
Licking a woman's Clitoral Head on the diagonal is more than just moving your tongue from one side to another on a slant; if you try, you'll likely be able to do a few, but anything more than that will probably give you a kink in your tongue. Instead use leverage to get a good diagonal lick going, by cocking your head to one side and using her inner thigh as a place to rest your head. Then start at the bottom corner, and give her one full lick up and across the Clitoral Head until it reaches the opposite, far corner.



Even with propping your head up, you'll find that this isn't an easy position to keep for any length of time. Plus, it's a bit challenging on the mouth as well, because you're using the side of your tongue more than the flat top or tip as you would with the other tongue strokes. Use the diagonal lick judiciously, especially when you want to throw an element of unpredictability in there, as well as a totally unique feeling for both of you.

Precise

This is a very pointed lick, where you're licking a certain area repeatedly until a certain goal is achieved. Maybe it's to inflame her sexually, or you want to create a bit of



repetition so that her Clitoral Head gets used to your tongue strokes. No matter what the reason, use this tongue stroke when you want to pay special attention to a certain area, and make the licks short and quick like you are devouring the best ice cream cone of your life. When you find a part of her anatomy that is particularly delectable, spend even more time in this area with these precise licks, adding pressure and speeding things up accordingly.

Shadow

In this tongue stroke, your finger follows your tongue wherever it goes, like a shadow. So if your tongue gives a long, wet, firm lick, then your finger should do the same thing. Quick, short and light? Keep the finger following with the same tempo and pressure. The difference between the soft wetness of your tongue and the firm give of your finger can really drive her wild, trying to predict what's next, what will touch her, and how.



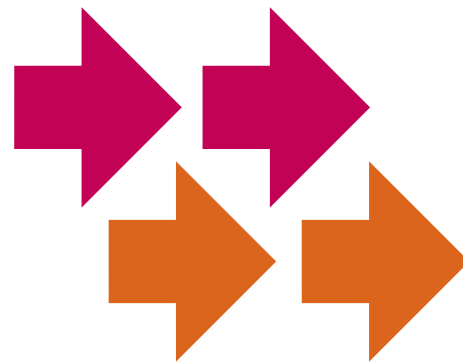
Flat

A flat, still tongue is one of the most used tongue strokes in this series, yet most people upon reading it, scoff and think, “There’s no way not doing anything can actually do something”. And yet, if you’ve learned anything by now through this process, you’ve learned that sometimes taking a break is the best thing you can do.

When I say a flat tongue, I mean just that. Flat, firm, and as still as possible. It’s a pressing motion, like flattening a pancake. Stay still with flat tongued strokes, and let her build some resistance. Have her move below you, trying to get some more friction buildup. See what parts of her body undulate and contort to get more from you while you’re flat-tongued, and learn what she likes in turn. This is also an excellent tool to use when she’s feeling disconnected; just look up at her while still connected to her Clitoral Head with your flat tongue, and give her a playful wink.

Spring Into Action

After you’ve teased her a bit with your flat, still tongue, do the exact opposite: spring into action like you’re a man gone wild, with light but pointed flicks around her Clitoral Head that are completely unpredictable and as fast as you can possibly muster them. Then go back to the flat, still tongue routine and have her begging for more.



Hoover

So named after the vacuum—this tongue lick is meant to apply a gentle sucking pressure to her Clitoral Head so that blood fills the clitoris and brings her closer to climax.

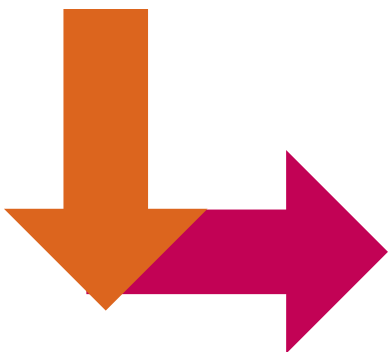
This technique is similar to a relatively expensive device on the market called the Eros, which uses suction to engorge the clitoris with blood while increasing lubrication and pleasurable sensations leading to orgasm. Small clinical trials found that none of its test subjects had less sensation, orgasms or lubrication after using the device, and all saw measurable increases in all three measures. Plus, the study found that 100% of the women in the study diagnosed with female sexual dysfunction felt more clitoral sensation after using the Eros.

Therefore, use a gentle Hoover-like technique when you want to increase blood flow, sensation and lubrication in your partner.



Letters

I've suggested elsewhere in this series that you use an alphabet tongue stroke series to arouse your partner and enhance unpredictability, but at certain stages of female sexual response, you will want to offer some predictable



rhythms with unpredictable accents or angles. That's where the numbers tongue strokes come in; instead of using the whole alphabet, use just one letter over and over again, emphasizing one select part of the flow. Maybe “?” marks the spot for you, where you use several diagonal licks to get the point across, or “?” works even better by avoiding the Clitoral Head completely and teasing around it instead. An “?” would be a lot of fun too, with one long stroke and the three smaller flicks sideways. Use your imagination, and see which letter is her favorite.



ESCALATING

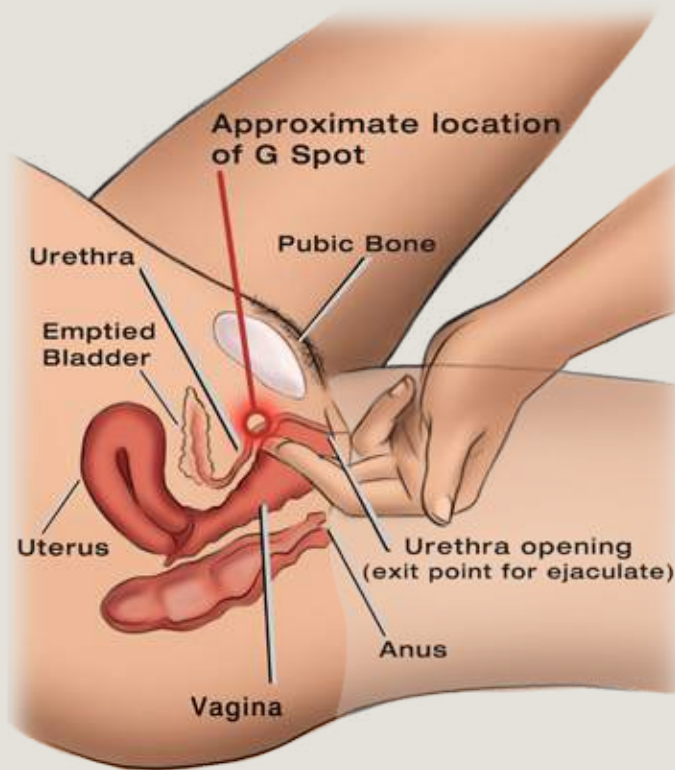
Most folks who have been having sex a while have heard of the G-Spot; a fleshy, spongy bit of tissue about half way up a woman's vagina, facing her belly button. You may have even heard about the amazing orgasms G-Spot manipulation can provide your partner, even squirting, but we'll get more into what the G-Spot can and can't do tomorrow. For now, let's learn how to massage it and make the G-Spot a part of your oral sex vocabulary.

Come Here Stroke

We've already talked about putting one finger partially inside her vagina to stimulate her, now let's take it one step further and use that finger (and others) to stimulate the G-Spot.

- Use your index finger and curl it toward your palm as it you were saying, "Come here." When you do that motion repeatedly, you're using what's called the Come Here stroke.
- Now put your hand inside your partner, palm facing up, or toward her belly button. Once your finger and not much else is comfortably inside of her, curl your finger again using the Come Here stroke. You should feel a patch of tissue that feels different than the rest; spongy, soft, yielding. It will swell the more aroused she gets, so it shouldn't be too hard to locate right now.

- Take the hand that isn't inside of her, and push down on her Mons Pubis so you can feel the hand inside of her as well. You're essentially 'sandwiching' her G-Spot between your two hands/fingers, and added pressure, especially when she's really aroused, is fantastic.



COME HERE STROKE / G-SPOT SQUEEZE



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- It's time to change your hand positioning now. Keeping your finger in the Come Here stroke position, move your hand so that your palm is facing down. If you perform the same stroke, you'll be massaging her Perineum from inside a very sensitive area that, if you add your thumb to the outside, can be squeezed and teased at length by both fingers.
- Now you can move your hand from left to right as well, and feel the sides of her vaginal walls. You'll find that the closer your finger is to her Vaginal Opening, the more she'll feel and the more pleasure you'll give.
- Don't forget about using your tongue during this exploration too. At first, it'll be easier to use the basic up-and-down motion while your hand wanders, but eventually you'll be able to perform other moves in tandem with your hand and finger manipulations. Also, if at first tonguing her Clitoral Head, playing with her using your fingers, and listening/feeling for her arousal state proves too challenging, just use the flat, still tongue on her Clitoral Head so you can focus appropriately for now.

Adding a Finger

Once you've used one finger to get things moving, it's time to add another one specifically your middle, or ring finger. When you've got two fingers working together inside of her, you want them to act as one.

When you put both fingers inside of her, leave your hands as motionless as possible. Feel her muscles clench around your hand, and how much tighter everything feels with the two fingers inside of her.

Continue what you did earlier with your fingers, using the Come Here stroke and massaging all four walls of her vagina. See how everything feels slightly different with another finger in place, and note her reactions accordingly. Now:

- Put your free hand on top of her Mons Pubis, and use the two fingers inside of her to push up against her G-Spot. Use both hands in tandem to massage her G-Spot from these two angles.
- Don't stop playing with her Clitoral Head while you perform this move, either using short up and down tongue strokes, even smaller side to side ones, or the flat tongued move if you want to concentrate. She needs you to keep the pressure on her Clitoral Head here, no matter what, even if it's no movement at all
- Take the fingers inside of her, and move them so they are just past the Vaginal Opening. With your palm facing up, use both fingers and curl them upwards

firmly. Use your thumb of the same hand to hold onto her by the Frenulum if you want to steady your hand, all while licking her still. This is different than the Come Here stroke, which moves; think of this stroke more as a hold.

- Hold this steady pressure through your entire finger, but in a way that your hand won't cramp up or hurt after.
- Feel free to rest your chin along the heel of the hand inside of her. Get comfy, as this is probably the position you'll hold as she moves into orgasm territory.

Take a Break

If she's willing, this is an excellent time to take a short break while you focus on other parts of her anatomy. While using the Come Here stroke with your index finger inside of her, move up so that you can pivot yourself around her body, without losing contact internally. Kiss her, touch her, nibble her, whisper in her ear, all while playfully tickling her along the G-Spot. Just be sure to ask her before kissing her, as some woman (like some men) are squeamish when it comes to mouth-to-mouth contact after oral sex. If this is an issue, grab one of the towels that you have handy to dab at your face, and maybe her inner legs too if things are really getting hot and heavy down below.



Pressure

Now is where we start putting a lot more pressure on your partner's clitoris. At this point, giving her consistent pressure in a regular fashion along her clitoral head is the most important aspect of having her climax. The other three things crucial to her orgasm are:

- The rhythm of your tongue along the tip of her clitoris;
- How firm your fingers are as they stroke the G-Spot; and
- Supporting her lower back and buttocks with your hand.

Put these four items together, and you've discovered how to bring her to bliss. Here's how:

- Make your tongue as flat as possible, and hold it still. Feel its firmness; you shouldn't be able to move it too much with outside pressure. It should be firm, flat and strong. Once it is, press it up against her clitoral head. If you do it correctly, and if your tongue is the correct firmness, her vulva will meet your mouth almost as if it has a brain of its own.
- Next, introduce your gums into the equation. Scrunch up your nose and curl your upper lip so that your gum is showing. Press the gum against her Front Commissure the exquisitely sensitive bit just above her clitoral head without getting your teeth in the way. If getting your gum to expose itself is too difficult for you, it's okay if you use your upper lip instead, just make sure to keep the lip pulled tight across your face and firm by smiling widely.

- Initially touch her Front Commissure tenderly to see how much pressure she likes. As she gets comfortable with what you're doing, you can slowly add more pressure and tension with your gum or upper lip. You can easily increase the intensity of this move while doing other things, that's the beauty of it, but make sure you've found her sweet spot first before moving on. Also, don't forget that this area is rife with nerve endings, so although it's nowhere near as sensitive as her clitoral head, it might be a bit too much for her initially. Feel free to slow things down as needed so she can get used to the new experience.



GUM WITH PERINEAL FINGERING

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Now, add your tongue to the mix while still putting pressure on her Front Commissure. Use the hard, firm tongue stroke and massage the Clitoral Head, Frenulum, Clitoral Hood, and Labia Minora. Let your partner tell you what works for her rhythm and pressure-wise, and adapt as necessary. Use your gum line or upper lip to produce the kind of resistance required for her to get to orgasm.

JAW GETTING TIRED?

Maneuvering from the top down (i.e. using the gum press along with licking) can prove achy for even the most experienced cunnilinguist, especially as a woman nears climax. For those that find this position and technique too difficult for any length of time switch it up and try the bottom to top approach instead.

To do this, put the pressure around her Frenulum with your finger(s) instead of using your tongue or lips to press along the Front Commissure. Use your thumb to firmly touch the Frenulum; if you're doing it correctly, your finger will butt up against your chin and the tip of your thumb will end up just below your tongue. Alternatively, you can use a vibrator on her Frenulum or Front Commissure, to give your jaw a bit of a break.

No matter how you create pressure here, pressure is required so that your partner can create the necessary resistance to build her climax epically.



Put It All Together

Back to the top-down approach for those of you using it. We're going to incorporate the gum/upper lip work now with the Come Here finger movement, which will take her from aroused to just before she orgasms, by playing with both the outside of her clitoral network and the inner bits and pieces too.

- Push against her Front Commissure using your upper lip or upper gums for several seconds, then use different tongue maneuvers to mix things up. Try side to sides, bottom to tops, and even diagonal licks to really confuse her and keep her begging for more.
- While you're playing with your tongue strokes, keep the Come Here finger moving rhythmically.
- To add even more stimulation and pleasure, use the thumb of the hand inside of her to play with her Frenulum too.
- If so inclined, the hand below her that is steadying her buttocks can move around a bit so that one finger plays with her Anus. It make take a bit of moving around to get your hand free enough to use your thumb, but it'll work quite well when your hand is at the top of her bum and her thumb towards the bottom.

If you can manage to stimulate all of these areas at once, you've truly moved from intermediate to expert cunnilinguist. All of her inner sexual hot spots are stimulated, as are her more accessible areas too.

Speed

Question: I get tired when I go down on her for too long. Can I do anything to speed things up?

Showing her or telling her that you're not willing to take whatever time it takes to get the job done is a total turn-off...

First, let's cover what you shouldn't do in an attempt to get her to orgasm faster. Simply? Don't change the rhythm of your licks, rubs or touches to something faster, in the hopes of getting to the end faster in turn. Unfortunately, that's not how it works for women and if you try, you'll likely be labeled as one of those 'rough' guys who don't care about his partner's pleasure, or who don't understand how to bring a woman to orgasm. Worst case scenario? You'll hurt her, and she'll be that much harder to seduce next time.

As well, showing her or telling her that you're not willing to take whatever time it takes to get the job done is a total turn-off. There's to be no eye rolling, hemming and hawing, telling her she's taking too long or comparing her to other women you've been with,

checking the time or getting impatient. The only way to ‘speed things up’ really is to slow things down, and that means savoring each and every moment that you’re going down on her. If need be, treat the experience like a meditative moment, and focus on each sensation you’re feeling, and giving.

We’ve discussed it before but it doesn’t hurt to say it again: one of woman’s worst fears about cunnilingus is that she’s taking too long, and that you’re not enjoying it. If she even gets a hint that you’re feeling anything of the sort, it’s likely to put a stop to the experience altogether.

But, back to answering your question. If you want the actual act of oral sex to take less time, the only way to do it is to increase the amount of playtime the two of you enjoy together, prior to sex occurring. That means prolonging foreplay, being truly intimate, and making sure that she’s really relaxed, comfortable and somewhat aroused before you lay one lick on her.

You can also change up your routine licks a bit as an opportunity to really supercharge the experience, thus moving her more quickly from arousal to the pre-orgasm phase.

Finally, there’s no replacement for really knowing your partner, and what makes her tick. The more you explore with her orally, the easier it’ll be to make her orgasm, so that you

aren't spending hours going down on her unless that's something you'd planned on doing anyway.

Pre-Orgasm I

When you started this series, I'll bet that after reading a few pages, orgasm felt like eons away. Well, not anymore! You're almost there, right in the thick of it. This is the most fun, juiciest part of the process, but it can also be one of the most confusing. Let's learn how to figure out when she's in pre-orgasm, and what to do to push her over the edge and into climax.

THE VISIBLE SIGNS OF AROUSAL

One of the most puzzling questions with regards to sex is whether or not a woman had an orgasm. Movies like *When Harry Met Sally*, pornography, and women themselves (i.e. faking it) have skewed what we know to be an orgasm, and what we can only guess may have been one.

In a little bit, we'll discuss the markers for an orgasm so that you'll know what to look for. But for the time being, just know that if you are following these instructions carefully, and you're in the first stages of pre-orgasm, you'll be in tune with her sexual process and where she's at and any impending orgasm will be easy to spot, more so just before she's about to cum than at any other time.

“So what cues does a woman give that she’s about to climax? How can you tell she’s going to fall over the precipice that is blissful release? Here are some markers that other men have shared:

*“Her vagina feels like a heartbeat,
in that it pulses and throbs rhythmically.”*

*“Her whole body gets stiff, then relaxes. Stiff, then relaxes,
with her legs more so than anything else.”*

“She feels like she’s on fire, she’s so hot.”

“There’s a lot of sweat all over her body.”

“I can see her stomach get tight and firm.”

“Her boobs get bigger and they seem to heave.”

“She tastes different, sweeter, like a thick creamy shake.”

“

“She grabs me and won’t let go. I can’t move.”

“Her heart beats so fast it feels like it’s a motor.”

“She’ll pull her pelvis into me and grind me.”

*“She gets this really weird face where
she’s flushed with her tongue half stuck out;
I know when she makes that face
she’s about to cum.”*

*“There are times she bites her lip
so hard that she draws blood,
and doesn’t even notice.”*

*“She yells at me to keep on going and never stop,
it feels so good.”*

”

*“It’s like she’s been transported to another world;
she doesn’t hear me or see me,
she’s just focused on her pleasure.”*

“She uses words that don’t make any sense.”

NINETY SECONDS AWAY

While you’re licking her, you’re in a prime position to see exactly what’s going on with her sexual arousal, and where she’s at along the continuum. Her Labia lip’s getting darker and the Clitoral Head hiding again behind the Clitoral Hood are both good signs she’s within a minute or so of orgasm. Even if you’re going down on her without a lot of lightning, you should still be able to feel the Clitoral Head shrinking back. If you’re worried you won’t notice it, just keep one hand up by the Front Commissure, or make sure that you’re licking the area often; when it’s no longer there after an extended period of attention, you’ll notice.

Pre-Orgasm II

The hardest part about this phase of sexual response is trying to keep her immobile enough so that you can continue what you're doing, while still providing her with rhythmic pressure and proper positioning until she climaxes. For the most part, women will be thrashing about at this stage, and she may suddenly move or take you by surprise with her erratic movements. The last thing you want is for her to 'lose' her orgasm so close to the finish; unfortunately, for many women, that's just what happens when their unintentional gyrations throw off an unsuspecting partner. Therefore, you have to remain firm and stay strong throughout the process, but most especially now.

If you're having a hard time grasping why this is an issue, let me explain a bit further. What she needs is firm, consistent pressure along a very small area (Clitoral Head), and she's getting it with another small area of your body (your tongue). If you aren't firmly entrenched in her space with one hand below her, cupping her bum, and another inside of her, massaging her G-Spot, you could easily be bucked off her in the throes of passion just before she climaxes. That means she won't get the pressure and sensation she needs consistently, and her crest leading to orgasm will fall quickly and dramatically. You could easily, unfortunately, be right back to square one. So think of yourself as the rock for her malleable body, responsible for keeping her securely placed so that you both can enjoy her pleasurable outcome. To do this:

- Keep her legs together once she reaches this stage of sexual response. If her legs are too far apart, it'll impede her orgasm, and it'll make it harder for you to keep her in the same position. Don't think too much about there not being enough room for you to get between her legs. All you need to get to is her Clitoral Head with your hand inside of her; there should be lots of room for you.
- With her legs tightly wound around you, everything will get tighter: the area from her Mons Pubis to her Front Commissure, her Vaginal Opening and vagina itself, her entire vulva in fact. This is a good thing, because tension is what's needed at this point. You may have a harder time moving around because of it, which is a good thing. If someone were watching you, it would be hard to discern any movement when positioned properly, but once you slow down a bit and loosen your firm hold and you've timed it with the ninety second markers for impending orgasm you'll unleash a torrent of waves throughout her body.
- Having issues keeping her legs together? Tie her legs together so that they can't fly apart with something soft and sexy. Just the feeling of the constraint will help her keep her legs together.
- The easiest way to get in to where you want to go when her legs are together? Leave your hand inside of her, pull her legs together, and get right on top of her. Continue holding her buttocks, and lick along the Front Commissure and Clitoral Head.

Pre-Orgasm III

Just before she falls over the edge into orgasm, take some time to cool yourself off and not get swept up in the moment. Sure, it's hard. But you'll need to stay calm through this exciting process so you can continue giving her exactly what she needs and what she needs right now is some variety.

EVASIVE STROKES

If there's ever a time to get coy, now is it. Your tongue should play hide and seek with her Clitoral Head now, taking on some lighter licks to enhance what she's feeling, and make her reach for more. This is how you build tension at this stage of the game by pulling back just a little.

- For those of you who have established a rhythm to your licking, try changing it up a bit. Either remove one out of every few licks, change the tempo, or skip with an unpredictability she can't figure out.
- Use a horizontal lick in place of a vertical every so often. Use the same tactics that you did when you first started. Work hard at being a tease.
- Try the flat-tongued technique for a bit, where you use your tongue to wipe her Clitoral Head using long, flat, firm strokes.
- Precisely place your tongue in unusual places, like licking her with just the tip, but right above her Clitoral Head, or flicking the very top of the bulbous part using only one side or the tip of your tongue.

- Have you ever watched a frog at work when he's hungry? He'll sit and sit, patiently waiting for a fly to come by. He won't move any closer to the fly if it does buzz by; rather, he waits for the perfect moment to dart his tongue out and take what he wants. Think like a frog, and dart your tongue precisely when she bucks her hips towards you.
- Pull the orgasm out of her. Let her beg for more, without losing contact with her Clitoral Head. This will not only help her to jump over the edge and climax, but it will also make for a stronger orgasm when it does happen.

With time she'll start moving about uncontrollably this is the start of her orgasm. Masters and Johnson, those sex researchers we've talked about lots, explained this part of a woman's pleasure best:

“The female gathers psychological and physiological strength from the stockpile of mounting sexual tension, until she can direct all her physical and mental forces toward a leap into the third, or orgasmic phase, of sexual tension expression.”

Can't Orgasm

There are unfortunate times where a woman just can't climax, and she'll merely sit in the pre-orgasm phase indefinitely. Most women, if they have penis-vagina sex during this time however, will orgasm easily and strongly. Why?

- Hangups with regards to climaxing using oral sex as the vehicle.
- Embarrassment or discomfort at cumming with someone else around, or inside their mouth.
- Lack of experience having an orgasm through oral sex.
- Fear and/or embarrassment with the faces she makes or the way she tastes or smells.

Talk to many self-aware women, and they'll tell you they know exactly how to make themselves cum. It might be using a vibrator, or after watching a certain kind of movie.

Maybe she wants to read something naughty, needs a certain sex position with her partner, or a mood to overtake her. If you keep this in mind, then she likely already knows how to make



herself cum but she's probably never thought of using those same techniques she uses with oral sex. Or, she's just not used to the thought of climaxing with oral sex, as (unfortunately) few men spend the necessary time and effort needed.

Luckily you're reading through this series, and you'll never be one of those guys again. Help her through her struggle with orgasm by sharing what you've learned here. Ask her to show you what works for her, and what she really gets excited doing, thinking about, etc. Ensure she's relaxed and feels safe, and then use the techniques described here. Eventually, once you've figured out what her triggers are, she will orgasm from your tongue's ministrations.

If however she really wants to have regular sex and doesn't want to train her body to cum with oral sex, try to make the transition between oral and penetrative intercourse as straightforward, quick and consistent as possible so that she doesn't lose any of the heightened sensations and arousal that you've both worked so hard to achieve.

“Ask her to show you what works for her, and what she really gets excited doing, thinking about, etc.”

Multiples

Once a woman has had an orgasm, she's more able to orgasm repeatedly. Why? Because her pelvic region is still full of blood and in a heightened state of arousal, so it doesn't take a lot of extra work to keep her at the peak of her pleasure.

Okay, so that sounds good on paper, but in reality it might not be that easy. If getting one orgasm out of a woman is like a rubix cube puzzle, then getting more than one must seem close to impossible. As well, many folks already have preconceived notions that multiple orgasms are only possible with certain anatomical irregularities, or special skills that the majority of the population doesn't already possess.

The reality is that most women can have multiple orgasms, and it has a lot more to do with her partner than anyone else. So why aren't more women experiencing multiple orgasms? Because their partners aren't taking the time or holding the necessary focus to get her there, which is odd, because once she's already climaxed, she's more than halfway there to another.



Have you ever asked her if she's had multiple orgasms? Chances are, she's already given herself a few during her solo playtime. Masters and Johnson found during their multiple research studies that some women were able to give themselves fifty or more consecutive orgasms in a row! How? Because they know they need direct, firm Clitoral Head stimulation, and repeatedly.

The reasons why men have a much harder time having multiples, while women are built for them, lies with the differences between how men and women recover after an orgasm. Men lose their erections almost immediately after orgasm, and it takes them a bit of time to relax and then get back to an aroused state again. Women however take quite some time to get back to normal again, with the increased blood flood sticking around for several minutes at least.

Therefore, if you want to bring a woman to multiple orgasms, you want to start again with the foreplay aspect of arousal as soon as possible after she climaxes. You want the blood to stay in her genital region, and not let her body recover completely from the excitement. She should also stay lubricated during the process, so if you're wanting to have sex with her, now's the time since she's primed and ready for more.

*“Some
women
were able
to give
themselves
fifty or more
consecutive
orgasms
in a row”*

From Oral Sex to Intercourse

If you want her to orgasm during penetrative intercourse, one of the best ways to do it is to bring her to the brink of orgasm in the pre-orgasm phase, and then switch to sex as seamlessly as possible. Here are some positions to help you maneuver that somewhat tenuous process:

FEMALE SUPERIOR

When she's ready to orgasm, have her jump on you so that she's straddling your thighs. In this position, she's well placed to:

- Rub her Clitoral Head against the area where your penis meets your body, choosing the optimal amount of pressure and depth;
- Have her G-Spot stimulated by the tip and sides of your penis;
- Decide how fast or slow she wants the rhythm of the experience; and
- How long it takes her to orgasm.

This is also a great position for you, since you're more able to remain in control when you orgasm in this position.

COITAL ALIGNMENT

This sex position is merely man on top with a slight variation. Instead of placing your body right over hers, try moving up a bit so that the weight of your body while still inside of her is higher up and butted up against her Mons Pubis and/or Front Commis-sure. There's also less in and out with this position; instead, you want the feeling of rocking along her body, which will enable her to get the necessary clitoral stimulation to orgasm quickly and with force.

ORAL EXAM

After reading today's portion of this series, you should be able to answer the following questions:

- What is the Come Here stroke?
- Create your own tongue lick that wasn't already described in this section, and plan to use it the next time you go down on a woman.
- Why is rhythm important in oral sex?
- What is the Frenulum?
- How can you tell when your partner is mere seconds away from orgasm?
- What sex positions can you use to enhance her orgasm after oral sex?
- What kind of breathing is okay in the area of a woman's genitals, and what kind isn't? Why?
- What differentiates the sexual arousal stages from each other? How will you know she's moved from one to the next?
- What can you do if she can't orgasm?
- How can you give a woman a multiple orgasm? Why is it difficult for a man to have multiple orgasms?

- What technique should you use if your jaw gets tired?
- When would you use a flat-tongued stroke, and why?

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