

Orgasmic *sex* POSITIONS

Advanced
Positions
For Better &
More Intense
Orgasms!



BY GABRIELLE MOORE

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Introduction

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Sex has always reminded me of cooking a great meal. We all eat to live, it's something we do every day and it can be as plain or as fancy as we want to make it! Eating the same food every day probably won't kill you, but it's sure going to be boring! When it comes to cooking, I'll ruminate about the ingredients, which spices to add, what implements to use, where to do my shopping, and how it's going to taste not only for me but for my husband too. If we are this precise about the food that goes into our bodies, why not take as much care and concern for our sex lives? Have you and your wife ever talked before having sex about where you want to do it, discussed the best time, which positions will help her reach orgasm best, what toys and tools can spice it up?

Even before I became a professional sexpert, people would come to me for advice. One of the most often asked questions from both my female friends and the men who come to me for help, is "what positions make it easier for my wife to reach orgasm?" We all know about missionary, doggy-style, cowgirl and variations. These are all great, but we need something new, fresh and exciting! What other ideas do you have that might work?"

At first, I didn't have a lot of answers. I knew what I'd been taught, what I'd done, and what worked for me. But I wasn't terribly clear about why certain positions worked better than others, and in some cases, only worked for a few people, and only when certain conditions were met. I became frustrated, wanting to give my clients and more importantly, my husband, a more concrete answer they could take home with them to try out in bed immediately. I realized the way to figure out what works for people is to ask them! I undertook many years of research, thinking I'd be able to find at least a few sex positions that work.

Instead, what I found was an overwhelming number of ideas, positions and tricks that any couple can try, with the intent of helping a woman orgasm during intercourse. Because amazing sex – while it feels good – is so much more than just getting off. It's about the connection you share with someone you care about, and the sensuality that ensues.


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You may believe that you don't need a book about sex positions, or one that teaches you how to move your bodies in just the right way to explode in orgasm. And while it's true that many sexual acts don't need much explanation, most folks need a bit of encouragement, advice and assistance to get things just right. There's nothing wrong with a little bit of inspiration to mix things up at night!

This eBook offers you years of research about sex, sex positions, and a woman's orgasm all in one place. I've tried to piece together all of the information available on this topic today, and share with you the secrets of orgasms that are multiple, simultaneous and otherwise earth-shattering intercourse orgasms for you both. There's always something more to learn when it comes to sex. You can learn by doing it, which is definitely a lot of fun, but you can also learn by reading about it, immersing yourself in the language, information, research and technology available today, getting a complete picture of what it is you want to learn before going to your wife with your plans. Be prepared!



Many professional research studies have covered the science of a woman's orgasm, why it's so difficult for some women to achieve. You can read a dozen books and swim through the endless ocean of internet advice, or you can follow me down this path toward the wisdom I've already discovered! Instead of wasting all your time searching for the useful stuff, you can spend your time using this crucial information to help the woman you want to experience pleasure with in a myriad of, described in great detail here.

So what's the problem with having the same old sex day in and day out? Several studies have shown that women are finding it increasingly difficult to orgasm and are in fact faking it with alarming regularity. You need this information to know when there is a problem, what you can do to help, and how to make it happen. Whether you are really new at spicing up your sex life, or you've had years of practice

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with your wife, it's time to get shaking and do something different. If you keep making the same recipe over and over again, every night, you are missing out on a world of delicious experiences!

Need more proof that this eBook is something you and your partner truly need? Take a peek at some research findings:

- Dr. Al Cooper, in his book "Understanding the Female Orgasm," states that almost seventy-five percent of women are unable to orgasm through intercourse alone, and "need the right position to provide clitoral stimulation."
- Sixty-seven percent of women participating in a research study about the female orgasm reported faking climax during intercourse. (Muehlenhard, & Shippee, 2010)
- A large Swedish research project established that women who experience orgasms during intercourse - instead of orgasms merely by clitoral manipulation, such as oral sex or fingering – were more satisfied with their lives in general, had a higher sex drive, and masturbated less than women who climaxed through other means. (Brody, 2007)
- A lengthy research study discovered that women found it more difficult to orgasm when their partner was someone they didn't know well, and that they were more likely to come if they'd used a sex toy in the past year. As well, the more sex a woman had over a four week period – on average, a minimum of twice a week - the higher her chances were of experiencing an orgasm the next time she had sex. (Richters, J., et. al 2006).

Some of those statistics are a bit frightening, and others, reassuring. But all of them will help you and your partner towards your end goal – climax. Just remember that this book, like any good sexual education material, can only offer advice and information. You'll need to figure out what ingredients work best for your particular partnership, as well as how much variety you require making the experience a success. Explore the possibilities, experiment and most of all enjoy!



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The origin of orgasm?

Mythology
Anatomy
Chronology

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An orgasm occurs during the peak of a man or woman's sexual arousal. The experience differs greatly between the genders and from person to person, and can be achieved through a variety of stimulation methods, such as masturbating, fantasizing, kissing, touching, intercourse and subconscious dreaming.

Now that you understand just how many things the word "orgasm" can mean, let's delve a bit deeper into what an orgasm truly is. To do that, we need to debunk a few myths about orgasms, introduce the major female anatomical bits and pieces, and then describe the process of female orgasm from start to finish.

MYTHOLOGY

○ Myth: If your wife doesn't have an orgasm every time, it means you are a terrible lover.

REALITY: Orgasms aren't something that one can 'give' to another person. The journey all the way to the orgasm phase is effected by a variety of factors, like emotional state and physical preparedness. Communicating with your partner during sexual acts helps increase the likelihood of orgasm.

○ Myth: Sex isn't great sex without both partners reaching a simultaneous orgasm.

REALITY: If you can orgasm at the same time as your partner, consider it a blessing but not a right. Most folks don't orgasm at the same time as their partners because achieving orgasm is such a complex dance, so if you are able, focus your energies better where it counts.

○ Myth: Sex without orgasm is a pointless endeavour.

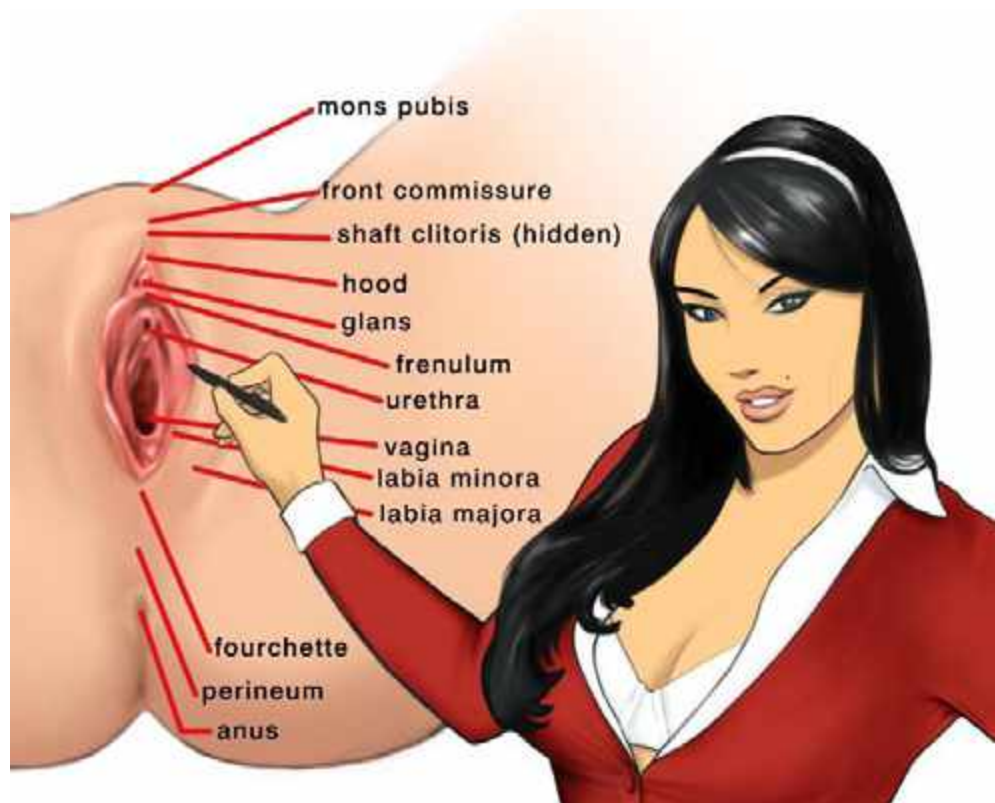
REALITY: Not everyone will achieve orgasm during every sexual experience. What constitutes pleasure differs greatly between each of us not only from person to person, but day to day as well. Orgasm certainly isn't the only pleasure your wife can experiences!

○ Myth: If she can't orgasm with just a penis inside of her, there's something wrong with her.

REALITY: Women need more than vaginal insertion to reach orgasm. Almost all women need direct or indirect clitoral stimulation to come, and these sex positions in this eBook are specifically demonstrated and described to help your partner achieve orgasm through sexual intercourse by ensuring her clitoris has adequate stimulation in a variety of positions!

ANATOMY

There is going to be a lot of information to absorb in this section. Some women may not even be familiar with the terms and body parts introduced here and you need to remember that's okay. Just make sure that you know where all the important bits lie, so that you'll understand what I'm talking about later when describing sex positions in detail. This anatomy lesson will also give you the information you need to know to tell when she's moving closer towards climax.



CLITORAL GLANS OR CLITORAL HEAD

This is where the action happens, where all the sparky-spark and wonderful feelings ignite. The clitoral head defines a woman's sexual anatomy, and it's where most men run to first when exploring her nether regions. Call it the bud, button, pleasure nub or skittle, but its real name is the clitoral glans or clitoral head and that's how it'll be referred to throughout this eBook.

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The clitoral head is the richest area of the human body when it comes to nerve endings, hosting more than eight thousand in its tiny little package. As it fills with blood during arousal, it swells - similarly to how a penis swells with blood and becomes erect. Since the clitoral head sensitivity can actually hamper a woman's ability to experience pleasure, there is a cover that protects this area from too much stimulation, called the hood or prepuce. This area loves gentle, rhythmic stimulation throughout the arousal process, although as a woman gets close to orgasm both areas can handle firmer, stronger pressure.

G-SPOT

Find the G-Spot along the top wall of a woman's vagina when you have one finger inside of her. Make a beckoning, "come hither" motion to rub just the right way. You'll feel the spongy tissue that defines the area, and it will grow and swell as she gets more and more aroused. Some women aren't fond of having this area touched when not excited, so it's better to play with G-Spot arousal when she's really excited and lubricated first. As some women have a larger G-Spot than others, try and think of this bit of anatomy as a general area rather than an 'X marks the spot' sort of concept. Explore and let her direct the action.

MONS PUBIS

When a woman is naked with her legs closed, you'll see a fleshy area covered in public hair (if she hasn't shaved or waxed it off). That sensitive yet oft-ignored area is the Mons Pubis. When you have a finger or your penis inside of her, try pushing down gently on this area with one hand; not only will you get a feel as to where your body part is massaging her internally, but you'll also make a 'sandwich' between some really pleasurable nerve endings to give her a great thrill.

FRONT COMMISSURE

There's a sensitive spot just above the clitoral head that covers the entire shaft. You can see it with the naked

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eye as a slight bulge just above where the clitoris hides when a woman isn't aroused, and it looks longer than wide. This is the Front Commissure, and it's a fun place to spend some time playing during sex. Why? Because not only does it swell slightly during arousal, but it offers indirect clitoral stimulation for women who find direct clitoral head attention too intense. It's also an easy area to target during intercourse when you're not able to touch or feel her clitoral head with your fingers.

FRENULUM

On the other side of the clitoral head lies the fraenulum. More soft touches are appreciated here. This general area from the front commissure to the fraenulum hosts the most potential for a woman's sexual pleasure.

LABIA MINORA

There are two sets of lips that surround a woman's vaginal opening, and the labia minora are the smaller ones closer to her inner sanctum. As a woman gets more excited, these lips swell and engorge with blood, oftentimes changing color from her normal skin tone to a dark, purplish red. Light touches are appreciated here, as these lips are exceptionally sensitive as she nears climax.

VAGINAL OPENING

The opening is the only part of a woman's vagina that you can see. Touch it gently and lightly, or lick it with a soft tongue to give her the most pleasure. As she nears orgasm, the opening will tighten while the rest of her vaginal canal will widen and lengthen to accept deeper penetration.

FOURCHETTE

Where the vaginal opening ends and the labia majora and minora meet, you'll find the fourchette. Light pinching and/or rubbing are best for this area, which should be massaged regularly to maintain elasticity.

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PERINEUM


Between a woman's anal opening and the fourchette lies the perineum, also known as the 'taint'. Since there's a host of nerve endings in this area that connect most of a woman's sexual anatomy, gentle pressure, touching, and licks are perfect here, whether from the outside or from within her anus and/or vagina. Massage gently to maintain elasticity.

ANUS

The many nerve endings that make perineum stimulation feel fantastic also comes into play with a woman's anus, provided that she doesn't have any qualms. Use a finger cot or gloves whenever touching this area or a condom if you are concerned about cleanliness when entering her. Make sure to wash your hands as well before and after any anal contact, and change out the condom as well so as not to exchange bacteria that might be lingering and on the ready to make your partner really uncomfortable with a nasty infection.

CHRONOLOGY

Every person goes through a pre-set series of steps to reach orgasm, whether they are male or female, alone or with a lover, masturbating or having sex. Every level achieved is built on the one that came before it, and without those foundational steps, the ones that follow can't happen. With a clear beginning and an end, there's a fixed definition to the process, and each item along the orgasmic path has a reason and requirement to be there. All of the anatomical parts have roles to play as well, although some parts are smaller than others. There's a beautiful rhythm and flow to the entire process, each part focused in one direction.



Every person goes through a pre-set series of steps to reach orgasm, whether they are male or female, alone or with a lover, masturbating or having sex.

Researchers use varying terms to describe the orgasmic process, but no matter what it's called, the steps remain the same: a woman thinks about sex, her body follows the direction of her mind and becomes aroused, and then she moves into sexual tension, a peak, orgasm and then a quick flow back to her normal resting phase.

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Many women can start the process all over again are able to achieve multiple orgasms in a relatively short period of time, much quicker than most men.

To understand better where your partner is along the sexual response cycle, I've written out the four stages here: foreplay, climax and release and the markers to look for, take note of, and work towards.

FOREPLAY

The very first step in getting a woman aroused is to get her brain going. How do you do that? Foreplay. There are a whole host of things that happen during this phase, all of which propel her further towards explosion. Here are some things to look for during that process, as well as what to do to get her moving smoothly along the path to orgasm:

As soon as your partner starts thinking about sex, her body begins to change. The hormone oxytocin overloads her brain in a rushing flood. This same hormone makes women want to cuddle after sex, and motivates them to bond with their newborn babies after breastfeeding. She gets 'emotionally stoned' on this hormone according to author Theresa Crenshaw, and she needs more and more of it to flow through her circulatory system in order to orgasm.

As her blood starts pumping harder and faster throughout her body, the skin around her face, chest, back and inner thighs starts to flush, turning a deep pink or red. Some folks call this the 'glow' of arousal, although really it is more of a glow signalling her readiness for an increase in stimulation than an indication of her proximity to climax. More blood gets diverted to her pelvic region as well with similar effects, although her labia will turn dark purple instead of a mere flush. The closer she gets to orgasm, the darker the hue.

Wherever she gets flushed, she'll also become more sensitive, as there's more blood flow to the nerve endings around her body. Nibbling her ears when she's excited for example has a different reaction than when her body is unprepared.



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Her breasts and nipples get larger as she moves through the foreplay phase of arousal, and may take on a defined pinkish color as well. Playing with her breasts and nipples during this state increases the amount of oxytocin in her blood as well. In some women this is so prominent that she'll be able to orgasm from this stimulation alone.



Vaginal lubrication begins during this phase as well, from two tiny ducts that line the opening of her vagina called Bartholin's Glands. The lubrication helps both moisturize and prepare the vagina for penetration, not to mention getting the clitoris ready for full-on play.

The best ways to figure out if she's moved from the foreplay stage to a point where she's getting ready to work toward climaxing is to look at her clitoral head. Keep a close look when she is not aroused; her clitoral head won't be visible to the naked eye, difficult to find with your fingers, or downright impossible to locate. When she's aroused however, the clitoral head peeks out from underneath the protective hood, essentially saying, "I'm here and ready to come out and play!" Before her clitoral head peeks out she'll prefer light, indirect touches, like light circles around the head, but not directly on it. Pressure along the front commissure is also pleasurable to help arouse her more. Once the clit emerges from its hidden place, you're free to press with firm pressure and venture right for the nub of pleasure.

For an even more in-depth look at the skills of foreplay, check out my other eBook, ["TURN HER ON FASTER.COM"](https://www.turnheronfaster.com).

CLIMAX

As your woman's desire moves from foreplay to a readiness for climax, her pulse quickens, her breathing shortens, and her blood pressure increases. Her vaginal opening also gets smaller while the length can increase up to two inches to accommodate something larger than a finger. The entire length of her clitoris both internally and externally fills with blood and gets hard, in the very same way your penis gets hard when you are aroused. The G-Spot also sticks out more so that it can be easily felt, and the clitoral head starts hiding again so that it doesn't get too stimulated before reaching peak. You may even

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notice her labia majora and minora getting tighter and darker, as they stiffen because of the extra blood flow and sensitivity.

Just before orgasm, your partner's body will increase the intensity all on its own, by ramping up her blood pressure, skin flushing, heart beat and blood flow to a frenzied pace, one that can't continue for any length of time.

Peaking occurs during orgasm, where all of the built-up tension explodes out through the muscles and fibres of her body. Contractions overtake her sexual organs, and they pulse rhythmically until she has exhausted the energy and they slow to a stop. Some women will continue to feel these contractions for up to twenty minutes after orgasm, or continue the intense orgasm on throughout your intercourse!

During orgasm, her vaginal walls vibrate strongly in tandem with her pelvic floor muscles at a rate of approximately once per second. As her pelvic area contracts, oxytocin flows through her system, especially her uterus, and increases her feelings of comfort and satiety. Some women will ejaculate some clear, milky fluid along with each contraction, either in a strong gush or a slow trickle, especially with G-Spot stimulation.

The length of time that she can continue to climax can range from a couple of seconds to several minutes, with half a dozen contractions on average. Having said that, some woman will come very quickly and without many contractions at all, while others have reported orgasmic experiences of an hour or more! As well, each orgasm differs from the other depending on how aroused she is, how long the foreplay stage lasted, where she is along her menstrual cycle, her age and sexual health. Pregnant women report stronger than usual contractions and longer orgasms, probably due to general increased blood volume and higher levels of blood flowing through her genitals while pregnant.

RELEASE

After the orgasmic contractions are finished, the last stage of the process is her body's release of the frenetic tension from the events building up to the climax. She will get back to her normal state relatively quickly, or with the right kind of touch might be able to start the whole process over again, bypassing the foreplay stage if things get heated again right away. This is where men and women tend to differ the most when it comes to sexual release: gents usually require some downtime to recuperate after climax, and can't nearly as often sustain an erection after ejaculation.

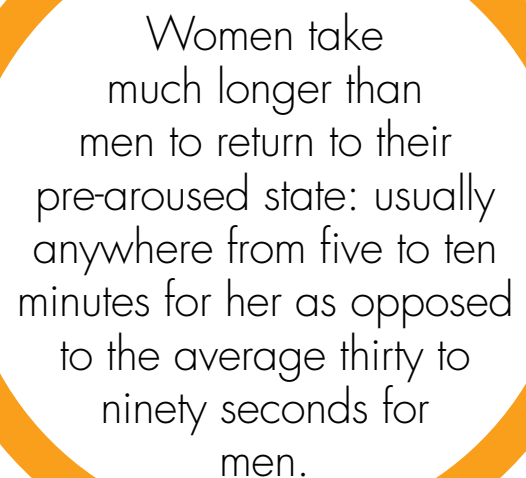
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Compare that to women, who can jump right back in and orgasm again immediately without having to wait for any kind of refractory period. Not all women are capable of this, but it is something many can work toward. If anything, a woman can orgasm more easily after she has climaxed recently than if she's starting from scratch. Women take much longer than men to return to their pre-aroused state: usually anywhere from five to ten minutes for her as opposed to the average thirty to ninety seconds for men.

Other changes affect how men and women experience orgasm too. The hormone that flows freely during arousal and climax, oxytocin makes most men want to fall into a dead sleep immediately after sex, whereas a woman's reaction to the same chemical cocktail is evident most in her desire to cuddle and coo – pillow talk, as they say. Women are also much less physically sensitive during the release period (except for their clitoral head, which retracts back under its hood as a protection mechanism), whereas most men find their bodies are ticklish or otherwise ultra-sensitive to even the lightest of touches during their downtime.

But it's not just your gender that affects the experience of orgasm. The type of stimulation, time frame, mindset, temperature, sensation and levels of friction will set one person around the bend with pleasure, while another doesn't even flinch with appreciation. Orgasm is a highly individual experience that differs not only from person to person but from encounter to encounter throughout the menstrual cycle or with different mindsets or emotional outlooks. Some days it may take a few seconds to catapult a woman from foreplay to climax to release. Occasionally you may even find that foreplay isn't needed at all because she's so incredibly turned on that you can move right to the climax phase of the orgasmic process, but other nights it may take hours just to get through the foreplay phase.



Women take much longer than men to return to their pre-aroused state: usually anywhere from five to ten minutes for her as opposed to the average thirty to ninety seconds for men.

The only thing you can bank on when it comes to orgasm is this: if you want to get your partner from a non-aroused state to climax, you'll have to give her consistent, rhythmic sexual stimulation and increase the tension throughout the experience, appropriate to the phase she's in. This attentive devotion is what will get her all the way to the Promised Land.



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The sex
files: I want
to believe...
in orgasms

*Even though
we're Different,
we're really
quite the Same*

*Orgasmic
Triggers: Last
Resorts*

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A common complaint of women everywhere is that they don't orgasm during sex. Their partners are eager, invested and interested, but it's just not happening for them. They may be able to achieve orgasm on their own, just not with the stimulation from intercourse alone. My clients talk about this issue at length:

"I love to have sex with my boyfriend, but I've never climaxed with him. Do you know how to make it happen for me? I'm desperate, I'll try anything."

... and...

"How do other women orgasm during sex? What's the easiest way for me to make it happen? I read somewhere that women only orgasm with a guy after they've been together forever. I hope not, because I really want to feel like I'm a woman with my partner, not just when I'm masturbating."

So let's backtrack a bit and use all of the information we've already covered to explain with a more rounded, all-encompassing approach, exactly how a woman's body enables orgasms in a certain way, and what you can do to harness that built-in functionality.

EVEN THOUGH WE'RE DIFFERENT, WE'RE REALLY QUITE THE SAME

The clitoris is a complex yet fascinating sexual organ, one that provides many comparisons to your penis! While containing a similar shaft, with many differences in regards to how it looks and where it's placed, but with comparable functionality. For instance, few men can orgasm without direct stimulation to their shaft. Sure, it's possible, but it isn't the norm. The corresponding body part for a woman is her clitoris – the whole thing, not just the clitoral head. Therefore, trying to get a woman to orgasm without 'stroking her shaft' so to speak is possible, but not probable.

The vaginal opening holds the most of a woman's nerve endings along the vaginal canal, other than that small disc-shaped space an inch or so up the shaft called the G-Spot. The vagina does feel pressure, but most of its sensitivity lies where the vaginal canal connects to the clitoral network: the G-Spot, the A-Spot further back which controls lubrication, and the exterior contact points in the vaginal opening and the clitoral head/hood.

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The skin of a man's scrotum compares to a woman's labia majora and minora. The seam that lies along the length of the scrotum is where a woman's labia lips part to offer her moist opening. The nerve endings are similar for both sexes in their corresponding areas. Stimulating a man's scrotum, while pleasurable, will rarely make him come if nothing else is happening. If you want to pleasure your woman, you need to get to all her sensitive spots, the way she does for you when her lips caress your shaft from tip to hilt.

Normally, men orgasm when they are aroused from direct penile stimulation. The comparable act for women then is when their clitoral head, or somewhere else along the clitoral network, receives direct stimulation. So let's talk a bit more about this clitoral network, and the clitoral head.



THE ORGASMIC HUB – THE CLITORIS

The clitoral head is what most folks call the clitoris, love nub, skittle, button... you get the drift. Many feel that this little exposed piece of flesh is all there is when it comes to the clitoris, but scientists can now prove that the truth is a much bigger story. The clitoral head – the tip of the clitoral network – expands and fills with blood when a woman is aroused, just like a man's penis does. The clitoral head even has a foreskin, called the clitoral hood, which protects it from infection and too much stimulation, just like foreskin. When a woman gets exited, this hood slides back for better stimulation, and hides the clitoral head again just before climax.

A major, visible difference between a man and woman's anatomy is that a man's penis hangs from his body while a woman's clitoral network is hidden internally. This clitoral network complex lies flat against a woman's body, hidden behind skin, tissue, bone and muscle, and weaves through a woman's genitalia, splitting in

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half where the labia splits, running the length of the labia and curving even deeper inwards along the length of the vagina.

One of the more difficult aspects of a woman's anatomy is that her clitoral head and network aren't easily reach – you certainly don't want to reach out and grab her clit in the heat of the moment! The clitoris is also connected on both ends. A good analogy: if the top of a man's penis was attached to his stomach, how would he thrust? He couldn't. He'd be dependent on his partner to rub up against him or touch him to receive direct stimulation during intercourse. This is exactly what a woman needs during sex. The fact that her is buried so deeply makes the challenge a bit more interesting, but by absolutely no means impossible.

While it may be difficult, there are some serious benefits to the layout and design of the clitoral complex. For starters, any stimulation to the network affects the entire clitoris. This is why some women are able to orgasm during intercourse with only the movement of a man's penis thrusting inside of her: because the vaginal opening does have a few nerve endings hiding out there, and the in-out motion pulls the labia down, thus rubbing the clitoral hood and in turn, indirectly the clitoral head. Basically, even if your wife is able to orgasm during intercourse without direct clitoral stimulation, just thrusting in and out gives her a taste of the indirect stimulation she needs to make it all the way on her how.

IF IT FEELS GOOD FOR YOU, IT'S GOOD FOR HER TOO

How would you feel if a woman played with the base and shaft of your penis, or maybe your scrotum skin, but nothing else? This is the point in foreplay that most make start to take the lead or start thrusting for an open mouth or parted legs. Would you be able to orgasm with so little stimulation? If so, do you think the orgasm be a strong one, or one that you found satisfying? My guess is now. Now how about if your lover started licking your head, or opened up to let you slide inside her warm, wet orifice?

Most men strongly prefer direct stimulation to indirect, to the point of it being their main source of orgasmic pleasure during sex. If that kind of sensation and feeling is crucial for your sexual release, why shouldn't your partner enjoy a similar experience? Of course you want her to – that's why you're reading this text – and learning the moves to make it happen is the first step to orgasmic bliss.

Orgasms that originate in the vaginal canal do exist, as do orgasms that start off with mere penile shaft stimulation. But for the most part, folks who want to have sex and

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orgasm during the act are looking for an orgasm that originates with the glans – clitoral head or head of the penis – because these are the strongest and most satisfying.

The problem with this concept however is that sex experts went from the Freudian theory of a woman's orgasm only existing when it starts in her vagina, to the decision that the only way a woman orgasms during sex is through fingering, toys, masturbation or oral sex. The fact is, for some women this is true – but not most, and definitely not all. For many women – like me, and many of my clients – the best orgasms occur during intercourse. But how does a woman like me make this happen consistently? A woman who knows her body can make sure that the right bits and pieces get stimulated no matter what position she's in, so take a cue from the woman who knows!

A woman who knows her body can make sure that the right bits and pieces get stimulated no matter what position she's in, so take a cue from the woman who knows!

A BIT OF BIOLOGY

Let's go back to our anatomical description of a woman's genitalia for just a little while to explain the concepts a bit more extensively. The clitoral head – the bud that you see poking out when a woman is aroused – is actually just the tip of a large, interconnected network of nerve endings. Covering the tip is the clitoral hood, which retracts during arousal and intercourse to allow for further stimulation.

As the clitoral head moves from the outside of a woman's body to the inner workings of her genitalia, it expands into a complex network of nerves and tissues. Starting just under the fatty layer that surrounds this entire area, the network starts off with the clitoral shaft – similar to a man's penile shaft – and then separates into two shafts and does a U-turn. The turn, called the clitoral knee, wraps back around to extend to the G-Spot at one angle, and the labia minora and majora at another. Basically the entire network hub meets up at the clitoral hood, almost like a flower in wait to bloom. When in its normal, un-aroused state, the clitoral head seems much like a budding flower waiting to bloom, and when a woman gets aroused, it opens up its petals internally, expanding in both directions down and out.

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As the clitoral hood reacts and expands very much like the head of a penis, it is able to increase in size and becomes erect. When it fills with blood, the internal U-turn straightens out somewhat, and lies suspended even closer to the woman's skin because of its engorgement.

THE KEY TO FEMALE ORGASM: SYMPHYSIS



For most women, the head of the clitoral network - the clitoral hood, head and shaft - sits underneath a padding of fat and skin around the bottom portion of the mons pubis. Doctors call this area the symphysis, and it's identified in X-rays as a small, thin oval-shaped bone. The symphysis sits under the clitoral knee and shaft internally, with another cushion of fat, muscle and skin over top. When a woman is aroused, you can feel the shaft with a delicate touch, as it swells and presses up against the symphysis.

Men also have a symphysis at the base of their penis, and it is also covered with a small layer of fat, muscle and skin. Therefore, to enhance the chance of a woman's sexual release, make sure that every time you have sex, your symphyses are pressed up against one another. As well, make sure that each thrust into your partner ends with a grinding of these areas together, thus stimulating the shaft of her clitoris and giving her the friction she needs to orgasm. Additionally, if she can tilt her pelvis up towards the root of your penis, she'll further enhance the sensation.

THE SYMPHYSIS CONNECTION

Depending on your partner's individual anatomy and how excited she is, you can effectively stroke her clitoral shaft up to two inches while performing this manoeuvre. She'll instantly know that it's working because she'll feel the difference in stimulation, and will probably liken it to how she feels during her own masturbatory sessions. In time, she'll be able to manoeuvre her pelvis exactly so she can achieve the right angle of friction, and you'll know when you've hit the right spot at the bottom of your thrusting because you'll feel your symphyses press up against one another. For side or rear-entry positions, you

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may both have to alter your angle of thrusting and grinding, or use your hands, to achieve the same results.

Some women find that once they've mastered this technique, they orgasm quite quickly, and can control the speed of which they achieve climax as well. If she thinks she's about to come and wants to prolong the pleasure, all she has to do is move her bum out and stop letting your symphysis rub up against hers. She'll remain aroused, but won't receive the stimulation that was pushing her too far too fast.

For men that find they orgasm too quickly for their partner to join them in the bliss of release, choose positions that don't allow for a tremendous amount of thrusting, but instead focus on your partner's grinding of her symphysis into yours. This way she'll still get what she needs, and you won't get the shaft rub that excites you too furiously. When she feels like she's getting close to orgasm, you can change positions into one that offers you both the thrusting and grinding required.

The easiest way for both of you to learn how to perform this 'symphysis press' as I like to call it, is to start practicing with woman-on-top positions. This way she can choose how deep you penetrate, how much grinding and pressing she receives, and can determine which angle works best for her physiology. With some time and patience on both your parts, using the positions shared within this eBook, it should only be a matter of time before she learns how to orgasm during sex consistently.

ORGASMIC TRIGGERS – LAST RESORTS

By now you should have a solid understanding of your partner's body, climactic response, and what makes her feel good both physically and emotionally. You feel confident about your knowledge and skills, what to look for when you're in the heat of the moment, and can tell when your partner is aroused or not. If you feel you need even more in-depth information, check out my other book ["FEMALE ORGASM SECRETS REVEALED.COM"](http://FEMALE_ORGASM_SECRETS_REVEALED.COM) for an orgasmic play-by play.

Even if you've ticked all the boxes, maybe making her come with your hands and your mouth just aren't enough! When you both are eager to experience intercourse orgasms, it's during these situations that you can try nudging your partner in the right direction using her own body's natural rhythms and biology. Now, not all of these options will work for everyone. Let her be the judge as to what works and what doesn't, but here are a few suggestions to get you started:

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- When your partner is already aroused, ask her to tense up different parts of her body as you please her. Things like pointing her toes, making a fist, or clenching her legs together creates tension in her body – something that is crucial for her to achieve orgasm. Try stroking different parts of her body while you are inside of her, suggesting she tighten those muscles as much as possible before moving onto the next erogenous zone. Spend extra time around her inner thighs and pelvis and feel them quiver under your gentle touch.
- Ask her to clench her vagina around your penis during intercourse. The squeezing and releasing in a rhythmic manner, called a “Kegel exercise”, often excites a woman and allows her to feel more of you inside of her, helping her to focus her attention and yours directly on her genitalia.
- Choose positions that are more challenging than normal for your partner to hold, angled so that her head lies below her torso. There are more than a few of these positions in this eBook as well as toys like the LIBERATOR.COM to help you out. These positions work great because extra blood flow to the head creates tension in the body and quickens breathing. For positions that aren’t already primed for this technique, scoot her to the side of the bed or couch and get her to lie her head back over the edge with her shoulders still flat and supported.

The Sex Files: I Want to Believe... in Orgasm

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- Encourage your partner to really let go of her anxieties and inhibitions. If she's comfortable, get her to use sexy language to encourage her own orgasm – for example, ask her to tell you how close she is to climax, how badly she wants to come with you inside of her. Why not try role playing with her? Suggest she move her hips as if she were a belly dancer, stripper, or another sexual creature that she feels kinship with.
- When she shows signs of arousal, move away from stimulating her directly and start teasing different parts of her body instead. Why? You're building more tension in her body indirectly, allowing her climax to sneak up instead of focusing on it entirely. More details on this technique can be found in my eBook ["HOT LICKS.COM"](http://HotLicks.com) if you want to take it to the next level!
- Maybe she'd like to watch the two of you while having sex. Ask if it's okay to grab a mirror, or have sex in the bathroom, so you can both get a better look at the incredibly hot positions you're about to try. If she really likes the view, maybe she'll let you hook up the video camera to the TV and get it on to your very own homemade porno!
- Ask her what her favourite sexual fantasy is, and suggest you act it out. If she can't think of anything, grab one of her favourite books of erotica (or purchase one – my very favourite women's and couple's erotica is available at my own toy store, from publisher [CLEIS PRESS.COM](http://CleisPress.com) and read through it together. When you find something that turns her on, try acting out whatever it is that appeals to her most. Or if she's still too shy to talk, try reading some erotica out loud to her during foreplay, then tell her to close her eyes and think about her fantasy while you're having sex. Hearing you use words she might still be too nervous to say out loud might help encourage her to blurt something out in the heat of the moment!
- Try a position that neither of you have attempted before, or get her to move in a way that she hasn't tried – such as swivelling her hips, doing figure eights, tilting her pelvis or using a vibrator during sex. The new sensations might just touch secret parts of her inner sanctum that send her right over the edge.
- Make sure she's wearing something before you start that makes her feel like a sexpot. Maybe a slinky negligee or some lacy underwear would do the trick. Get her to wear whatever makes her feel good, and then ask her why. Suggest she focus on those sensations – how it cinches in her waist, glides over her

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nipples, or tickles her labia. Undress her carefully after she's aroused, or keep the outfit on while you're having sex for that extra stimulation.

- Start panting, and ask her to copy you. Holding her breath or increasing the amount of inhalations causes tension and mimics an orgasm. Doing this can signal, for some folks, that orgasm is imminent and therefore it's time to climax. If you match your breath together, you are even more likely to experience to ecstasy of simultaneous orgasm.

You may want to try out all of these suggestions at once, along with a handful of positions. Your enthusiasm is admirable! Just remember that these ideas aren't the be-all and end-all of the orgasmic experience. There are also other factors at play that may affect her ability to come: how stressed out she is, if she's tired or not in the mood, if there's something else on her mind. So make sure she's got the right mind set, and then set the mood for a sensual, romantic evening. Check out my book ["TURN HER ON FASTER.COM"](http://TURNHERONFASTER.COM) for even more details about increasing her arousal through foreplay.

Try to please her for at least ten to twenty minutes, up to forty-five minutes before penetration, using techniques like fingering (check out "My Naughty Fingers") and oral sex. Then pick a position (or two) and try them out! If she's still struggling, try one of two of the suggestions above that appeal to you both. Don't stress out if she doesn't orgasm, and let her feel like a goddess no matter what happens. Give it a few sessions of all-out attempts, and make sure she's having orgasms on her own too. Within a few attempts and lots of experimentation, she's sure to orgasm with you soon.

A romantic couple is shown in a close embrace. The woman, with blonde hair, is wearing a white shirt and a dark necklace. The man, with short dark hair, is shirtless and holding a glass of red wine. They are both looking down, creating a intimate and sensual atmosphere. The background is dark, and the lighting is soft, highlighting their profiles.

Orgasmic Sex Positions

BY GABRIELLE MOORE

Advanced Positions For
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Orgasms!

The Position Playbook

*Mainly
Missionary*

*The Grind from
behind*

She's on top

*Sitting down
and dirty*

Side-by-side

*Standing at
attention*

Exotic extras

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Advanced Positions For Better & More Intense Orgasms!

Ah, finally – the meat of this meal! What follows are all of the sex positions discovered throughout my research that help women orgasm better during sex, moves that you won't find in most sexual education books. Some are tricky, others as easy to perform as anything in your regular repertoire, but all share a common goal: to assist your partner towards the climactic intercourse you both so desire.

Each position is grouped into a specific category based on the general relative positions of your bodies - missionary, from behind, girl on top, seated, side-by-side, standing, plus a few "exotic" extras. Every position not only has an explanation of how to get into position, but a "Climax Cue" that will allow you to modify and expand upon it to make the move toward orgasm. Study the pictures, read the descriptions, and refer to the rest of this eBook should you not remember some of the anatomical terms or sexual how-to's. If you're both still struggling to find your bliss after trying a few, take a peek at the next section for more troubleshooting assistance.

A small shift in your lover's hips, body or where she distributes her weight can mean the difference between discomfort and pain, or pleasure and climax.

MAINLY MISSIONARY

The only thing that's standard about these missionary sex positions is that the man is on top of his female partner, as you would expect from the name. You may have tried one or two before, but perhaps struggled to get your gal to orgasm. Or, you may really enjoy man-on-top sex, but haven't found the Holy Grail to for her to enjoy herself just as much as you do.

These positions should do the trick, but make sure to follow the instructions closely. A small shift in your lover's hips, body or where she distributes her weight can mean the difference between discomfort and pain, or pleasure and climax. Remember my recommendation for sex furniture if you're having a hard time getting the angles right. There's nothing wrong with a little [EXTRA HELP!.COM](http://EXTRA.HELP!.COM).

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THE COITAL ALIGNMENT TECHNIQUE

Most sex experts suggest this position as a regular staple to ensure a woman's climax, because it focuses on giving her lots of clitoral action at an angle beneficial for deep, highly enjoyable vaginal thrusting which strokes the clitoral complex. When she can master this subtle but oh-so-effective movement while on her back, you can try it in all sorts of positions to enhance the experience.



Have your partner lie flat on her back. Get her to open her legs to accommodate your body while putting your penis inside of her. Take your partner's hips and pull them towards yours, getting her to tilt upwards like she's trying to touch her navel to her pubic mound. Her back will round and she may need a pillow under her hips to support her.

Next, move your body up as much as possible while still keeping your penis inside of her. You want the weight of your body propped up by your hands and your pubic mound grinding into hers. With each thrust, focus on rubbing the fleshy part of your body just above where the penis meets the flesh along her slit. Most women will find this action and angle rhythmically pleasing and just enough pressure to come.



THE ARCH OPENER

With your woman lying on her back, place yourself over her. Open her legs and lie on top of her like you would in missionary style. Once inside of her, have your partner raise her hips up so that she's almost in a crab position. Her body weight rests on her feet, shoulders and the length of her

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arms. When she is comfortably raised, get her to put her arms up around her head, holding her wrists to make a box-like shape with her upper limbs and shoulders. She can now use this frame as leverage to push back against you, in order to better grind her pelvis into your body for more clitoral action.

CLIMAX CUE

This position offers the friction needed for a woman's clitoris to get lots of stimulation. If she doesn't feel like her clit is being rubbed in this position, have her open her knees slightly wider while still raising her hips, until she feels your pubic region rubbing her just the right way. From this point, she can close her knees again to hold you both in the right position to get the friction and angle needed.



THE SIT UP

When in missionary position, get your partner to prop herself up on her elbows so that she lifts her back off the bed. If she needs a bit of help, try supporting her back with your hands by wrapping your arms around her. As you thrust in and out of her, have her sit up even more, tilting her pelvis upwards, and then slowly laying back down again on her back. She'll essentially perform continuous, assisted sit ups!

CLIMAX CUE

She's doing most of the work in this position, and thus is in complete control of how much stimulation she receives. The key to her pleasure here is in the pelvic tilt, as this is where she'll grind herself into you and get a little thrill. The lean back also provides the opportunity for a slow, long rub against your body, and she can go as fast or slow as her strength allows her. If she really likes this position for orgasm, try to fit it in near the end of intercourse, especially if she is prone to tire out quickly. It'll only take a few weeks of regular practice to turn a nice orgasmic treat into some seriously sexy abs and arms!

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LEGS TO THE SIDE

Pretend you're going to have sex missionary style, but ask her to put her legs straight up in the air instead. It might be easier for her if she places a pillow under her head, but it's not mandatory. Kneel down and just before putting yourself inside of her, take both of her legs and push them to the side, keeping them straight as possible. Use your hands to support yourself if need be, or place your hands on the bed with your elbows out so she can rest her legs on them occasionally.



CLIMAX CUE

Because her legs are high above her head, blood will pool around her genital region; a good thing, since accumulation of fluids in this area will increase genital swelling and help her to reach orgasm. Plus, with her legs together and to the side, you'll both be able to feel every crevice of each other while experiencing a new and unique angle to get off. To speed things up, get her to play with herself while you pump away, or move her legs slightly to vary the angle of penetration.



THE PRETZEL CURL

Lay your partner on her back and lift her legs, pushing them back toward her a bit so that her knees are around her ears – keep in mind, only the most flexible will be able to get her legs back this far, so take it easy. Push her back slightly so that her back is off the bed yet still curled up. Get yourself comfortable between her legs, and press your knees up underneath her against her back, to help prop her up even higher. Lean

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in and press your body against the backs of her thighs; she may want to hold onto your legs for support and to keep you both in position. Insert yourself into her from here and rock slowly, without putting too much weight on her body from above, which could injure her lower back.

CLIMAX CUE

The rocking motion should help tremendously, but the angle is also unusual enough to set off fireworks. You'll give her phenomenal G-Spot stimulation in this position as well, plus she has plenty of room to touch herself if need be. Make sure that she's propped up against your legs or try out some sex furniture, so that she has something to both push against and balance on. You both should be seeing stars in no time flat!

THE COUNTERTOP TOE-CURLER

You've likely had sex already while she's lying on something other than the bed, but this position takes things to a whole new level. You'll see what I mean when she's in position.

To perform it, have your partner lie back on a firm place: a couch, countertop, car hood or even a raised bed works. The tricky part is that when you (the man) stand up straight, you want your pelvic region about a foot higher than your partner's if she's lying flat on her back. Get down on your knees if you need to, prop her up with pillows, or bend your knees a bit to make sure the height difference works.



While she's lying flat on her back, move yourself in between her legs. Put her ankles on your shoulders, and get her to tilt her pelvis up towards the ceiling so her body is like a flat plank. Sex furniture is great for this sort of positioning, especially if she's never moved like this before. Only her shoulders and ankles should touch anything, with the rest of her body perfectly straight. Grab under her hips to hold onto while you thrust into her, giving her some leverage and support to keep elevated.

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CLIMAX CUE

You're covering all the bases with this toe-curling move. Hitting the G-Spot? Check. You have of friction and tension? Definitely. What about deep penetration? Almost too deep for some women, but go slowly and you'll find out soon enough. Use lots of lube to ensure enough smooth action, and vary the tempo from slow to fast as need be. It might seem like a difficult position to hold, but if she tilts her hips properly, it's an amazing position to finish off an exhilarating, raunchy romp.

LEGS TOGETHER NOW

Start off in traditional missionary position. Keep your penis inside your partner with your body off the bed and your legs spread. Invite her to manoeuvre her legs in between yours, while you focus on staying inside her. Eventually, both your knees will sit outside of hers, and you'll be crouched over her with her legs straight underneath you. This is a shallow penetration position although you can increase the depth of thrusting by lying on top of her and using your arms to prop yourself up. This position offers fantastic clitoral stimulation and a really tight fit for the both of you.



CLIMAX CUE

You don't need to penetrate her for orgasm to occur; just thrust in and out of her labia lips and she'll likely get the required pressure and rhythm to release. If you do want to stay inside of her, just make sure her legs are held as tightly together as possible so that she gets the full benefit of the entire length of your penis.

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TWO CHAIR RIDE

You need two high-backed chairs to attempt this sex position, ones with firm armrests that offer a bit of padding for your partner. Place them side by side, close together, with a few inches between two of the arms.

Get her to stand between the two chairs, facing one with her back to the other. From here, support her so that she can lean back, her shoulders resting on the arm rest furthest from her body, and her hips braced against the other arm behind her. Leaving one leg on the floor between the chairs to brace her and add tension, while the leg closest to the backs of the chairs splays across armrests in front of her in a comfortable position.

Enter your partner and lie with her so that your upper body is flat against hers. Brace your hands against the chair if need be, and then lift the leg closest to the back of the chair to meet hers. Intertwine legs so that she can use your leg to push against while you're thrusting.



CLIMAX CUE

She should feel an immediate thrill from this position, and not just because your penis hits her G-Spot from a great angle; because the one chair supports her lower back and pelvis, her hips will naturally turn towards the ceiling, thus exposing more of her clitoral region. Slide up and down her body in small, firm movements, making sure to keep contact between your genital regions, and you're both likely to find bliss.

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FROM BEHIND

Rear-entry positions offer a lot of benefits for you and your wife to make the Big O all that much easier to achieve: G-Spot stimulation, easy access to both partner's genitals, and the possibility of great body contact depending on the position and angle of penetration. Most men don't need a lot of convincing to try doggy-style sex, but some women require a bit of encouragement because of the lack of face-to-face contact which can, at times, lead to a disconcerting disconnected feeling. Try out some of these rear-entry positions that will allow your lady lots of body contact, some unusual positioning, and a little extra bang for her buck!

SUPERWOMAN

If your partner has ever expressed an interest in flying, this might be a go-to position in the near future! To get into it, seat yourself on the edge of your bed with your feet planted firmly on the floor. Ask your partner to sit down on your lap with her back to you, straddle your legs with her knees on the bed. Enter her, making sure that she's flush up against your pubic region, then put your arms around her firmly and push her gently forward. Her legs should kick back so that they lay straight on the bed, with your arms stopping her from falling on her face. If either of you struggle to get into this position, try having her in doggy position at the edge of the bed, and then crouch down behind her before entering her. It shouldn't be too hard from that angle for you to sit down, put yourself into her, and then encourage your lover to stretch her legs out behind her. Movement occurs both with her toes pushing back against the bed to thrust, and your hands pulling



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her into you with your arms either around her waist or grasping tightly to her upper arms, just above the elbow.

CLIMAX CUE

There's a lot of friction inherent in this position because of her body position and the angle of penetration. As well, you'll have a front row seat to massage her G-Spot, and could even attempt anal sex in this position if either of you so desired. To ensure she experiences enough tension to climax, get her to grind her pelvis into your penis, and squeeze her legs around your torso. If she gets tired, have her lean forward to prop herself up with her hands on the ground or your thighs, and use that leverage to pump into her with even more force. This position is all about rhythm, so find the right position and you'll find her sweet spot. Just don't go so far overboard that you launch her off the bed and flat on her face!

LET'S DO THE TWIST

Best performed on the floor, or near a couch / sturdy chair, this half twist, half hitch rear-entry position works well for women who like to grind themselves into their partner for clitoral stimulation, and for men who don't mind lending a helping hand.

To get into position, start in standard doggy with both of your knees on the ground and her bum flush up against your genitals. Get her to raise one of her legs with her knee bent, and stick your leg on the same side of your body underneath it to prop her leg up. She'll need to lean over to get to the right angle, so have her bend forward slightly at the waist and hold onto whatever nearby stable piece of furniture there is. Your partner should then scoot back so that you can enter her easily. Pull her leg back as far as it can go with your arm, so she's really snug. Using your arm and leg as leverage, she can now rock herself on your penis and stimulate her clitoris with your leg, her free hand, or both.



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CLIMAX CUE

There may not be a lot of thrusting inherent in this movement, but it will certainly set off most of her orgasmic triggers. You have G-Spot action, ample clitoral stimulation, plus an added bonus of putting her in a position that feels restrictive. This is definitely a great pose for women with submissive tendencies, maximizing the feeling of being pinned or trapped. Holding this position for any length of time shouldn't be too difficult for either of you, so it's a great go-to when you want a bit of a change from normal doggy, plus it'll give her more of what she needs to climax.

REAR SNUGGLE

Lay down on your back with your entire body relaxed and your arms loose at your sides. Have your wife come over to you and gently lay on top of the length of your body, with her back to your stomach. Get her to bend one of her knees so that it's off to the side, with her ankle touching your hip area, while leaving her other leg straight and ready to use as leverage. She should be resting comfortably against your torso.

Next, slide yourself into her and have her lean further back until your heads are side-by-side, cuddling into each other. Her arms should reach around the back of your head for more support, which will also arch her back in turn, giving both of you a better angle for penetration and G-Spot stimulation. With your right hand, reach over her body and stimulate her clitoral head. Once she's really excited, start rocking back and forth in a relaxed manner to increase the friction.

CLIMAX CUE

There won't be a lot of movement with this sex position, but that's okay because she won't need it. Keep yourself fully inserted into her as much as possible. If you fall out, simply ask her to arch her back more, or push against her bent leg to find a better angle. Gently stroke toward you, or have her show you with her own hand how she likes to have her clit stroked, and you'll both be rocketing to orgasm in no time.

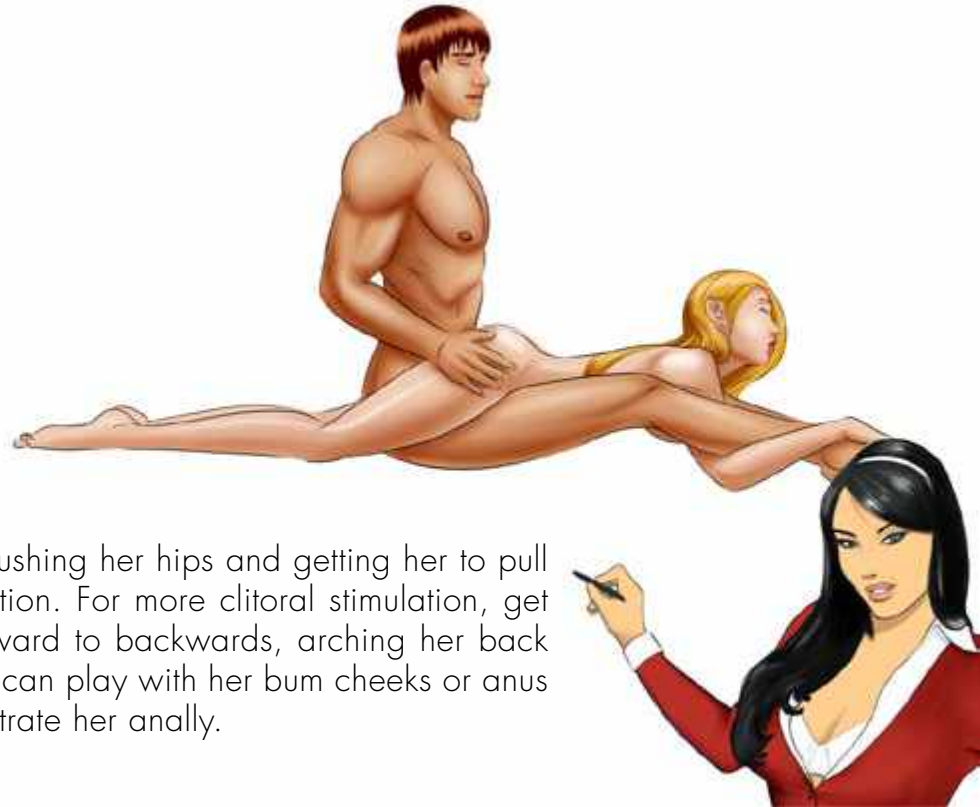


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BACKWARDS BEAUTY

Sit up on a firm surface with your legs straight out in front of you, knees slightly bent, and your spine erect. Get your partner to sit on your lap, straddling your thighs, with her back to you. Insert your penis into her vagina, and then gently push her forward so that she's lying face down along your legs, with her legs out straight behind her. Move her along your penis by pushing her hips and getting her to pull on your ankles in a rhythmic motion. For more clitoral stimulation, get her to rotate her pelvis from forward to backwards, arching her back the entire time. Alternatively, you can play with her bum cheeks or anus if she's so inclined, or even penetrate her anally.



CLIMAX CUE

There's a lot of friction for your partner in this position; not only does she get her clitoris rubbed by your balls and root, but she can control the amount and depth of penetration too. If she finds she's not getting enough clitoral stimulation, have her raise her rear slightly and arch her back, then pull her further back into you snugly. A sex toy would work beautifully here as well, since it'll get trapped between your bodies without a lot of wiggle room.



CLOSED LEGS

If your partner faces down with her legs straight and spread only a little bit, with her bottom tilted up slightly, you can put your legs on either side of hers, and enter her from behind. Once settled in, ask her to close her legs and cross her ankles so you're really trapped inside her all snug and tight.

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CLIMAX CUE

She'll feel every inch of you as you pull in and out of her - a plus since there isn't a lot of room for movement with this position. As an added bonus, you can easily reach under her and play with her breasts or clitoris, and still have the right angle to whisper sweet nothings in her ear, or kiss and nibble at her neck. Really, there isn't much you can do wrong with this position, especially if you're both a fan of rear entry.

DOGGY WALKING

Before trying this position, I didn't enjoy doggy-style sex much at all. I found it difficult to orgasm, felt disconnected from my partner, and way too exposed to the elements. It took me several years to find a rear-entry position that worked well for me, and this is definitely my current favourite. Why? Because I'm in control, receive both G-Spot and clitoral stimulation, and feel very grounded while performing it. My partner doesn't complain either, as he's got fantastic view of the action. Here's how to try Doggy Walking and get the most out of the position's angle.



Set yourselves up in standard doggy position. Enter your partner, and then lean back with your hands on the floor to stabilize. She should move back a bit to tuck her bum right up against your pelvis, and straddle one or both of your thighs with her clitoral area flush and snug against your leg(s). Move by thrusting your hips up or have her push her hips back against you. Alternatively, she can grind into you to control clitoral stimulation.

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CLIMAX CUE

Because you're entering her from the rear, you'll be stimulating her G-Spot nicely. Play on the sensation by thrusting up instead of across her body like you normally would, and see if you can feel the G-Spot's spongy mass increase in size as she gets more into it. Use both your arms and legs to really push yourself into her, but try and keep your pelvic areas meshed with one another the entire time. It wouldn't hurt if she wiggled her buttocks from side to side, intertwining your squishy bits all the more. Let her choose the tempo of your movements, and try lifting one of your legs a bit to see if it helps rub her nub even more.

CHAIR OVER

Get a sturdy chair with no arms and ask your partner to lie down on it, so that her legs and arms are touching the ground and her belly is on the seat. If she can't reach the floor with both her hands and her feet, then have her hang her legs down. Try to get her pubic mound in line with the edge of the chair. Kneel behind her and put your penis inside of her, then thrust a few times until you get a rhythm going. Hold on to her legs if you'd like, or get her to push back against your legs with her feet. Let her breasts dangle over the edge of the chair, so they don't get squished.

CLIMAX CUE

This position is guaranteed to get her blood really pumping hard, which might make her a bit light headed. On top of all that, she can rub up against the chair with her pelvis, getting some extra stimulation (and maybe even clitoral stimulation depending on your angle and height). The feeling of weightlessness with you behind her will surely make her feel amazing; you can even try pulling her hair gently and see how she reacts!



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THE WHEELBARROW

Get your partner to bend over the side of a bed or sturdy couch with her body pressed against it and her legs on the floor. As you enter her from behind and between her legs, hold her legs just above the knees and lift. Her body should still be partially on the bed, but she'll literally be suspended on your dick. Encourage her to keep her legs straight, as it makes the position a lot easier to hold. If she gets tired she can bend her knees and place her ankles on the bed for support. Use her hands to push back against her and thrust into her while holding her hips firmly. She won't get to move around much, but the angle is one of the best available for G-Spot stimulation, so it may not take long for her to climax.

CLIMAX CUE

Because her body is angled down in this position, you can penetrate her as deeply as possible. This is a huge plus for both of you, but especially for her G-Spot region. She'll feel like she's floating, anchored only by your penis and completely at your whim. You control how fast or slow the action gets with your arms, and it doesn't take much for you both to really get into a frenzy with this position, not only because of the amazing view, but because it's sure to send your woman around the bend and off to orgasm land.

THE PARTIAL WHEELBARROW

Ask your partner to bend at the waist in front of a chair or bed, and get her to rest her head and forearms there comfortably. Stand behind her and grab onto one of her ankles, pulling her leg off the floor so that it's close to your hip. Tell her to keep her knee bent and limp in your hand, so that you can push against it when thrusting so as not to hurt her. Then enter her from behind, making sure she's still got one foot on the floor and she's using her head and arms to balance herself. Put your free hand on her opposite hip, and move inside her using her hips as the pivot point.

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CLIMAX CUE

You get to thrust to your heart's content and get an amazing view of her jewels, while she gets the head rush of being face down, with all the G-Spot stimulation she craves. She can also create a lot of tension using her arms, and the angle from keeping one leg up in the air changes the feeling in an oh-so-orgasmic way. Vary things up a bit by bending your knees slightly for a slightly different angle. Whoever is able to reach can tickle her clitoral head or mons pubis for extra sensory pleasure.



THE ROCKING WHEELBARROW

Get your gal into a push up position with her arms outstretched and her body off the ground. While standing behind her, lift one of her legs onto a rocking chair, while you hold her other bent leg just below the knee. Ask her to keep the leg on the chair as straight as possible while you enter her. She'll be able to push back against the rocking chair for leverage, and you'll be able to hold most of her weight. Use the chair to determine the rhythm, or have her push back with her arms and chair-bound foot. You'll definitely want to have your knees bent for this position, and try to focus your thrusting upwards instead of into her body.

CLIMAX CUE

We're relying on her feeling of weightlessness again to help her along the orgasmic process, but this time she's got a bit of extra help with the rocking chair. The chair helps with rhythm, helping to hold her steady while you have sex, and gives her something to help create tension, which we both know is incredibly important for a woman to reach an impending orgasm. Although she won't be able to finger herself, she will get ample G-Spot stimulation along with a definite fun factor. This isn't a position



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either of you will be able to hold for long, so try it out when she's nearing her explosion stage, or when you've both got energy to spare.

FLYING DOGGY

Have your lover lie down on her stomach and do a push up, keeping her body straight and her legs bent. Come up behind her on your knees and grip her outer thighs as you slide into her. As you lift her pelvis, get her to wrap her legs around your back, while bending her knees even more and putting her calves behind your lower back or buttocks. If she's in the correct position, her feet will face the ceiling and her bum will be flush up against your crotch. Support her weight with



your hands, or place a large stack of pillows under her hips to help keep her in the right position. Glide your bodies back and forth in unison, but not too vigorously or she'll lose her balance. The higher you're able to hold her up off the bed, the more G-Spot stimulation she'll receive.

CLIMAX CUE

There's nothing like doggy-style sex for deep penetration, but the flying doggie takes deep to a whole new level. Play around with how you move inside of her, since only subtle movements are possible here. Try short, quick strokes to massage the area where her G-Spot sits, or try long, slow, languishing strokes where she uses her feet to pull you back inside of her. If she gets tired as she nears climax, have her tilt her head down while she props herself up on her forearms. This way she'll still be suspended in air, but she'll have better balance and less back strain.

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OVER AND UNDER

Have your partner position herself in doggy position on the floor with a small table, chair or even a few pillows next to one of her legs. Get her to put one leg up on the support next to her, so that her leg is perpendicular to the floor and completely straight. Come at her from behind, placing one of your legs inside hers, the other outside her straight and propped-up leg. Kneel down with the majority of your weight between her legs and enter her. Your leg on the outside will likely only drape over hers without touching the ground, and that's just what you want.



CLIMAX CUE

You're coming at her from an odd angle in this position, yet both partners have leverage to push back or thrust deeper. You'll be a little off balance too, which might give her a rush from the unusual rhythm and thrusting, especially if she's nearing the pre-orgasm phase. Because your body is propped up against the length of hers, you may be able to take one of your hands and sneak it underneath her for some clitoral action. If you can't reach around, try pushing firmly on her mons pubis and see if you can feel your penis moving inside her. If you can, apply more pressure to sandwich those special G-Spot area nerve endings, and see if it brings her closer to orgasm even faster.

HANGING OFFSIDE

Sit down on the edge of a bed with your feet on the floor and your spine erect. Have your partner face you and straddle your legs, placing your penis inside of her. In this position, hold onto her hips while she leans back and arches the entire length of her body, making sure that her feet stay firmly planted on the bed. Get her to put her hands "above" her head, reaching back toward the floor and relaxing so that she's in a partial handstand

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position. Move quickly in short strokes by pulling and pushing her hips, and let her control part of the rhythm with her hands and feet in turn.

CLIMAX CUE

With each thrust, more blood will rush to her head, giving her a light-headed, out-of-this world feeling. Although you don't want to jiggle her too much while upside down, you do want your strokes to be quick and hard to take full advantage of the extreme positioning and amazing G-Spot pulsations. If she can't feel the G-Spot pulsations, have her tilt her hips towards the ceiling a tiny bit more. She'll surely feel the pressure and snugness once she does. She may not want

to stay in this position for any length of time, and staying here for too long might just make her pass out, but it's a pretty intense position for when you're both ready to explode.



AKIMBO

Place your lover on her hands and knees with a pillow under her arms for support. Ask her to keep her legs bent, and lean down while standing behind her to lift her ankles toward your hips. Enter her from behind, using her bent knees as leverage to move inside of her. Your hips will do most of the work here, and your lover should stay as limber and soft as possible throughout her entire body, with the exception of her spine must remain strong and erect to facilitate safe play.



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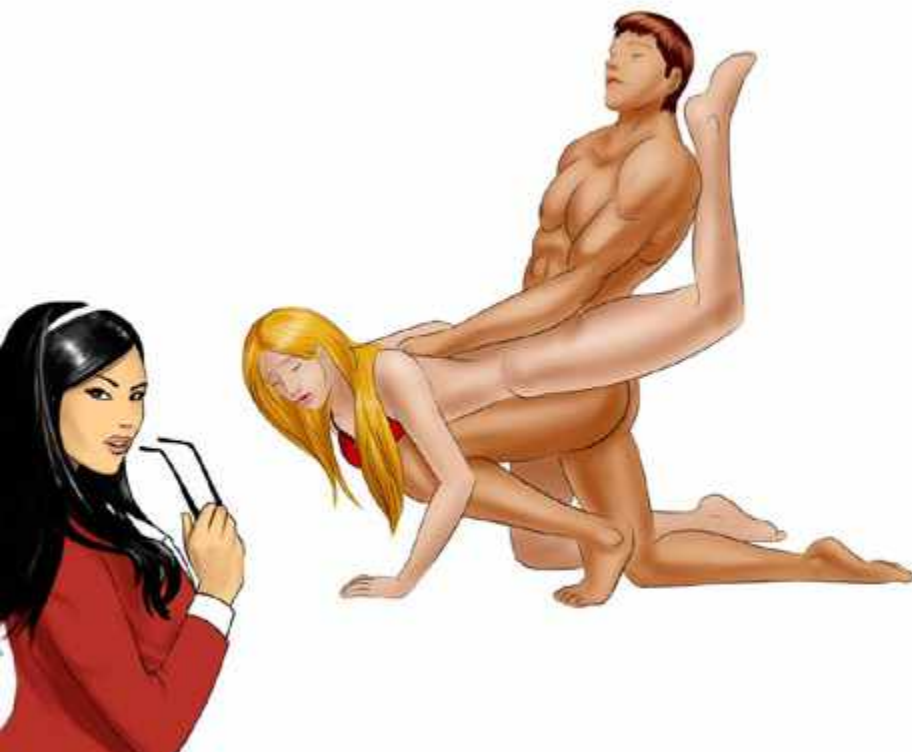
CLIMAX CUE

This is a deeply penetrating position, and offers all the benefits of rear-entry sex. Add the gravitational pull on your lover's body and it significantly ramps up the heat for her. Move your hips in a circle while you're inside of her for an electrifying change that will touch every inch of her sex canal, and give her the tension she needs for blissful release. Although the position might look challenging, it can be quite relaxing, provided that she stays limber and you keep to slow, languorous movements.

HIGH KICKS

Have your partner get into push up position, with her knees on the floor and her hands shoulder width apart. Get her to kick one of her legs up with her knee bent, so that her ankle touches your shoulder blades. Crouch down behind her, and use one of your thighs to prop up her upraised leg as you enter her. She should be able to rest her upper thigh on yours to keep her leg in the upright position. One of your knees should rest on the ground, while the other is propping up her thigh.

This sex position might sound challenging, but once you fit the puzzle pieces together, that are your body parts, you'll find that they fit surprisingly well and each part supports the other so that you can both enjoy the experience.



CLIMAX CUE

She's both wide open and snug tight when in this position, which makes it perfect for both deep penetration and clitoral stimulation. Because her knees are up high, it opens her labia completely so that your knee and upper thigh can effectively massage her frenulum, front commissure, and maybe even her clitoral head depending on how aroused she is. She could also lean down a bit and use her forearms for support, effectively giving you the chance for even deeper penetration, while allowing her to rest a bit.

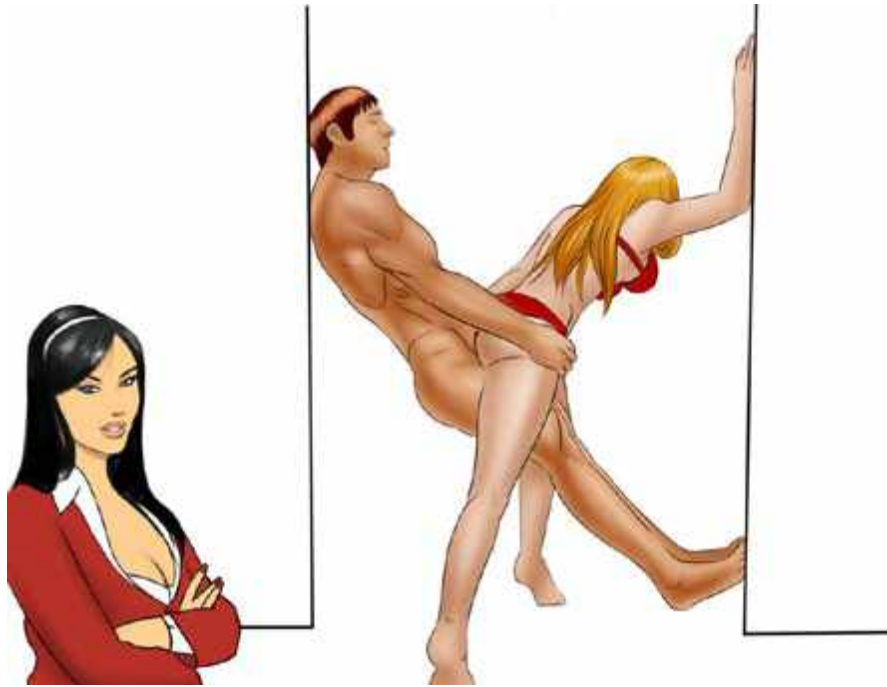
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THE BACK DOOR WAY

Stand in a doorway and lean your shoulders and head back against one side of the door jam. Extend your legs until your feet hit the other side of the door jam and your heel can support you on the floor. Brace your knees with a bit of a bend to them, so you have the support and balance you need to maintain this position.

Call your partner over and ask her to straddle your legs so that her bum rubs up against your penis and her back faces your torso. Her legs should sit on either side of yours with her toes on the ground and her heels elevated.

Both of you will find it difficult to move in this position because you're cinched in so tight, so the majority of the movement will come from your pelvic thrusts and her pushing back with her hands. Stay tense and hold on tight for this bumpy ride!



CLIMAX CUE

If you angle your body just right, you'll stimulate her vaginal canal with your penis, while massaging her clitoral head, fourchette and front commissure with your upper thighs. She can grind herself into you as well, and undoubtedly get lots of G-Spot stimulation too. Just keep your body taut so she can get the tension she needs, and move your hips in an upward motion to take full advantage of the G-Spot angling. If either of you are interested, this is another great position for attempting a little bit of anal.

ROCKING THE SIDE

Slouch down in a rocking chair with your knees slightly bent and your heels on the ground, making sure you are comfortable. Call her over to you and ask her to straddle your legs with her back to you as in the previous position. Enter her and hold onto her hands tightly, intertwining fingers if you can for even more intimacy. Ask her to lean forward and lay her stomach on your legs with her head elevated above you and her breasts

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hovering just over the edge of your knees. Make sure her legs are slightly bent on the sides of the rocking chair.

Her buttocks should be slightly parted, and you'll have a great view of your penis inside of her. Use her arms for added support and slide slowly into her with her arched body leaning towards you. Start to rock in the chair using the momentum to propel you both towards orgasm.

CLIMAX CUE

The more she rocks, the more her clitoral head is massaged, so make sure that she's moving her body considerably each time you enter her.

Use her hands to move her as you'd like, sometimes pulling harder to get her more entrenched onto your stick, or pushing to roll her forward. Move your hips towards the ceiling when you want to give her an extra thrill and some G-Spot play, and rock forward to plunge deeper inside of her and give her a head rush. This is a fun position that can please both partners for longer periods of time, provided that she doesn't feel too vulnerable leaning forward and exposing herself completely to your hungry stare.



WOMAN ON TOP

For the woman who likes to be in control, and for the man who loves to watch, women on top positions provide the perfect combination of sexy female power and hot male voyeurism. Some of these positions offer fantastic clitoral stimulation, while others give her G-Spot a run for its money. All of them allow your lover to take charge and do whatever works for her: fast, slow, vibrating, gliding, pounding, gentle, rhythmic, circular... why not try them all and see what works best?

One word of advice for men that find they have a tendency to slip out: get her to swivel around so that she's either 90 (facing to the side) or 180 degrees (facing the opposite direction) turned from where she started normally. This small adaptation makes a world of difference.

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THE SPRINTER'S STRETCH

Lay comfortably on your back with your legs spread and your knees bent up off the bed. Your arms should rest comfortably at your side. Have her sit on top in traditional woman on top position and enter her. From this position, have her put one foot flat on the ground with her knee raised as if she were squatting. Get your lover to lean forward towards the foot that's planted while she extends her other leg behind her. This leg should end up between your legs, and everything from her knee to her foot should touch the bed. When done correctly, she'll look like she's stretching out on top of you in lunge position, and she'll have lots of room to push back, forth, up, down and side to side while thrusting. You can rest your hands on her hips as she glides you inside of her to help keep her steady and foster an intimate connection. After a while, remind her to switch legs so that they both get a good, equal stretching workout without any cramps. She may not notice when she has become uncomfortable until it's too late.

CLIMAX CUE

This is one of the best positions in this eBook for clitoral stimulation during sex, and every woman who struggles to come during intercourse should try it at some point. She'll receive deep penetration but can control just how deep you go into her with minute precision. She can move in every direction because of the angle and positioning of her legs. She can grind her love button into your lower torso, and really give it the attention she needs to climax. You can help by holding onto her hips, playing with her breasts, or making sure that her labia lips are parted so that her clitoral head gets stimulated.



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THE HOT ROCKER

Lie back on a rocking chair so that your shoulders are positioned at the base where the seat meets the back. Prop your head up and place the small of your back at the end of the chair seat with your buttocks and legs hanging off. Place your feet firmly on the ground with your knees bent at a 180 degree angle, then ask your partner to straddle you with both of her feet also steady on the ground and put your penis inside of her. Hold her arms for balance, and then get her to lift her legs so that she hooks her ankles around your knees or calves, depending on what's comfortable. You should now be holding her entire body weight with your pelvis, knees and shoulders on the rocking chair.

Keeping your back straight and erect is crucial to the success of this position, so it may help to find a rocking chair that has a deep seat so your hips and shoulders both fit. Move by tilting your groin up, rocking your entire body, or lifting your heels. She can also rock the both of you by moving her head and torso back and forth in a swing-like motion.



CLIMAX CUE

You'll have the leg control in this position, but she can easily manoeuvre herself exactly to create the right amount of friction by tilting her pelvis forward slightly and making sure she's positioned on your penis just a bit higher than she normally would be. It isn't a position that either of you will be able to sustain for long periods of time, unless your lower back is supported and she's sitting higher on your penis than normal (or, I suppose, if you are both champion athletes!), but the feeling of weightlessness for her and the powerful strokes you can give her might just send her around the moon.

THE SANDWICH

Lie down on your back with your arms at your sides and your legs straight. Your partner then straddles you normally and starts the thrusting. When you are inside of her, get her to lean forward so that she's propped up on her palms, flat on the bed beside your head. As she moves forward, have her slide and straight her legs so that you're still inside

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of her, but her legs are now right on top of yours and her whole body is lying on top of you. Keep your bodies aligned perfectly while she uses her palms to gently slide her entire body up and down ever so slightly, stroking you both to climax.

CLIMAX CUE

The incredible friction for both of you in this position should help get her closer to orgasm, but if that doesn't, the fact that she can control the tempo and pressure herself will definitely do the trick. In addition to all that, the base of your penis will stimulate her clitoris well, even if there isn't a lot of movement. Once you find a groove, it isn't difficult to keep it going, so lie back and enjoy the ride. This sex position is perfect for the woman who wants to feel more connected to you, or who really craves a deep emotional bonding experience in order to come.

THE CHAIR

Lie back on a firm surface with your forearms supporting your weight, legs spread and knees bent. Your partner lies between your legs, facing you in a seated position and leaning her back against your thighs, using her hands to stabilize herself. After you are inside of her, she can actually put her legs up on your shoulders! Rock back and forth together, using her arms and back for leverage.

CLIMAX CUE

Both of you get to see the action close-up, which is a huge turn on, plus the angle of this position hits her G-Spot like few others, allowing some pretty intense sex without requiring her to tilt her pelvis or contort herself into any difficult positions. It may look challenging, but this position is surprisingly easy and comfortable, thus allowing you both the time you need to get to orgasm.



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THE COCOON

Lie back on a firm surface with your forearms supporting your weight, legs spread and knees bent. She sits on your penis, facing your legs, and uses your knees as supports to hold onto. Her legs should be in line with yours. Curl your legs up toward you so that she's leaning back while still speared by your penis. To rock back and forth like this, use your legs to provide the majority of the movement.

CLIMAX CUE

Although you aren't facing each other, this position really connects partners together. It's like a warm cocoon for her, where she's totally enveloped by your body and has the rare opportunity to be rocked warmly by the entire length of your body. The movement with this position is subtle enough to caress her nub without her realizing an orgasm is imminent. Use this position when she's craving more physical attention, or when neither of you are really up for vigorous shagging, but you still want her to come.



SIDEWAYS SCRAMBLER

Lie on your back with one leg outstretched and one leg bent at the knee. Facing to the side of the bent knee, your partner should lower herself onto your penis, using your bent leg as a means to stay balanced. She should rock back and forth sideways on your penis to get a rhythm going, and if she wants more clitoral stimulation, all she has to do is move herself around a bit to get your leg to rub her nub. Have her clench her legs around your thigh, with her knees touching on the other side, to create even more friction and a really tight fit for the both of you.

CLIMAX CUE

She's in total control in this position: not only does she decide how fast or slow, but she can also choose the depth of penetration, where your leg meets her clitoris, and when. She can really let go too, because she's got your leg to balance herself with and no need to fear flying off the bed or landing face-first on the floor!

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Of course, the new angle helps as well, as does the fantastic view for you as you lie there and watch her use your member to fuel her body into a frenzied fury. If she finds that she's too 'closed' for her clitoral head to get any stimulation, have her open her legs and part her labia lips before grinding herself into your hip. Close her legs again, and she should find the position even more pleasurable.

SHE'S IN CHARGE

Lie flat on your back and bend your knees all the way up, so that both are flush against your chest. While facing you, your lover squats down between your legs and straddles them. As she lowers herself onto your penis, which you should be sure stands erect between your legs and not pressed up against your chest, have her push down so that your legs are even closer to your body, thus allowing for deeper penetration. Movement occurs mostly with her bouncing up and down on you, although you'll likely push back with your legs as well to find a rhythm.



CLIMAX CUE

This is an unusual position that changes the sexual dynamic between a man and a woman - you're curled up in the fetal position while she rides you like a sex toy. It's a powerful, heady combination for the both of you. She gets to feel completely in control of her sexuality, and you'll feel submissive to her every whim. Eye contact is also tantamount in this position, so you'll both easily see just how aroused the other is getting with each thrust. It's a shallower-than-normal sex position, but that is not necessarily a bad thing, since most of her sensitive nerve endings are at the base of her vagina, so the exquisite sensations won't be lost on her. Have her grind herself into the backs of your legs if she wants more clitoral stimulation.

THE SITTING BACKBEND

Lie down on your back with your arms resting comfortably next to you. Your partner straddles you with one knee on each side of your hips and her calves kneeling flat on

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the bed. Put yourself into your partner, and then coax your lover backwards so that she's doing a backbend. Her arms behind her and "above" her head will hold her up, and she'll be suspended overtop of you. You'll have a bird's eye view of your connection, and she'll get an amazing stretch and a head rush.

CLIMAX CUE

Admittedly, this is a sex position for only the most limber of women. Still, when her back is arched and she's totally at your mercy, there's a lot of potential for sexy hotness. She can decide how fast or slow you penetrate her, and because of the angle she can manoeuvre herself just so for perfect G-Spot attention. And with your hands free and a front-row seat, you can easily finger her clitoral head so that she comes, and comes hard.

WOMAN'S CHAIR DOGGY

For this position, grab a chair and place it in the middle of the floor, as you'll need some extra room to move around for this one. Lay down on the chair with your head touching the crevice where the seat and back support meet, with your buttocks falling over the edge and legs spread apart. Now call her over and have her back up into you. You'll want to push your penis down so that you can enter her, and you may need to hold your penis or tilt your hips forward for this to work. Tell her to arch her back a little, making it easier to penetrate her from behind. Bend your legs and place them level with the side of her hips so she can hold on tightly. Make sure she has a good grip on your or you may fall, as she's the one keeping you up.

CLIMAX CUE

This is an unusual take on doggy-style sex with a female-superior slant, one that might tickle your fancy if either of you are into female dominant role playing, or truly unusual positions. It's actually quite relaxing in this position, as all you have to do is hold your penis at the right angle while she bobs shallowly up and down. Pushing back against you and using your feet as leverage will help her to get deeper penetration, although this may be better suited for men who have longer members, and not so well-suited to men who need a wide berth.



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Because your penis is at an unusual angle, it will press up against her vaginal wall in an unusual way, sending her through the roof with pleasure.

OFF YER ROCKER

Place a rocking chair in the middle of a room where you won't bang into anything, then lay down on the floor with your buttocks resting on the edge of the chair and your shoulders propped up on the ground. Your feet should naturally fall downwards, so that your calves rest around the seat's sides. You will want to use your arms for added balance and support by propping yourself up under your lower back. Get your lover to straddle you, facing toward you with one leg on either side of your hips, her head tilted back toward the back of the chair and her feet planted firmly on the ground. Her feet will land around your elbows, and can tuck in a bit for some added support for you. Get her to brace herself using her hands on the seat of the chair, and then press your knees into her arms, again for added support. Enter your partner, moving your hips slightly to massage her G-Spot and other internal regions.

CLIMAX CUE

There is a tie for the most bizarre sex position in this eBook, and Off Your Rocker is so named because it most definitely fits the bill. If you initially have trouble getting into position, with persistence you will see why it's worth the trouble — there is a lot of tension build up for both of you, support in unusual places that with properly padding can actually be quite comfortable, not to mention G-Spot stimulation that rivals few other placements. Plus, she can slide her body up your penis quite seductively, rock with the motion of the chair, or tilt her hips back and forth, all in an attempt to please herself. These three angles, coupled with her strong arousal, may just catapult her over the edge.



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THE JIGSAW PUZZLE

Lie down on the floor and turn on your side. Raise your left leg into the air and bend your knee, letting your foot rest on the ground. Use one of your arms as a pillow to save your neck from injury. Now invite your lover to slink over towards you as if she were a crab, "walking" face up on her hands and legs with her bum near the ground. Get her to wedge herself between your legs, with each leg on either side of your torso. Her legs should be positioned around yours allowing deep penetration to occur. Make sure her legs are bent and resting on the floor for balance and her body is arched leaning into you. Have her thrust her hips towards the ceiling to move, or shimmy yourself in small, subtle movements in her general direction.



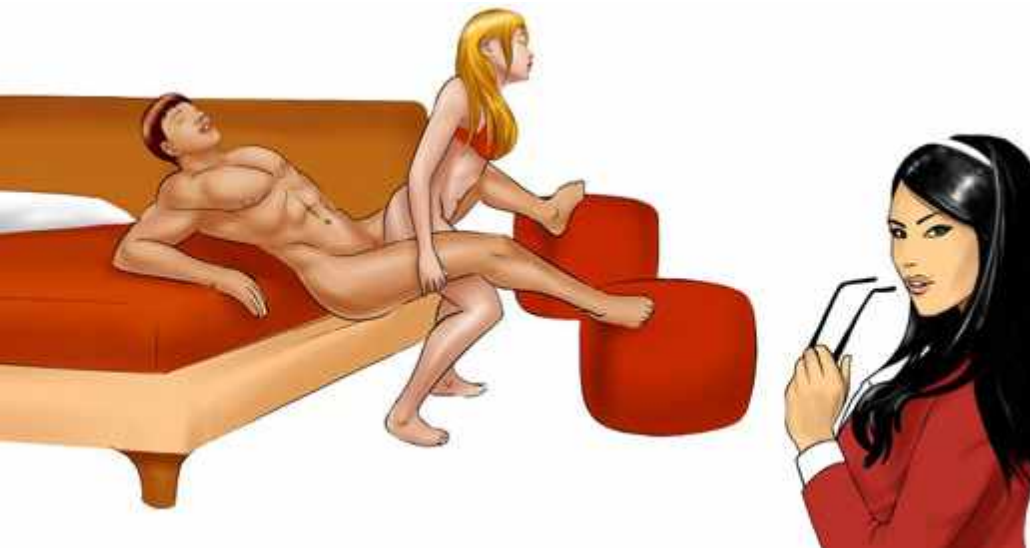
CLIMAX CUE

There are a lot of ways for her to explode in this position: she gets an unusual angle to play with, and your hamstring can press up against her clitoral head with some serious strength. Just look at how her breasts jut out and she swells with pride! It's easy to tell that she is comfortable, in charge, and feeling sexy as hell. Let her find her groove with this position, helping her only as she requests by moving body parts slightly to give her further stimulation. If she likes it, rub the bent leg against her inner thighs and labia with a rhythm you know pleases her.

SHE'S THE MAN

Grab two chairs without arms and place them about a foot away from a comfy chair or couch, facing you. Lie down on the seat of the comfortable chair or couch using your forearms and elbows for support. Your lower torso, legs and buttocks should be on the ground for now, and your feet should barely reach the other chairs that face you. Slightly bend your legs and have her back up into you, making sure that her legs are bent slightly and her back is arched. Her hands can grasp your upper legs just underneath your knees and lift, while you put your feet on each of the chairs. Move them closer if need be; you should be able to support your entire body weight from the three chairs without any help from your partner. While holding your legs for balance, enter her from behind. Thrust by gliding

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your pelvis toward her, or have her lift your legs and push back against you as she moves up and down.

CLIMAX CUE

This is another one of those positions that I find truly unusual, yet has its place in every couple's repertoire. Why? Because you'll get to prove that you're a strong, virile man, willing to contort yourself into every possible position just to please

your woman. The angle and view from below doesn't hurt either, although it may be challenging at first to find a good fit. So how will she orgasm? Get her to tilt her hips back so that her bum is high in the air and her knees bent. This way her clitoral head will have a better chance at getting grazed while you're sexing it up, and the pressure along the top of her vaginal canal will send her around the moon.

SITTING DOWN AND DIRTY

Seated positions offer a lot of flexibility and comfort in a couple's repertoire. They allow for (at least) one partner to relax and sit up comfortably, and can offer tremendous clitoral stimulation for your wife as well. The first time I ever came during intercourse, my partner and I used a seated position that offered both clitoral and internal G-Spot stimulation like no other, and it's still my go-to position when I want to orgasm quickly while looking in my lover's eyes. Every woman is different, so why not try some of the underappreciated seated positions to see if any can offer up just what you're both after.

HOT TUB SQUAT

This position is best in a hot tub or pool with a seated ledge, although it's possible to perform in a comfy, firm, high-backed chair. Try to keep your genitals out of the water if possible, as chlorine in the coochie can lead to a nasty infection. Get into the tub (or the chair) and sit comfortably with legs bent and your feet flat on the floor. Have her squat on top of you with her knees bent and tucked under your armpits. Plant her feet on the seat beside you and ask her to hold onto your shoulders or the back of the chair for support.

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The movement of the water will determine how frenzied of a sex session you'll have, but that's not a bad thing since most women prefer a little bit of a slower experience while building to climax anyway.

CLIMAX CUE

In this position, she can control the speed and depth of penetration, and has lots of leverage to grind her clitoral head into you. If she wants more of a thrill, get her to tilt her pelvis towards you, and she'll feel the G-Spot stimulation almost immediately. Or, turn on the water jets in the hot tub and sit on one, spreading your legs. The flow will hit her right where she needs it, like a makeshift water vibrator. Avoid grabbing her hips and trying to push/pull her. Trying to control her thrusting from this position will just be plain annoying, so don't bother.



LOTUS

Sit down with your legs crossed in the middle of a bed or on the floor. Your partner straddles your lap so that her legs wrap around your back and she supports herself with your arms, shoulders and torso. Gently enter her, rocking back and forth in slow motion to increase pleasure for both of you. If she finds this position to be filling her too deeply, get her to move back slightly on your upper thighs so she has more control over the penetration.

CLIMAX CUE

Of all the positions in this eBook, this is the one that received the gross majority of the thumbs-up votes from sex experts and couples alike. In fact, most of the educators I spoke with suggested starting



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with this position before trying any others, as it's almost guaranteed with enough time to get her in the right head space and body position to cum. The rocking movement allows for long, gliding penetration, covering the entire length of the vagina. The G-Spot receives lots of attention too, as does her clitoral hood and head because of the angle and speed. She can also press her breasts up against your body to increase the heat, and make intimate eye contact for mind-blowing bliss. This is one of the tamer positions in this eBook, but don't let it fool you can hold this position for hours if need be, and it'll provide most of the stimulation she craves to get off.



LIE BACK AND LOTUS

Yoga aficionados will appreciate this intricate sex position. Find a comfortable spot on the floor and sit down with your

legs crossed. Invite your lover to sit on your lap with her legs wrapped around your body and have her lay back on the ground, supporting her with your crossed legs. Penetrate her, making sure that your pelvises are tightly pressed against one another, and your bodies are snug in an embrace. Grasp each other's wrists and arch both of your backs slowly, leaning back until both of your heads touch the ground. If your penis falls out (and it may if you weren't tightly enmeshed before you moved backwards) scoot your bum forward and slowly sit up. Put yourself back inside her, and slowly lie back again. Your knees should prop her up mid-back, and hers should do the same for you. Move with gentle thrusts toward each other, with pelvic lifts, or subtle leg movements.



CLIMAX CUE

It might not seem like a doozie of a sex position, but this little number is something that especially that comes to mind when tantra or yoga fans talk about 'yoking'. No, that's not the yellow part of an egg, but rather the word that yoga aficionados use to describe an inseparable connection between two things. In yoga this refers to the spirit and the body, but in tantra it refers to two people coming together. By lying in this position, you're choosing to connect with your partner on a higher, more spiritual plane which for some women is crucial to sexual release. If she tells you she doesn't feel connected to you or that the spark is somehow lacking, try this position and see if she feels the same way afterward. My guess is that you'll be coming together in more ways than one!

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To get help your partner orgasm, make sure that she's properly lubricated, but not overly so, before trying this position. Too much lube and you'll slip out constantly, but not enough and it won't feel good for either of you. Get her to tilt her hips towards the ceiling to massage her G-Spot, and have her wiggle around until your penis hits it consistently. Sex in this position is a slow, long build, and you'll both need some back flexibility to try it. It's a surprisingly comfortable position however, so don't write it off before giving it a fair shake.

THE HOOKER

Sit facing each other and scoot yourselves as close together as you can. Spread your legs to accommodate your partner between them. Get her to lean back slightly as she gets closer, so she can lift both of her legs up around your elbows. Hook her knees under your elbows, and scoot even closer together. Eventually you'll get so close that you'll have no choice but to enter her (or get squished!) so when you have the chance, take it. Start moving by pulling on her hips with your legs, or get her to lean back and forth to create friction.



CLIMAX CUE

For women who crave intimacy, face-to-face, seated positions offer it like no other. There's lots of opportunity for kissing, nibbling, touching, tickling, and pinching, not to mention the fantastic view of what's going on down below. If she works her hips and keeps things moving, you can play with her breasts, nipples and clitoris as well, ensuring a much closer opportunity to climax.

THE CHIROPRACTOR

Does your lover ever need her back cracked to get back to feeling good? If so, you may fulfill two needs with this unusual but fun position.

To get moving, lie down flat on your back with your knees bent and legs together. Push your penis down gently and hold it in position with your inner thighs, if possible. If not, use one of your hands to keep it steady while your lover drapes herself backwards over

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your bent legs. Her shoulders should find support with your knees, her head should fall back naturally, and her buttocks should sit tightly against yours. Her arms can reach back to hold onto your legs, pushing her chest out and breasts up. Enter her from behind using your hand where needed. If she's at a weird angle, either try entering her anally, or get her to move up and down your thighs until you can slide yourself inside her. Your legs provide most of the movement, although she can easily tighten her thighs and create tension, or thrust all by herself. She should arch her back if she wants to move her farther away from your penis, and stick her butt towards you for deeper penetration.



CLIMAX CUE

She is completely exposed and open in this position, a turn on for women who enjoy exhibitionism or doggy-style positions. There is a strong drag on her G-Spot because your penis will push up toward its natural position, and thrusting will focus entirely on the first few inches of her vagina where she feels it most. For clitoral stimulation, get her to use her own hand, or find a long-handled vibrator that you can snake between your legs to see what kind of naughty places you can reach.



ROLLING CHAIR

Sit down backwards on a wheeled chair without arms, making sure there's a desk fairly close behind you. Place your feet on the ground, and lie back so you are leaning against the desk for support. Have your partner straddle you in the chair with her back supported by the headrest so that you can enter her. Her feet should naturally move towards the top of the desk to cradle your back, while your arms should hold onto her upper thighs for balance and support. Keep her legs

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tight together while you have sex, and move either by rotating your hips, or get her to push back and forth against the desk to thrust. Hold on tight and keep your own feet firmly planted on the ground, so she doesn't wheel you both across the room!

HOW TO GET HER TO ORGASM USING THIS POSITION

This is a twist on doggy-style sex, where you can see everything and have a lot of leverage to do as you please. The twist is that it's easier on your knees and hips, and you can face each other for some intense intimate moments to boot. There's lots of room to move in this position even if it doesn't seem like it, because you're using the chair and desk to propel you into her vagina, instead of physical body movement. Therefore you'll have lots of deep in-and-out action, plus lots of G-Spot stimulation. Get her really going by tilting the chair slightly, or moving in circles instead of the basic in-and-out.

SIDE-BY-SIDE

Sideways sex positions are more of a hybrid than a category of positions in their own right; they offer all the benefits of rear-entry without the physical taxation that most partners experience doing it doggy style. Side-by-side sex also offers unique angles for penetration and usually a strong G-Spot aspect, all of which are beneficial to your gal's bottom line.

The perfect time to try a sideways sex position is when either (or both) of you need a bit of a relaxing sex session, or have exhausted yourself before reaching the Big O.



THREE QUARTER CROSS

Lie your partner down on her side with her hand supporting her head. Bend her knees and get her to lift one of her legs. Lie on your side and squeeze in between her legs so that your bodies form a T. Put yourself into her, and lean forward slightly. Hold onto her hip for support and thrust into her. She can move her upper leg to determine how much you can penetrate, and it'll be easier for you if you use her upper leg to prop yourself up.

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CLIMAX CUE

Both of your hands are free to play with her breasts or clitoris, so move around to make sure it's comfy for you both before going to town. Your legs are also in a prime position to rub up against her mons pubis and clitoral hood, and she can tilt her groin towards you to increase the pressure. Because this is an easy position for both of you to perform, use it when she knows it might be a while for her to orgasm, or when either of you are in the mood for a long, languorous love session.

JUST CHILLIN'

You'll need a bench or the side of the bed for this position. Have your lover lie down on one side with her legs bent, right at the side of the bed or bench. Get her to raise up her top leg so her knee points toward the ceiling, and put your whole body in the hole her legs create. Put your outside leg on the ground and place your other leg on the bench or bed. Hook her leg in the air with your elbow and pull it tight in to your body before entering her. You can move by pushing with your legs or moving her captured leg under your arm, and she can rotate her hips or clench her buttocks for some extra tension.

CLIMAX CUE

Even while moving your penis inside your partner, you'll still be closely connected in the most intimate of ways. This is a really snug position where clitoral contact is almost constant but it is definitely more of a grinding movement than a thrust. You can put a bit of power behind the movement if you like, really pushing her up and down along your penis, which will thrill many women immensely. Just make sure that your pubic bone is in constant contact with her mons pubis and labia lips, and you'll be well poised for the kind of stimulation she'll need for orgasm.



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LEG UP ON THE COMPETITION

Start with your partner on her side with her knee on top bent to face the ceiling. Have her grab onto the ankle of her bent leg for support. Lie down on top or beside your partner, depending on how your bodies line up, then hook your top leg over her bent leg and put your foot on the ground for support. Leave your other leg straight, and line it up with your partner's outstretched limb, perhaps intertwining your legs if you so desire. Put your hands above her head to use as leverage. In this position, you can move as you would if you were in missionary position, just at a slightly different angle. You have full control over the depth of penetration and the speed in which you do it in this position, so mix it up a little!



CLIMAX CUE

There's a lot of depth to this position, and she's wide open for the taking. You are raised up higher than you normally would be in plain ole missionary style, so you will be hitting her clitoral head exactly where she needs it. She can control the angle of penetration by rolling from side to side and taking you along for the ride.

THE FIGURE EIGHT MAMBO

Your partner lies on her side with her knees bent, her ankles touching and her legs parted as wide as she can. Have her prop herself up on the arm beneath her. Lie down in front of her on your side and face her feet. Slowly move forward until she has to open her legs even more to accommodate your body, and your pelvic areas meet. Get her to wrap her legs around you, and do the same to her. Insert yourself into her. You may have to move down her body somewhat, press your penis down, and have her tilt her bum toward the ceiling to fit. Either of you can move by pushing forward, backward, or to either side.



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HOW TO GET HER TO ORGASM USING THIS POSITION

The magic of this position, as with most sideways positions, is in the tilting of her body. She can rock back and forth to find the perfect angle, and you can thrust away while she's looking. Both your hands are free to play with buttocks, breasts and other sexy parts, and you've both got a great view of the action. She can also grind herself on your leg or tuck her hips up for more clitoral stimulation.



SCISSORS

Lie down next to each other, with your feet at each other's head. Have her spread her legs with her knees bent, and squirm your way over so that one leg is underneath her lower leg, and the other lies between her parted thighs. Join together by entering her, and hold onto her knee which should end up around your armpit or mid-torso so you can push against her. Her leverage comes from planting her body into the bed, and holding onto your bent leg closest to her. Move by pulling on her leg, pushing with your hips, or opening and closing her legs.

CLIMAX CUE

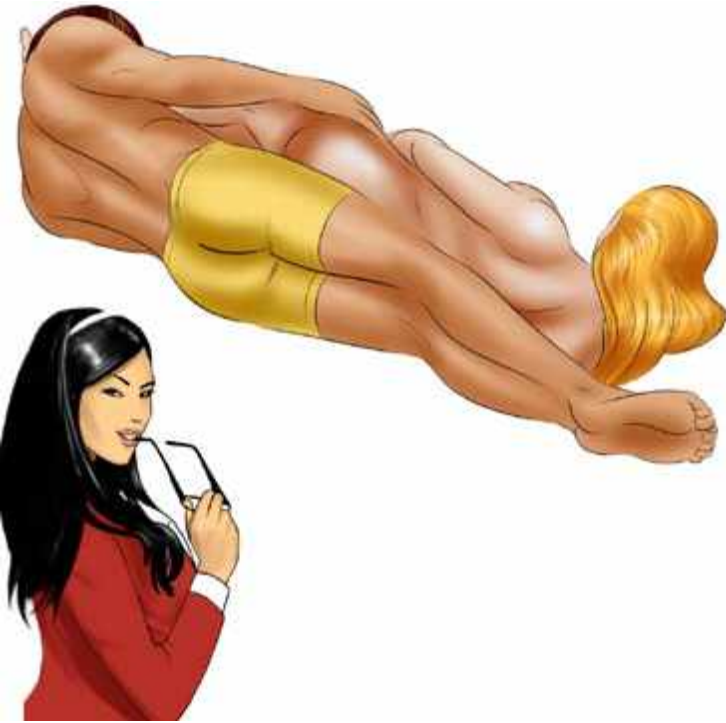
Quite a few of these sex positions look a lot more complex than they really are, and this is one that pays off in spades, if you just give it a try. When you push your upper thigh down, you will rub up against her pleasure palace. Grinding and shallow movements are the name of the game, and the highly unusual angle offers some amazing sensations. She can easily play with herself as well, or move around to ensure she's getting the clitoral stimulation required for orgasm, and can even make eye contact with her if she really wants to feel connected.

REVERSE SNUGGLE

Lay down on your side with your body straight and legs together. Have her lay down next to you, facing away and also on her side, with her head at your feet and her buttocks pressed firmly into your crotch. Enter her from behind, asking her to move further



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down your body and tilt her bum towards her belly button if you have a hard time entering her. Move with either her pushing back against you, or you pushing into her.

CLIMAX CUE

It'll be a tight squeeze getting into position, but one well worth trying out. With her legs held together, you'll both feel every inch of one another, and there are few positions like this one for G-Spot play because your penis will push right up inside where it needs to be. Both of you can reach over and play with her clitoris, and she can also get some breast stimulation if she chooses to touch herself. Either of you can control how fast sex propels her toward orgasm, all without anyone expending too much effort to get there.

STANDING

With most standing sex positions, at least one of you will require a fair amount of strength and/or stamina to execute it properly. Most that I came across were either ridiculously difficult or they didn't provide enough stimulation for the female partner to conceivably orgasm. That's why there are only a handful of positions in this section but all of them are great ones to try out and come highly recommended from my clients, fellow experts and readers alike.

THE DOOR IS AJAR

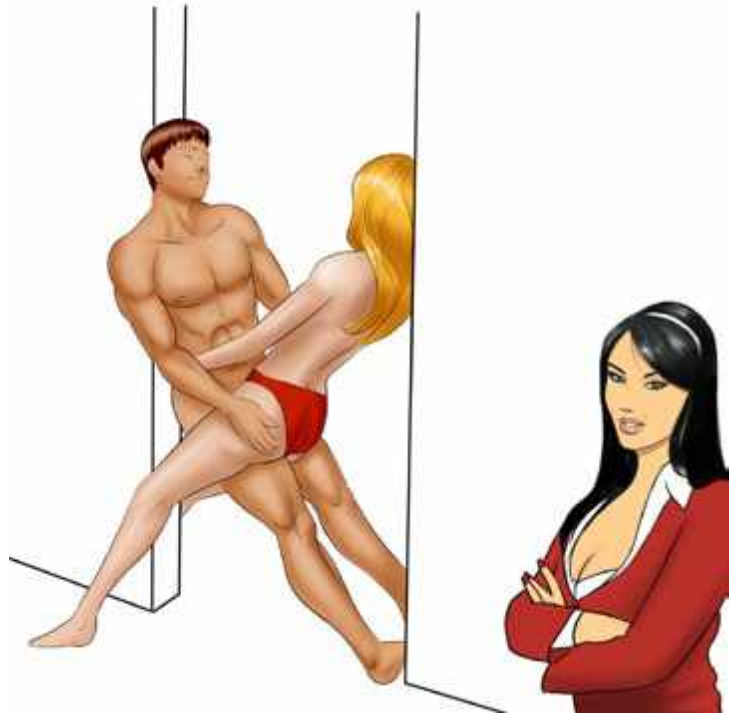
Have your lover stand with her back against a door jam and lean her head back. Stand upright and facing your partner, so that your legs are between hers and your back is against the other side of the door jam. In tandem, scoot your legs forward until your genitalia meet; you'll likely need to bend your legs, and she'll sit on them slightly. Enter her and grasp her bum firmly. Have her hold onto your shoulders or put her arms around your waist or neck if she's feeling off balance or wants some support. Have her push her back firmly against the door jam while you thrust up and push her back and forth along your pelvis. To get out of this position, as it's a bit trickier than the others, bend your knees until

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you're squatting down. When her legs reach the floor again she'll be able to hop off effortlessly.

CLIMAX CUE

This is a hard position to sustain for any length of time. If her legs come off the ground because of a significant height difference, you can make it easier on both of you by squatting down more. You can also have her bend one leg and drape it over one of your elbows, then lean to the opposite side slightly and put her foot on the ground. It will open her up more as well so you can penetrate even more deeply. Whatever you do, don't let on that the position is a difficult one for you. If it is, move on to another position after you give it your best shot for a short period before you try something else. The feeling of weightlessness is a huge turn on for most women, but knowing that you're struggling will bring her back into reality when all you want is for her to let go. If she wants to move around more, or feels like she's not getting enough clitoral or G-Spot stimulation, suggest she lean back even more and move her hips in a circle, grinding herself into you and rubbing around to find more G-Spot pleasure.



KNEELING FACE-TO-FACE

Face your partner and kneel on the floor together. Scoot forward so that you are extra close to one another. Place your opposing legs flat on the ground with your knee bent, and slowly inch forward until your privates touch. Lean forward to connect your penis to her vagina. To move, take turns lunging forward.

CLIMAX CUE

There are few better positions than this one to even out the odds between you. With this move, you are both in the exact same position, performing the same moves. Provided you are about the same height and



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are both doing the same amount of work, plus both your arms are free to roam and play, perhaps to tweak nipples, cuddle her clitoral head or pinch her buttocks. There won't be a lot of heave-ho in this position, but because you are so snug against one another, she'll get tons of clitoral stimulation grinding up against you, and even better eye contact to slide towards orgasm.

GET A LEG UP

Are you ready for this? Get your partner to do the splits mid-air, so that one leg is on the floor and the other is lifted as high toward the ceiling as it can go. Walk up to her and hold the outstretched foot, bending down slightly to enmesh your bodies. When you start having sex, you can use the one hand on her hip and the one on her leg as leverage to move. If her leg gets tired, have her bend it at the knee and lock it over your elbow instead for a rest.



CLIMAX CUE

She'll be off balance in this position, which isn't a bad thing if you want to catch her arousal off guard. Just make sure that she's supported well enough so she doesn't fall over, and she'll be able to enjoy the unusual angle and experience. Pull her close when you want to rub up against her clitoris, or ask her to finger herself if she'd prefer. Make sure your knees are bent to offer her enough clitoral and G-Spot stimulation, as you won't thrust terribly deep in this position.

EXOTIC

This is a collection of positions that will require some extra help. You may need a tor or prop, or the moves may simply require that one or both of you be particularly adventurous or limber before making an attempt. Still, these positions are wonderful additions to most couples' repertoire. Try to incorporate one or two every few weeks to keep things fresh and exciting – even if that means the two of you laughing together while trying to get into the pose. If it means buying a new toy, or finding something amazing that you want to use together on a regular basis, check out my personal [STORE JUST FOR COUPLES.COM](http://STORE.JUST.FOR.COUPLES.COM). These

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moves are sexercise at its best, so if you are looking for a workout that gets you sweating for all the right reasons, this is the chapter for you!

THE SWING

It is definitely easier to perform this manoeuvre if you have got a swing with a flat seat to it (like a tire or plank of wood), but if you want to be really adventurous, you'll get yourselves a [SWING JUST FOR SEX.COM](http://SWINGJUSTFORSEX.COM).

Have your wife lie back on the swing so that it is propping her up between her shoulder blades, with her back flat and her legs firmly planted on the ground, if she can reach. Her knees should be bent and wide enough apart for you to put yourself between them, and she can use her arms to prop herself up on the swing so she can get a better view of what's going on. Put your hands on her hips – or the swing – for leverage and to move her between your legs. Make sure she holds on tight, or at least stays strapped in if you are using a special sex swing.

CLIMAX CUE

If she props herself up, she will be able to control just how much clitoral stimulation she receives, and she can pull you towards her as well just using her legs if she so desires, controlling the tempo of your movement. It can be a bit tricky to get the rhythm right for this position to work, so have her keep her legs on the ground initially, if she can, just to get into a groove.

Also make sure that you stay in constant contact with her Mons Pubis, so that she can grind as she wants to and you can feel like you are reaching really deep inside of her, even if you are only moving with the movements of the swing. This move is easier to perform if the swing is around groin height; if it isn't, she can lower or raise her body accordingly and wrap her legs around your hips to get the right angle.

PLUG THE SOCKET

Have your partner lay on her back with her legs spread and knees bent. Get her to plant her feet and push her groin up so that her bum lifts off the bed. Lie yourself down sideways, perpendicular to her body, with your feet at her head and your head at her feet. Scoot yourself in between her legs, so that one leg fits under her hips, and the other lies over her mons pubis. Put your foot over by her shoulder and prop your heel up by the area to support yourself. Hold onto the leg closest to you, and get her to do the same.

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Bend your penis slightly to enter her, and start having sex by grinding and moving against each other slightly, or have her tilt her pelvis up, down and from side to side.

CLIMAX CUE

Make sure that you use your leg to really rub into her above her mons pubis, and encourage her to grind into you to do the same. By moving your hips forward and backward, you'll rub against her clitoral hood, shaft and head with extreme precision, giving her an overload of oh-so-good sensations. You may also have a long enough reach to get at her clitoral head to play with it, but it might be easier for her to touch herself instead while you work on keeping the swing steady. Make sure that you get really tight up against each other, so as to offer shorter, smaller spurts of penetration but lots of rubbing, twisting and humping, without pushing her right off the edge and onto the floor!



MAN SPIDER

You'll want to use the bed or some cushions on the floor to make this position work comfortably for you both. Have her lay down on her back, with her buttocks right at the end of the bed or cushions. She should bend her knees and rotate her hips so that her legs lift off their resting place and she is able to hold them up in the air, perpendicular to her body. Get yourself in push up position, so that your feet land by her head, your pelvic region aligns with hers and your hands or forearms rest on the ground. She will need to take the initiative to insert your penis into her vagina, as you will likely need both of your hands to prop yourself up high enough



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to stay level with the bed or cushions. If she rocks her hips back and forth to move, you can lift and lower your genitals to meet hers.

CLIMAX CUE

The unusual angle here helps connect you to your partner in ways she has probably never experienced, enhancing the sexual sensations for you both. For visually inclined women, this is also a highly recommended position because she'll get a great view of you penetrating her. The real magic with this position, though, is the possibility for friction: you can use your body weight to increase the pressure along her symphysis, and she can twist and turn her hips to ensure the exact angle of penetration, depth and rub that she requires.

MUTUAL WORKOUT

Lie down on the floor and elevate your body with your by propping yourself up on your forearms with your legs stretched out in front of you and your heels are on the ground. Your body should be straight like a plank from shoulders to feet with only your arms and heels making contact. Look at your body as your partner straddles your legs with her back to you, where she can then lean over to place her body in push up position, her legs wrapped tightly around yours. Have her move back until your genitals meet, and get her to push her pelvis down to connect with yours. Enter her in this position - you may need to both lie down in order to get yourselves enmeshed and then push back up again to get into position. Start having sex with either of you moving your hips up and down, or with your partner inching back and forth against your upper thighs and lower abdomen.

CLIMAX CUE

As the title of this position suggests, this one isn't for the faint of heart. Both of you will get a solid workout with any length of time spent focused on this pose, but it is so worth the view. Besides, she'll get some amazing friction rubbing along her clitoral hood, shaft and head — exactly what she needs for orgasm to occur — especially if she arches her lower back to push her lower mons pubis into your upper legs. Keep your legs straight and your hips taut to give her the biggest thrill. And heck, there's nothing wrong with the kind of sex that makes you both sexier, right? Get fit and have fun!



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REVERSE RIDE

Grab a strong, hard-backed chair without arms and ask your partner to sit down. Get her to move her bum forward so that it's right at the edge of the seat, and angle her head back so that her shoulders are propped up against the chair back. Her hands should hold her steady on the seat base, and her feet must be planted firmly on the ground. Straddle her with your feet on the seat of the chair, holding the back to stabilize yourself. Squat down until you reach her body, and have her tilt her hips up to meet your penis, pushing herself higher with her hands. She will need to insert your penis inside of her, and may need to flatten her back considerably to make it happen. Move by squatting up and down, or have her push your body up with her hips.



CLIMAX CUE

There is a tremendous amount of potential for pleasure in this position, provided you both have the strength to hold the pose for long enough to really get into it. Your hamstrings will offer her most of the pressure and rubbing needed around her mons pubis for orgasm, and the angle of penetration will firmly press up against her G-Spot too. You may not be able to sustain this for long, so it's likely a quickie-type position, or one that you use when she's already feeling an impending orgasm.

ROCK 'N ROLL

You'll want a sturdy, large rocking chair for this sex position. Sit down like you normally would on the comfy chair, with your legs on the ground and your buttocks up against the back of the seat. Now slide down so that your neck is propped up where your bum just was, and your back lies along the length of the seat of the chair. Place your legs wherever they are comfortable for now; soon you'll pull them up so your knees are closer to your chest.

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Get your lover to straddle you so that her legs are on opposite sides of your torso, and her feet are on the floor. You may need to lean the rocking chair forward for her feet to reach. Enter her, and lift your legs so she is snuggled close against you, trapped against your body. You want your feet off the ground and your knees pointing toward the ceiling, with your hips barely on the seat of the chair. Rock her back and forth using your legs as leverage like you would on a swing, or have her thrust and grind against you, pushing with her legs and the length of her body. If you feel sturdy on the chair, and you can reach, you can use your hands to hold your legs in tight and move them back and forth, while you are getting used to the workout!



CLIMAX CUE

There is a tremendous amount of friction and clitoral stimulation available to her in this position. Either one of you can determine the pace at which you let things progress. As long as you have some lower back support, this is a position you can continue playing with for extended periods of time. Make sure she uses her whole body to slide up and down yours, so that she gets enough clitoral hood and head action in order to orgasm. Don't forget to use the rocking chair as a tool as well for an added angle of movement and penetration.

ROCKER OVER

A rocking chair makes this position so much easier for you, but it can work just as well with any other sturdy surface. Your partner sits, slouching somewhat, with her head back against the back brace (or a wall) and her buttocks at the edge of the seat. Straddle her legs with your back to her torso. Lean forward until your arms are on the ground, using your forearms to hold yourself up in a semi-push up position. Your legs should automatically lift in turn, so that they bend at the knee. Your feet should either rest on the top of the chair, or on your partner's shoulders. To enter her, both of you will need to move your hips somewhat and use your hands to put your penis inside of her. It might be easier if she lifts her hips to straighten out her back before trying. Settle into each other once you're connected, and start moving by using your forearms and legs to push and her hips to thrust.

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CLIMAX CUE

You offer a lot of pressure to her mons pubis and clitoral network with this position, as well as some unique G-Spot stimulation because of the angle of entry. Capitulate on these positive aspects by getting her to lift her genitals to meet yours, asking her to play around a bit until she finds the perfect spot. Grind against her by pressing down into her body, and make sure to use your whole body instead of just your penis. Because your head is below your heart, the blood will pool somewhat in your genitals, allowing you to last longer than you normally would. If it isn't too hard on your arms and doesn't get you light-headed, this is an excellent position for longer-term pleasure, especially since the rocking movement helps reduce pressure on any one body part. Stay in motion constantly, and you'll rock her world.



DIPPITY DO

If you missed this week's upper body workout at the gym, these tricep dip positions will more than make up for it. Grab a sturdy low chair, stool, or ottoman and place it near the couch to get started, then sit on the middle of the couch like you would any normal day of the week.

Scoot your bum forward so that your arms are the only thing holding you up from the couch – as if you were doing a triceps dip – and place your feet together with knees slightly bent on the low stool in front of you. Your partner stands over you with her legs around yours and squats down for you to enter her. If there

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are height issues, she can squat further down until you meet. Movement occurs when either you perform a triceps dip or she raises and squats down on your member – or both.

CLIMAX CUE

Because your hips are angled in this position and she's able to squat down and move as quickly or as slowly as she needs to, there's a lot of orgasmic possibility wrapped up in this little number. G-Spot stimulation comes naturally and she can grind her clitoris up against you too. The only thing stopping either of you from enjoying this position full tilt is the difficulty for those without the upper body strength. Perhaps then use the position to get the feel and angle right, then move the ottoman underneath your hips so that you're still angled properly, but you've got some support so your arms don't give out from a lengthy go-around. Put some pillows under your feet to ensure they are still raised, and you'll offer a pretty close position substitute.

DIPPITY DO TWO

Similar to the previous position, a variant really, this move offers a tremendous amount of control to the 'dipper', but requires extensive arm, shoulder and back strength to execute.

Lie down perpendicular to two sturdy objects, such as an ottoman and a couch. Put a pillow under your hips if you want extra leverage and support. Your partner can then lie across your body with your genitals touching, feet on the ottoman and arms on the couch as if she were doing a triceps dip. Help her to get her body into the right position to put your penis inside of her, since she'll need both her arms to move about and keep sturdy. Take some of the work off your partner by thrusting upwards, or lie back and let her exhaust herself on top of you. If her arms get tired too quickly, lie down on the ottoman and use the pillows for her feet to simulate a similar, but much easier position.



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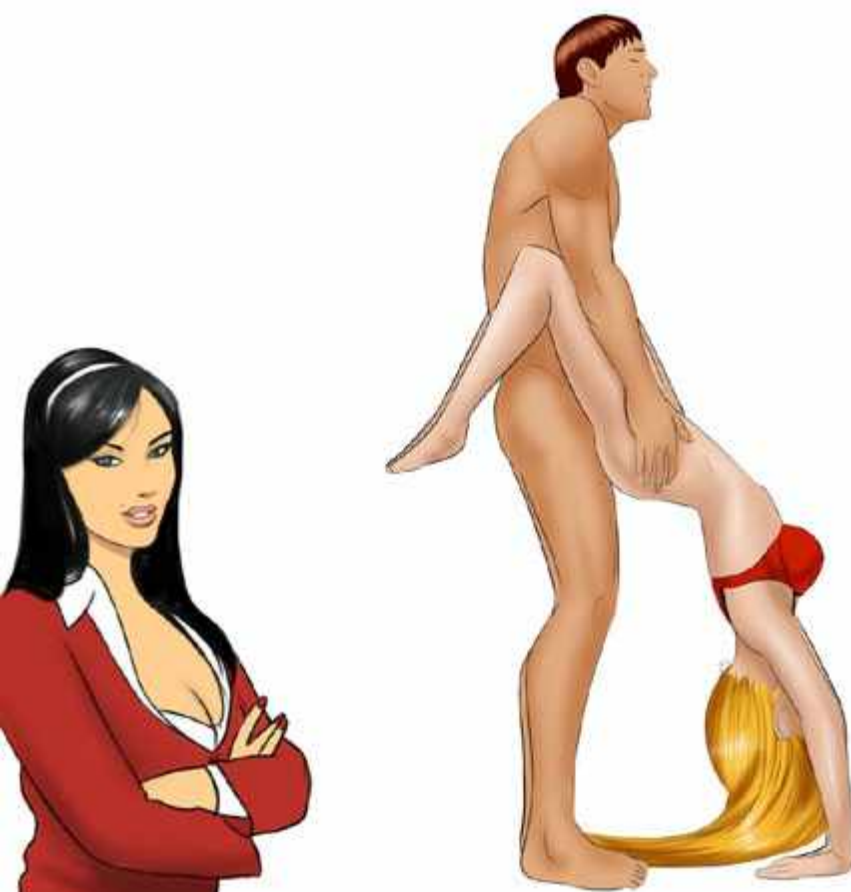
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CLIMAX CUE

Even the strongest of women will have a hard time getting to orgasm in this position. Still, it's a novel angle that few will experience otherwise, and there's something uber-sexy about lowering oneself down onto an unseen phallus. Try it when she's already highly aroused, or when she missed a workout and wants to make it up via double duty. With her legs held tightly together, she'll feel every inch of your member, and she can alter the angle of penetration easily with just a flick of her hips. Add a cock ring vibrator for extra thrills, or reach over and play with her clitoral head to see if the movement helps get her closer to peaking.

THE HEAD RUSH

While standing, have your partner straddle your hips and wrap her legs around you. Look at each other eye-to-eye, and hold her hips firmly while you enter her. Then slowly get her to arch her back and lean away from you. Your hands should provide the pivot point for her hips, giving her all the support she needs to slowly lean backward until her hands reach the floor. Don't let go!



CLIMAX CUE

This isn't a position for the faint of heart, but it offers some amazing perks for both of you. You've got an incredible view of the length of her body and your united genitals, and she's got all the blood rushing to her head with G-Spot stimulation like no other. Depending on her flexibility, you may be able to thrust a fair amount in this position, but don't expect her to hold it for any length of time. Try moving into this position when she's just about to climax, and slowly push and pull her off your penis to watch the fireworks start. If you have a hard time getting into position from standing, try lifting her up from a kneeling position with her hands supporting both her head and shoulders, so they don't get banged around when you make the transition to standing.

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COMFY COZY



Sit up with your legs straight while your partner lowers herself, facing you, onto your penis. Ask her to bend her knees so that her legs are tucked underneath and her ankles meet your hips, then sit up partially and hug her, slowly bending forward. As you move toward her she will naturally move back, arching her spine slowly so that her back rests comfortably on your legs. Open up her chest even more to allow you breast access by putting her hands on your ankles and her elbows out to the side. Move by pulling her with your arms onto your penis, or bouncing slightly with your hips.

CLIMAX CUE

She is wide open and vulnerable in this position, while you act as the protector. Nurture her by showering her with kisses and telling her how amazing she looks impaled on your love-spear and you'll get her even closer to orgasm. Slow and sensual is this position's game, and the more you arch her back with your arms behind her, the more G-Spot action she'll receive, along with plenty of clitoral coaxing.

THE CREEPING SPIDER

A challenging but intriguing position that plays on a man's core strength and a woman's sense of play, this move starts with you lying flat on your back and pressing your shoulders into the ground, arms at your side. Bend your knees as much as you can and place your feet firm and flat on the ground. Your partner should then squat down on top of you with her feet planted strong as well. Enter her while raising your hips off the ground so that you are in a straight plank position. Your lover should still be squatting on your manhood. Once



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you find your balance, lift one leg so the ball of your foot faces the ceiling, and get your partner to hold onto it like she's driving a stick shift. Movement occurs when she subtly bounces on you, with the tension and pressure flexing back from your hips, thighs and core.

CLIMAX CUE

If you can get the hang of it, this is a deeply penetrating position, and one that offers a lot of leverage for your woman to really grind into. It will be a lot easier for you if you keep your spine as straight as possible, and bounce only slightly during sex. She can hold onto your leg for balance, and grind herself into you as she feels necessary to get off. The lady is definitely in control here, so let her show you what works.

CHOKER

In my opinion, this is one of the most unusual positions I've found. I hadn't heard of it before researching positions for this series, but as soon as I saw it I immediately had to try it – and with great results, believe me! Still, it's a bit tricky to get into position correctly and then to find a rhythm that works well for both of you, but well worth the added time and manoeuvrings.

Sit down with your legs slightly bent and ask your partner to straddle your hips, facing away from you. Slide into her, pushing her forward onto your knees if need be. Have her pull her arms back and hold onto your shoulders or the back of your neck, whichever is more comfortable. She may need your help to get her arms back far enough, while leaning further forward to reach. Get her to lift her feet at the knees so you can hold onto them for leverage, and you are in position! Move with her pulling on the back of your neck while you raise and lower your thighs, or have her push against your hands with her feet. It will be a subtle movement, but highly effective if she's positioned correctly.



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CLIMAX CUE

You are at a prime angle for deep penetration, G-Spot stimulation and symphysis friction: all three in one position is rare. Moving your legs will allow her different angles for clitoral head pressure, so play around to see what direction she likes most. Giving her the ability to do most of the movement might tire her out, but she'll get to choose the tempo and speed with which you copulate. If she needs a break, she can lean forward and put her hands on the ground instead, which may give her enough balance and strength to release.

COMFY CORNER

Place a chair without arms perpendicular to the edge of a bed. Lie down so that your waist is at the edge of the bed and your calves and feet lie comfortably on the chair. Tilt your body to one side and lift a knee high along your body so that it faces the ceiling. Bend your lower leg so that calf and foot are flat on their side on the chair. Your hips and upper legs should lie free of the bed and chair, suspended in air. Have your partner straddle one of your hips and the leg that sits on the chair, facing away from you. Both her legs should bend slightly so that her feet are on the floor, or prop up against the bottom of the bed with only her toes flat on the ground. Put your penis inside her. Lean her forward so that she's lying along the leg on the chair, with one breast on either side of your leg. Use her arms above her head as a pillow and to prop herself up so her back remains straight. Get her to push herself back and forth against your groin and watch her pleasure herself with your body.

CLIMAX CUE

An excellent, relaxing position for both of you to get exactly what you want: she gets tons of stimulation between her legs and there is a great view available for you. If the bed and chair are positioned close enough to one another, you should be able to sustain



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sex for an extended period of time. Moving the leg she's draped over will help her grind against you, and may even enable her to find a sweet spot for clitoral and symphysis stimulation. Use this when both of you are tired and want a slow, comforting session together, or when she's perfected her pelvic thrusting technique and wants to try it out for a mind-blowing release.

SITTING PRETTY

Have your partner lie down on her stomach with a pillow wedged firmly under her hips. Get her to prop her upper body up with her forearms so she's looking forward comfortably and only her breasts remain on the floor. Walk up behind her and sit down so that your bums touch. Straddle her body with your legs, your feet up against her elbows. Use your hands to put your penis inside her; she may need to move forward somewhat to angle her buttocks back and up for you to fit. Once you've penetrated, lean back and put your hands on the floor, outside of her feet, and push your backside up against hers snugly. Move by rocking your body slightly and very slowly back and forth, thrusting from both your arms and feet; if you don't go slow and gentle, you'll likely fall out. She can help by arching her back and using her forearms to push back against you, and by opening her legs slightly so that her mons pubis gets some contact friction from the pillow.

CLIMAX CUE

Because you can't take advantage of any symphysis in this sex position, you'll want to use your hips to push her down into the pillow to creating a similar sensation to pelvic thrusting. Keep your penetration deep, yet your movements shallow, and you'll play with her G-Spot and the most sensitive parts of her vaginal opening nicely. Tilting her pelvis will help with both penetration and arousal foreplay for her. Lying on a waterbed or soft, bouncy bed will add to the thrill.



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HEADS UP

Place a comfortable rocking chair with a padded seat in the middle of a room. Get your partner to lie down on the chair with her legs and feet on the seat and her arms on the floor. She should look like she is doing a push up, but her hips will be square against the seat and her knees tucked into the back of the chair. Her feet should point up. Come up behind your partner and straddle her, so that your legs are on either side of hers, and your arms brace hers. You are basically doing a push up behind your partner, or better yet, you are doing her doggy while perched on a rocking chair! You will need to lean on her to put your penis inside her, but once everything fits, you can both easily rock your feet or push against your hands to move back and forth in motion with the chair.



CLIMAX CUE

Unless both of you have amazing upper body strength, you won't be in this position for long. Take advantage of the unusual rocking motion and angle accordingly by ensuring her mons pubis pushes up firmly against the edge of the seat, and that you are fully and deeply inside of her while you rock. You can get a good rhythm going here, depending on the rocking chair, and if she is already well into the pre-orgasm phase, she may well climax using the chair as another tool for friction.

HOLD EM UP

You will both need a bit of support for this position to work well, so grab a higher-than-normal chair and bring it close to the bed.

Lie back with your hips at the edge of the bed. Place your feet on the mattress with your knees facing the ceiling, and make sure you are exceptionally aroused and hard – a cock ring will do the trick. Have your partner walk up to you between your legs as close as she

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can get, then move the chair so that it's only a few inches behind her bum. Ask her to lift both your legs by the ankles (or calves, whichever is easiest) and enter her. You may need to scoot forward somewhat so that your hips are past the edge of the bed for her to get the right angle, and you'll want to use your hands to help. Put your feet on the chair behind her to brace yourself, and push your hips towards the ceiling so that your back is flat and your shoulders are flush on the bed. She's the aggressor in this position, doing most of the work by herself, so help her out a bit by flexing your butt muscles and slightly arching your back for extra spark.



CLIMAX CUE

This is an excellent G-Spot position, because your penis is bent back somewhat and pushing up right against her most sensitive inner areas. She controls the movement, which won't be very forceful, but oftentimes is the very subtle key to a woman's release. The more you flex and release your buttocks, the more G-Spot and clitoral stimulation she'll receive, fuelling her on to a more frenzied flight of fancy. Stay strong and try to keep most of your weight on your shoulders and feet so that she doesn't have to focus on holding you. With a little bit of help, she should find bliss in no time.

HEADSTAND

Ask your partner to lie flat on her back on a firm surface; the bed won't do for this position as it won't give her neck the support it needs. Ask her to kick her legs up so they point toward the ceiling, while she supports her lower back with her hands. Get her to push her hips up so that the only thing touching the floor are the backs of her arms (with her hands supporting her lower back), shoulders, neck and head. She may need a bit of help to steady herself, or may want a minute to figure out her balance on her own. Yoga fiends may recognize this as a "pre-headstand" move, so it is definitely something requiring some flexibility.

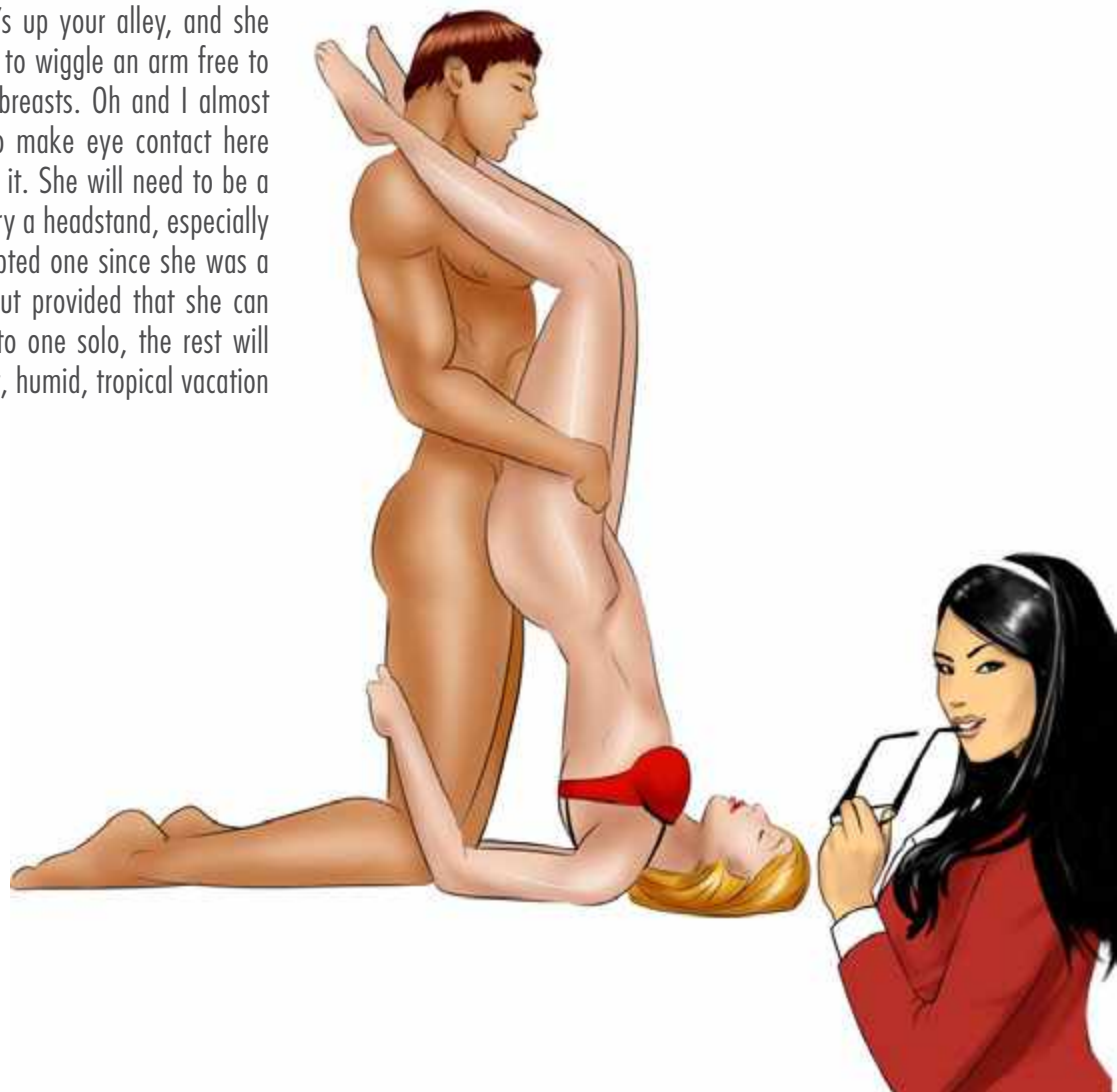
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Once she's feeling good about her position, walk and squat (or kneel down) at your partner's back. As you touch, keep your spine erect while she leans her lower body (legs and hips) toward you. Hold onto her legs and manoeuvre her close so that your genitalia touch, and insert yourself into her. If she's having trouble staying balanced, get her to hold onto your thighs for support. Thrust into her using your hips and arms as leverage.

CLIMAX CUE

I think the question with this position isn't how to get your partner to orgasm but rather, how to stop her! There is a tremendous amount of opportunity here for bliss: she is upside down so will get a serious head rush, she is supported well so she won't get terribly tired quickly, your hands are free to play with her love button, your penis hits her G-Spot smack where it needs to, plus you are providing lots of pressure because of the angle, you could even nibble on her feet or toes if that's up your alley, and she might even be able to wiggle an arm free to play with her own breasts. Oh and I almost forgot - it's easy to make eye contact here too, so don't forget it. She will need to be a bit adventurous to try a headstand, especially if she hasn't attempted one since she was a kid in gym class, but provided that she can kick her way up into one solo, the rest will be a breeze — a hot, humid, tropical vacation of a breeze.





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BY GABRIELLE MOORE

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Orgasms!

Troubled Waters: Q&A

On the clock

*Rubbing Her the
Wrong Way*

*Uncharted
Waters*

*Does she Fake it
'Till she Makes
it?*

Come again?

*Aftercare for
Him & Her*

When Love Hurts

Bad Vibes

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ON THE CLOCK

The amount of time that it takes for a woman to reach orgasm from masturbation, sex or cunnilingus depends on her individual physiology, her emotional and mental state as she gets aroused, and of course the state of her companion, if she has one. The only thing only marker you really have on any timeline is based on how long it normally takes whenever the two of you have had sex in the past. But what if it's been ages since the last time you had sex, or if she has yet been able to orgasm during intercourse?

There are some ladies who take a long while to get where they need to be before experiencing orgasm. With such a vast number of factors involved in the process, it is a delicate juggle that may or may not line up on any given night. Some women, however, have the self-knowledge, experience, confidence and wherewithal to find their bliss in record time. Maybe she can elicit what she needs from her body just by thinking sexy thoughts, or maybe she has a partner that really knows how to get her motor running. Maybe, just maybe, your wife is one of the rare few who barely need any assistance at all! These are the women that the rest of us envy.

Many factors affect a woman's ability to orgasm, such as her mindset, where she is in her menstrual cycle, any positive or negative sexual experiences she may have experienced in the past, where and how she spent her day, how much stress she's under, even the things she has eaten or ingested including food, water, drugs, alcohol and/or medications. Some of these things will affect her positively - fond memories from a smell or a touch can send her right into sexy space, or small amounts of booze might help her to loosen up when she's feeling anxious. Others, like fatty foods, excess alcohol and many prescription medications, will only serve to dampen her sexual fire.

Ask your lady if she masturbates and experiences orgasm on her own. If she does, she's likely to orgasm during sexual intercourse far more easily than her non-masturbatory counterparts. Don't bother asking her how long she takes as an indicator of how long it'll take while you're inside of her though; like you when you touch your

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own cock, she knows her body so well that masturbation will get her to climax consistently much faster than any other method.

What will help to move things along is extended foreplay before penetrative intercourse – fingering and oral sex are sure to get her nice and warm before penetration. You'll get her that much further along the path to climax this way, so that her juices are revved and ready to go when you make the transition from foreplay to intercourse. Ask her to show you what she does on her own, or what angles, pressure and rhythm she really enjoys. If you can get to know what gets her off solo, you'll be that much closer to learning what really makes her tick.

All of this information doesn't truly answer the question though, does it? I'm not avoiding it, I promise. I just want to ensure that you understand all of the factors involved before you start checking the clock and timing your lover's orgasmic process. In a nutshell, most women take anywhere from ten to thirty minutes to achieve orgasm during penetrative sex. That time frame doesn't include foreplay or aftercare, but rather direct clitoral head stimulation or G-Spot play during intercourse.

RUBBING HER THE WRONG WAY

Lubricant is every couple's best friend. To avoid chafing, raw bits or sore spots, make sure to have lubricant on hand at all times during your sex position explorations.

If you know that you're doing to be down there for a long while, avoid the chafing issues (both on her bits and yours) by using some lube. Make it even more pleasurable by trying out different kinds of lubes. Silicone, water and oil all have a different feel to them, and if you are looking to add some extra excitement, try something flavoured, warming or icy! Make sure to ask her a few days after if she liked it, because some flavoured lubes have so much sugar in them that it can affect the delicate balance of her nether regions negatively, causing yeast infections. A little bit of yogurt can clear that right up.

NEVER SAY NEVER



Question:

"In the three months that my girlfriend and I have been having sex, she hasn't had an orgasm. She hasn't with any of her other two boyfriends before me either. I don't understand why. She's rarely in the mood and doesn't seem that into sex, but wants to have sex with me because

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she loves me. To her, an orgasm isn't important; it's that she feels close to me. Yet I feel like less of a man because I can't make her cum, and she doesn't seem to want to do anything about it. I've suggested she make an appointment with a gynaecologist, but she hasn't yet. Whenever I do mention getting medical help, she tells me that she'll probably have an orgasm during sex one day, but the situation hasn't been right yet. What can I do to make that situation happen?"

Answer: Your partner has already given you the clues you need to crack this mystery. Every woman is capable of orgasm. Your wife just hasn't found the right situation yet.

If you read through this entire eBook, you'll know that a woman need a lot of stimulation, more than just her physical body in order to orgasm. She needs a lot of time, affection and mood enhancers too. It's a complex dance, but not an impossible one to learn and master.



To get your gal to the place where she feels safe and secure to experience orgasm, where her body can do nothing but release, you are going to have to woo her. Really, truly put her up on a pedestal and treat her like the goddess that she is. When she feels like she is desired and adored, she will open up like a flower for you.

To get into this mindset, you might just need a slight attitude adjustment. Instead of asking what's wrong with your partner, why she can't orgasm, why she's not reacting the way you expect her to, you need to start asking how you can change your tactic, what you can do to make a difference. Tell her how much you love her, that you find her so stunningly beautiful. Tell her how badly you want to jump her! When she's not in the mood or stressed out, share her load and help her finish whatever it is she needs to get done in order to relax. Think about wooing her as a long-term process, one that continues with each moment you spend with her.

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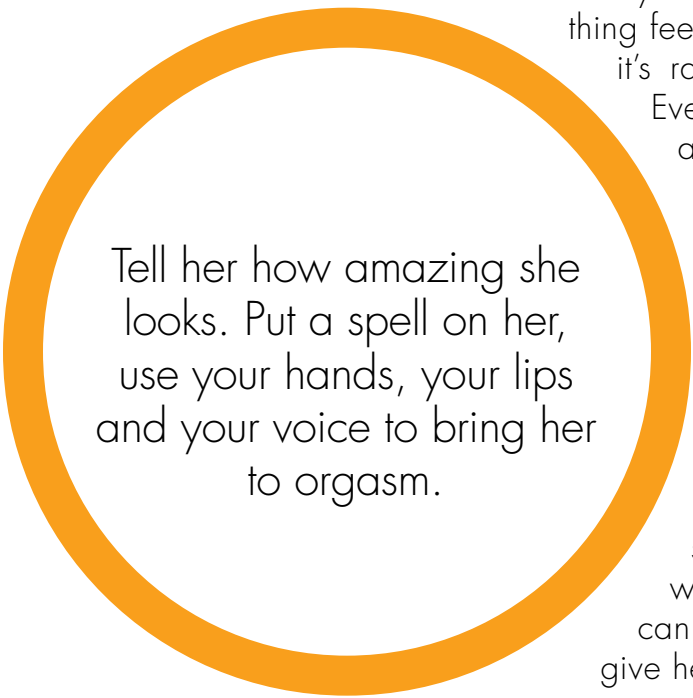
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When you really want to have sex, start the foreplay phase with soft caresses, whispered sweet nothings, and lots of physical and emotional appreciation. Ask her to tell you what she likes and dislikes. Avoid touching her genital area completely at first, until she starts to exhibit some of the physical signs of arousal - the kinds that she can't control or hide. Once her skin flushes, her eyes dilate, she starts to squirm and get breathless, then it's time for you to move on to the heavy petting.

Get her into a comfortable position and try fingering her for a little while – check out my eBook “My Naughty Fingers” for all the instruction you'll need. She might need lubricant, so make sure that you warm it in your hand first before placing it on her body. You don't want to shock her out of the dreamy, romantic feel that you've worked so hard to cultivate.

Play with her a bit. Explore her clitoral head, frenulum, front commissure and vaginal opening. Touch her breasts, nibble her neck, kiss her everywhere, and tell her how amazing she looks. Put a spell on her, use your hands, your lips and your voice to bring her to orgasm.

When she begins to show the signs of her climax phase and is closing in on orgasm, then it is time to enter her. Choose a position where she has a lot of the control, so she can decide how fast or slow things move, how deep or shallow you penetrate. Go gently, and watch her face constantly to see how she is feeling and how close she is to reaching orgasm. Don't ask her the tacky “Are you there yet?”, but do try to be vocal – tell her how much fun you are having, ask her to describe how good something feels. Don't worry if she doesn't get there, because it's rather unlikely during your first concerted effort. Eventually, she'll find her peak... and you can have a whole lot of fun trying!



Tell her how amazing she looks. Put a spell on her, use your hands, your lips and your voice to bring her to orgasm.

It may take her more than twenty minutes of direct clitoral hood stimulation for her to orgasm, so try your best to hold out for your own climax as long as possible. If you try this tactic a few times over and she still doesn't orgasm after an hour or more of stimulation, read through this eBook again. Review the positions that offer the most G-Spot or clitoral stimulation, and attempt a lovemaking session with a few of those. Work on your fitness, so you can contort yourself into the more difficult positions to give her something totally surprising to work with.

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Be kind and respectful if she still doesn't come, knowing that she will still enjoy the experience of being close to you. You can also ask her to show you how she pleases herself, if she's able to orgasm solo. If she can come alone, the problem is probably a matter of her not getting the right kind of stimulation with you. Try to recreate similar situations that mimic her private orgasms and you will slowly find a way to do it during sex, too.

I would also recommend reading a few books about female orgasm to help both of you understand what you're up against, along with ideas on how to get her climaxing. Lonnie G. Barbach's "For Yourself" and Betty Dobson's "Sex for One" are both oldies but goodies, and can easily be found in most libraries or at used book stores.

If after a few weeks she still isn't able to orgasm with you, or if she's told you that she has never had an orgasm on her own, it's time to make an appointment with her gynaecologist. Ask her kindly, and offer to go with her if she balks. Think about how difficult it would be for her to ask of you the same thing, and then tune into what's going on in her head. If you can make this kind of effort for your partner, she'll be forever in your debt as the 'first guy who made her cum'.

DOES SHE FAKE IT 'TILL SHE MAKES IT?

If you aren't sure what to look for, it can be difficult to tell if a woman is truly experiencing an orgasm, or if she's faking it to protect your ego. Pornographic films may have altered what you believe to be orgasms with overproduced and overacted Hollywood production values meant for entertainment. With that in mind, here are a few markers to look for that will help you determine whether or not she's reaching climax or falling flat.

THE NOISE

A woman who fakes orgasms will likely seem really loud, louder than a woman who truly experiences one. That isn't to say that some women aren't loud when they are in the throes of passion, but most can't control how loud they are, or aren't. Normal behaviour during climax for a woman is a voice that is panting, barely comprehensible, or stuttering. If you can clearly make out what she's saying, if she seems particularly lucid, or if she's yelling louder than her normal speaking voice, it's a good bet that she's faking it.

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THE RHYTHM

During orgasm, certain parts of a woman's body contract at a rate of approximately once per 0.8 seconds. Although some women can fake contractions by clenching their vaginal muscles, there's no way to do so rhythmically and at that pace over the period of a several seconds to a minute. You can't miss the feeling of her body tightening all around you.

THE FLUSH

Almost impossible to recreate all on her own, women close to or in the middle of an orgasm will show marked flushing of the skin, especially around their chest, face and breasts. Her body will get warmer, her labia lips and vagina will fill with blood and turn a darker shade of pink or even purple. Her nipples might harden and become even more sensitive, but the real proof is the "pretty in pink" she puts on.



THE DILATION

When aroused or excited, both men and women's pupils dilate so profoundly that they take over much of the iris. There are many reasons why this happens, such as a dimly lit room, but if the blacks of her eyes get larger and you see the other markers of orgasm, it's a pretty safe bet she's getting close. If her eyes are wide open and her pupils are small, it's unlikely that she's closing in on climax.

THE CONTRACTION

Many men and women make weird faces when they orgasm, and this is because the muscles in the body contract and clench with the necessary tension build-up, which as we've already discussed is needed to achieve orgasm. Look for her toes curling, her thighs pulling you into her, strange faces, finger and arm contortions, or any other kind of

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muscle spasms or clenching that she wouldn't even think of making in any other circumstances. Basically, an orgasm isn't a pretty thing for most people, so if it looks Hollywood-hot, it's probably not.

COME AGAIN?

Multiple orgasms are tricky territory and may be hard just to bring up in conversation, if only because many women don't even know they are possible! If she is already struggling to reach orgasm regularly, so might not want the additional pressure of trying to orgasm over and over again. There are several ways to assist your partner with finding her path to multiples, as all women have the capacity, but only if she is prepared and has opened her mind to the idea. It's all just a matter of creating the perfect storm.

FOLLOWING HER FIRST

Once she has experienced her first orgasm, you want to ensure she remains aroused. Cuddle, coo, snuggle and tell your lover how much you appreciate her, all while slowly and gently stimulating her clitoral head and hood. If she is too sensitive, pull back to her labia, her mons or even her inner thighs. Basically, whatever pressure, rhythm and position you were in prior to her orgasm, you want to continue along those lines but more gently and with less force. Focus on the romance for a bit instead of the orgasm, and allow her a bit of a breather. Just don't stop touching her for more than a few seconds at a time, or her cool-off period will begin.

Once her breathing starts slowing back to normal (but before it gets all the way there), start with a bit more pressure along her mons pubis. If need be, shift into another position that offers strong symphysis and/or G-Spot stimulation. If you can, put your hand over her mons pubis and feel around for the clitoral shaft, making sure she is getting the proper angle for lots of rubbing and friction.

Move your body further up hers if you are in a sex position facing her, so that you can help her rise toward climax again. If she pushes you away or says she's too sensitive, take things back a few notches but don't stop entirely. Focus on other parts of her body that arouse her until she starts to move of her own accord, rubbing against you in search of more stimulation. When her hips thrust and her breathing quickens, you can start playing with her mons pubis and pressing up against her pubic bone. Her second orgasm should

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occur in less time than it took the first, only because her body didn't regress all the way back to the non-aroused state before beginning her next ascent to climax.

AFTERCARE FOR HIM & HER

After orgasm, several hormones flood the bloodstream. One of them, called oxytocin, offers a variety of perks, such a nearly uncontrollable desire to bond, cuddle and relax. Woman's bodies also produce this hormone when breastfeeding, so as to bond with their infants after birth. Men experience this hormonal rush, but it affects them differently because of their basic sexual physiology and brain chemistry. In a nutshell, because men need a longer period of time to rest after sex in order to start again, their bodies tell them they are done and it's time to drift off into sleepy land. Sperm production is hard work and men need to top up the reservoir every single time! Women already have all the genetic material their bodies need to breed the day when they are born, so while they take a much longer time to get back to normal, they are inclined to try and get closer after sex to see if they can take advantage of their heightened arousal and go for another round.

Knowing this innate difference between the sexes helps to deal with this issue tremendously: if you know that you are likely to pass out in the glow of your orgasmic bliss, it is in your best interest to orgasm well after your partner, and potentially after giving her several orgasms. Once she has had her fill, try a slow, languid position like the side-to-side, where she can feel cradled and held in your arms while you stimulate yourself to orgasm inside her. You can hold her close and drift off gently into sleep still lying still in this position while she relaxes, comes down and joins you in dreamland.

WHEN LOVE HURTS

For the woman that finds sex painful, it can be rare to find a position or angle that will help her orgasm with any kind of ease. If she has had this issue for any length of time, she has already associated intercourse with pain in her mind, so overcoming this can be incredibly difficult. There are a handful

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of reasons why a woman might find sex painful or uncomfortable, but only a doctor can decide what the underlying symptoms might be.

FIRST TIMERS

Although it's nothing more than a myth that sex always hurts the first time, for some women, especially if she has never used a sex toy or tampon, it can be very overwhelming. She may have a particularly firm hymen, or she may not be adequately aroused and lubricated to ensure safe penis passage. Some women also clench up during their first few sexual encounters because they aren't body-aware and are nervous, or anticipating some form of pain. Go slowly, but if you cannot enter her one finger without serious discomfort, it's time to visit her doctor.



A FUNNY FEELING

For many women, sex is more than just a penis entering her vagina. It is a full-body experience, and one that she takes very seriously. If she's not feeling into it, if you've recently had a fight or are otherwise emotionally disconnected from one another, it could be incredibly difficult to make sex work at all, let alone getting her to let go and release. Take some time to woo your lover again with bubble baths, massages, lots of kissing and foreplay, and try out one of the more intimate, face-to-face positions in this eBook as a starting point. Once she's feeling comfortable with you, this too shall pass.

LACK OF LUBRICATION

A woman who has just given birth, or one who is over the age of 40 will likely need a bottle of lubricant nearby during most sexual encounters, but there are a lot of other factors that could inhibit a woman's ability to get moist. Make sure she's really excited, because for most women that is the only reason that keeps her from getting slippery. If you are both sure she's adequately aroused, grab some water-based lube for all-round, long lasting use. Warm it up with your hands first so it doesn't surprise her, then lovingly massage her labia and vaginal opening with a little drop before entering her.

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PATIENCE, DARLING

Yes, some women can orgasm quickly during intercourse, but this kind of quick release is a learned skill that she has to perfect over an extended period of time. For most women, getting to orgasm will take at least twenty minutes, but could be even closer to the forty minute mark with foreplay and fingering, especially if she hasn't reached climax during sex before, or is still learning to make it there consistently. Take your time when seducing your partner and really enjoy the experience for as long as you can. You don't need to clock-watch - just chill out and take your time. Rushing her will only increase her anxiety about reaching the mark, and you'll be defeated before you've even begun.

ALLERGIES OR MEDICATIONS

The special spots between a woman's legs are highly sensitive, and for some women, prone to rashes or irritation. If she is complaining before sex that she's not feeling 100% 'down there', take the time to investigate and ask questions. Has she used any new products lately, such as a douche or laundry soap? Have you changed brands of condoms or lube? Did she get sunburned, has her personal sexual activity changed? Have you been playing with food or other strange insertions? Any of these things can impair her comfort and ability to climax. If after a week or so of waiting for things to heal or clear up after changing products or habits, a trip to her doctor is the next step.

IRREGULARITY

No, I don't mean her behaviour in this case, but rather how things are flowing 'down there'. When her body is backed up or her cycle is strange, she may struggle with feeling sexy, or worry that she'll have to run to the bathroom in the middle of a session. She might not have the body-comfort necessary to share this kind of information with you, so you may just need to wait a day or two if you think this could be an issue, and see if it works itself out.

A JADED PAST

When a woman has been sexually abused or treated poorly in any past sexual relationship, it will affect your relationship with her, no questions asked. If she is willing to talk about it with you, listen carefully to determine what bothers her most. You need to determine

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her triggers and avoid situations that might remind her of the past. If past abuse holds her up sexually, suggest the two of you go to professional help together so that she can move passed her past, and you can learn how to please her in new and exciting ways.

CALL THE DOCTOR

There are a few instances where a medical problem comes in between you and your partner's personal enjoyment. For women who find sex extremely painful during insertion, it might be necessary to visit a doctor and rule out Vaginismus. It is a relatively rare condition, but there are options for treatment. Take a trip with her to her gynaecologist, or even her G.P. If you would like to learn more about Vaginismus, show an interest and participate in the process, so you can find out what you can do to help her scream in ecstasy instead of pain.

BAD VIBES

You have almost certainly experienced a situation in your life when you had too much of a good thing – masturbation, pornography, alcohol, even a good meal can be too much when we overindulge. If we become accustomed with this kind of excess, especially with something so personal as an orgasm, it can be a challenge to let go of what works in order try something new. If something amazing doesn't come immediately from going out on a limb, it might be easy to regress back to overindulgence.

If your partner has acclimatized her body to the sensations of a vibrator, it may take some getting used to when trying to have her orgasm during sex alone. She knows what gets her off and the vibrator probably does it faster and more easily than anything else, so don't jump the gun and throw it away. Going cold turkey is not the answer – try bringing the vibe to bed with you to add that little extra umph during penetrative sex. If you can teach her body to come with you inside her, eventually you'll be able to leave the vibe on the nightstand and focus on the friction. There are some positions that do provide a tremendous amount of friction and stimulation during intercourse. Find the ones that I've marked as such and gravitate towards them for a while and see what happens.



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*The introduction
Extra Spicy*

A Trip to Toyland

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We use electrical devices constantly in our day to day lives. An alarm wakes us up in the morning, lights brighten our walk to the bathroom, an electric toothbrush sits on the counter, and then we make coffee, grabbing a quick bite from the fridge before heading off to work by car. We groove to the radio, ride the elevator, answered the phone... With electrical components assisting with almost every single daily task, why wouldn't we use them for sexual enhancement too?

Some people feel strongly that vibrators aren't something to bring into their sex life for a variety of reasons: it's "not natural" it creates "lazy orgasms", women become dependent on the vibrator to achieve orgasm. In reality, most men are just afraid their wife's vibrator will replace their penis.

At some point, we all decide what's "natural" and "right". and what isn't, when it comes to our personal sex lives – but those decisions and opinions can change. Maybe you've already altered your viewpoint somewhat just from reading this eBook. The point of the matter is, only you and your partner can decide what works and what feels right for your relationship, and no one else. There are a great many things that can help a woman achieve orgasm during intercourse, and vibrators are just one of the options.

THE INTRODUCTION

When you and your partner first started dating, if your first introduction to her bedroom brought you face to face with a bed full of stuffed dolls, your first reaction might have been to run. Women have a similar reaction when men whip out their sexual implements; including toys, lube or specialized condoms. If you haven't already shared your collection, make sure to follow these simple rules of etiquette first.

SHOW YOUR CARDS

When things get hot and heavy and you reach for the drawer next to your bed, you may encounter some resistance. Why? If you've got a treasure trove of lubes, condoms, toys and vibrators hidden away, it could give the wrong first impression. Most women will already know if you've had other partners, but they probably don't want to be reminded of it in the heat of the moment. Besides, having everything ready at your fingertips will let her on to the fact that you planned for sex, which in the first stages of a new relationship could dampen that "heat of the moment" sort of feeling.

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So what's a guy to do? Be prepared, but don't pull out the big guns for a while. Use your favourite brand of condom and keep everything else, other than any necessary all-purpose lube, to yourself. After you've been together for a while and you've shared a handful of intimate experiences, feel free to delve into the toy arena. Just don't make a big scene about the fact that you've used the toys with someone else.

This leads to a discussion about sex toys and health concerns. One of the most important accessories in your 'toy box' should be a cleaner specifically created for sex toys, and you should use it each and every time you lug them out of their hiding place. Although some movies and TV shows talk about putting your toys in the dishwasher, it is a really a bad idea for most materials. Dishwasher water can be too hot, and might break down the material of many an expensive toy in just a few washes. Of course, nothing with batteries or moving parts should ever go into the dishwasher anyway, but you already knew that.

Instead, get a lint-free cloth and a bottle of toy cleaner to keep it on hand. Spray the liquid into the towel, and wipe off every crevice and curve possible. Rinse it with water and let it dry a few hours before putting it away. Most sex shops carry one or two different brands of cleaner, and you want one specifically made for a woman's very gentle lady parts; that means unscented and hypoallergenic. In a pinch, soapy water will usually do, but be careful not to submerge anything electric!



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Another easier, albeit more expensive form of clean-up is to use condoms on any of your toys that will come in contact with either of your body fluids. You will still want to give them a quick wipe down with a damp cloth when you're done, but most of the clean-up is already taken care of when you whip the latex off.

I should mention as well that all rubber and jelly toys are impossible to sterilize. You can clean them even with bleach but proper sterilization is impossible because of their physical makeup. Both hot water and bleach will actually break them down, so that they become unusable with time. That means that if you plan on using a jelly or rubber toy on more than one person, or if there is both anal and vaginal use in play, you will be putting your partner at risk unless you insist on using a condom.

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CHOICES, CHOICES

There are a huge amount of options available on the market today: dongs, dildos, vibrators, cock rings, G-Spot stimulators, eggs, bullets - the list goes on and on. We'll get into each option in a second, but first, let's discuss what kind of material you want to search for first.

You probably already figured out from the last section that jelly or rubber sex toys aren't the best option, mostly because of their inability to be properly cleaned. There are several other options available, depending on the kind of toy you want, but in most circumstances (unless otherwise noted) you'll want to purchase sex toys made out of silicone. Although more expensive than regular jelly or rubber toys, silicone toys are:

- Hypoallergenic
- Warm up quickly to your body heat, touch or warm water
- Sterile, and can be cleaned with gentle soap and water

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- Able to be used both vaginally and anally, provided they are properly sterilized in between uses
- Non-porous and odourless
- Lifetime purchases that won't break, flake or melt

Now that you have a better idea as to what kind of materials to look for in a sex toy, let's talk about the different options available to you that help with orgasms during intercourse.

CLITORAL STIMULATORS

As we've discussed at length in this eBook, there is a certain angle and thrusting mechanism required to rub up against a woman's clitoral complex well enough to have her orgasm during sex. If for whatever reason you aren't able to use these positions to attain the proper movement or angle, or if your partner can't let go of her vibrator habit, a clitoral stimulator is the first type of sex toy to try. These

implements are meant to be worn during intercourse, and they provide sensation, vibration or rubbing along the clitoral head and frenulum. For example, the Ladybug made by Nasswalk is an unusual vibrator that a woman wears on her hips like a pair of underwear. It sits along her pelvis and stimulates her clitoral head using two feelers that encircle her genital region. Many women have shared with me that this one toy saved their sex lives, and they couldn't imagine having an orgasm during sex without it. I recommend this product wholeheartedly.



G-SPOT STIMULATORS

G-Spot toys during intercourse? How is that possible? With a new and highly recommended toy called the We-Vibe, you can do it all. This small C-shaped vibrator offers both clitoral and G-Spot stimulation, where the woman wears the toy snugly inside herself and her partner thrusts. Once inserted, you don't need to use your hands to hold it in place,

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and it packs a powerful vibratory punch. This incredible little gadget is easy to clean, rechargeable, and fully waterproof.

EGGS

Egg vibrators are shaped like an egg and are sold in pairs. Most eggs are meant to be worn inside while a woman goes about her day, prior to intercourse, so she can strengthen her pelvic floor muscles in an attempt to enjoy stronger orgasms. Some eggs even vibrate when they touch one another inside her body, so she gets a little thrill each time she moves! Although these aren't meant to be used during sex, they will assist your partner with feeling more in touch with her body and how orgasms work. Ask her to put two inside her a few hours before you've planned a sex session, and see just how wet and excited they make her.

BULLETS

Bullet vibrators are powered by either small internal watch batteries, or an attached remote. They range in size from two to four inches long and come in a variety of similar shapes and sizes. Bullets are fantastic pieces of equipment because they are:

- Tiny, thus fitting into small or cramped areas when your bodies pushed together
- Powerful, offering strong vibrations in a focused manner
- Versatile, and can be used solo or with a multitude of attachments



Bullets are great items to give to your partner. She can use them during sex whenever she needs an extra thrill, and because they are highly focused vibrations, she'll be able to pinpoint her itchy spots with ease during sex.

FINGER VIBRATORS

Sex positions that allow for a free hand are perfect for finger vibrator use. They fit neatly over your finger like a ring and provide extra stimulation through the pads of your fingertips. The Fukuoku 9000 uses silicone sleeves and makes your finger

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the actual vibrator, while the Ophoria loops around the base of your finger to give you an extra, vibrating digit.

VIBRATING COCK RINGS

One of the newer additions to the vibrator family are cock rings. All are meant to fit around a man's penis, stopping the flow of blood so that he can maintain a longer erection. Some are plain rings that only provide support to the gent in question wearing one, while others have clitoral and anal attachments to stimulate those parts of her body as well. My favourite types of cock rings however are the ones that vibrate. Easily found at most grocery stores today, some come with a condom already attached. Because the batteries in these cock rings are small, they usually don't cost a lot of money, and wear out quickly.

One of the newer additions to the vibrator family are cock rings. All are meant to fit around a man's penis, stopping the flow of blood so that he can maintain a longer erection.

These lovely little toys offer a lot of benefits when having sex and wanting some extra stimulation, such as:

- **Ease of use.** You don't need to read an instruction manual to use them, and they are ready to use as soon as you open the package. All you do is stretch the ring around your penis, put it as far down your penis as you can, and then pull it around your balls as well. Let go gently until it gets back to the size it came out of the package. It should fit snugly but without any pain.
- **No thinking required.** Once you've put the cock ring on, you can forget about it. It won't move, and you'll both have your hands free to try out any of the wild and sexy positions shared in this eBook.

There really isn't a lot to these bundles of joy, but there are a few things to remember:

- When putting on a cock ring, make sure your hands are dry. You don't want to slip and let go of it midway through and accidentally hurt yourself.

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- Think about the positions you'll try out that evening before putting on the ring. If you're focusing on woman on top or missionary, put the vibrating bit farthest away from your scrotum so that your lover gets the buzz around her clitoral network. If however you want to use mostly sideways or doggy-style positions, flip the ring around so that it sits just at your balls.

LUBRICANTS

There's a lot to be said for always having a few different kinds of lube on hand at all times. Lubricants make sex feel better for both men and women, and depending on how they are used, can help with orgasm control, climax and comfort. Many folks choose to use their own bodily fluids (such as saliva) for lubricant which works fine for some, but not for all. There are times when you need a bit of extra help, or when using condoms or toys. For those situations, here are some options that will enhance your lovemaking.

WATER-BASED LUBRICANTS

Water-based lubricants are safe for condom use, and are easy to clean up. They do have a tendency to get a bit sticky after using them for a little bit, but a drop of water helps alleviate this issue quickly. These kinds of lube are readily available at any sex shop or drug store, and some have become household names:

- **Astroglide.** A long-time favourite amongst my clients, Astroglide stays light even after extended periods of use. It doesn't have any petroleum products in it (many lubricants do), doesn't stain sheets or clothing, and is odour and taste-free.
- **Wet.** A best seller for a number of years, Wet offers an interesting combination of Aloe Vera, Vitamin E and Nonoxynol-9 for its users. Two of those ingredients are soothing and hydrating, while the other has shown in some studies to kill sperm and some STDs. Having said that, some folks are very sensitive to Nonoxynol-9, so the Wet Light version of this lubricant without the additive may work better instead.

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SILICONE LUBRICANTS

Why use a silicone lubricant if water-based ones work so well anyway? Although, more expensive than their counterparts, silicone lubes stay wet longer, can be used under-water (say for condom sex in a hot tub), and don't get absorbed by your tender skin. Therefore, you only have to use silicone once in an extended sex session.

EXTRA SPICY

The fashion of the more risqué among us has spilled out into everyday culture, with corsets and leather collars becoming almost mainstream. Having said that, most of my clients and friends are curious but aren't sure how to incorporate a bit of 'spice' to their sex lives, even though we're surrounded by sexy messages on a daily basis. So with that in mind, here are some ways to spice things up while using these sex positions.

THE RECIPE

There are a variety of things to try when it comes to getting frisky with your partner: spanking, tying each other up, role-playing, or sensation play (like hot wax or ice cubes) are just a few. But the biggest difficulty isn't in deciding what to do, but rather, how to broach it with your partner. Even if you've been together for a long time and trust each other, it's a scary thing to suggest something new that may not go over well. Before you broach the subject, applaud yourself for connecting with your sexual being and learning more about what turns you on. In today's society, that's a challenging thing in and of itself. Once you've patted yourself on the back, try these ideas to get going:



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TALK IT OUT

You don't need to make the conversation into 'The Talk' by blurting out you need to tell her some big secret. Instead, go about it gently, from a different angle. Share what turns you on with your partner on a regular basis. Tell her what makes you hot, and what it is she does that makes you dizzy with arousal. By chatting about sex more frequently, you'll open the lines of communication so that when you are ready to take another step, you'll feel more comfortable and at ease.

DIRTY MINDS THINK ALIKE

Write down the craziest, funniest, sexiest things you've heard of, and then draw lines down the page for several categories, like "never in a million years", or "maybe with some prodding", or even "I've never thought of it, but sure, I'll try it". This is a fun game to discover lots of sexual interests you never knew you shared.

MEDIA SHARING

Pick a storyline that explores something you're curious about sharing with your partner, and be observant of her reaction. Sometimes it's easier to broach the subject when it's not coming right at you, and then you can discuss what you thought was hot, and a total turn off, in turn.

CREATE A SAFEWORD

When folks in the kink community negotiate a spicy interaction, they create a safeword to be shared amongst the participants. Basically, a safeword is something that you wouldn't normally say in a sexual encounter such as purple elephant that tells your partner you need to stop. Some folks just use colors to explain what they are feeling, such as red for stop and yellow for go slower or more gently please.

START WITH BABY STEPS

Even if what you have in mind is a huge production, and you've played out every variation for more than a decade in your mind, you don't want to start with the whole

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shebang right away. Start simply, with just one aspect of the concept that gets you going. See how you both feel after, and then decide if you want to do it again, try something different, or incorporate more of the fantasy into your playtime.

THE TIES THAT BIND

For those that are interested in some form of bondage play, invest a bit into some restraints before delving in. Although scarves, handcuffs and belts work well in a pinch, none of them are terribly safe. They can tighten without warning and stop circulation, or if you're thrashing about become difficult to remove. A nice set of leather cuffs run around the \$60 mark, while a complete set of bed restraints might cost a few hundred dollars, depending on the setup. Also, remember to use the two-finger rule whenever tying someone up: if you can put two fingers inside the loop that you're using to restrain your partner, you've given them enough safe wiggle room.

SPANKING

Spanking is an easy way to test the waters with your partner, and doesn't require any special tools other than your hand and a few small tips to get started. Make sure to only spank your partner where there are fleshy bits that cover larger muscles, such as the buttocks and upper thighs. Avoid hitting her hands, kidneys, any joints or feet entirely. Try changing the angle and the flex of your hand for a different feel on both ends.

CLAMPS

Nipple clamps, sometimes called clips, add an extra layer of stimulation to your partner's nipples or other parts of their body, leaving your hands free to do other things. Wherever you can pinch about an inch of skin, you can use a clamp. When purchasing clamps, look for ones that can adjust the amount of tension easily, so that you can start with a small amount of pressure and work your way up. Also, know that the most intense part of the process for the person you are clamping comes right when you remove them and the blood rushes to the area. Try removing them right as her orgasm is peaking to push her head first over the edge.



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Conclusion

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Whether you skimmed through this eBook just to get a good look at the pictures, or if you read through the entire thing from page one to here, I want to thank you for making it through to the end.

I've now shared every sex position, technique and tip I know to get your partner climaxing during intercourse, and this information can literally change your relationship from blaze to mind-blowing in no time flat. When you can facilitate an orgasm for your partner during intercourse, you'll make her feel like a million bucks because you cared enough to try. Plus, you'll have the warm and fuzzy feeling in turn because you're the guy who provided her with exactly what she needs.

Since you've got everything you need now to make it happen, all you have to do is put this information to good use and start trying it out with your partner.

After you and your lover try out these sex positions and suggestions for helping her to orgasm, I'd love to hear about your thoughts and experiences. Feel free to leave a testimonial here: ORGASMICS.EXPOSITIONS.COM. I can't wait to hear about how this eBook changed your sex life, gave your lover her first orgasm during sex, or made you fall even more madly in love.

Finally, I want to thank you for pouring over this labour of love, and hope that it assists you to find exactly what you need both in and out of the bedroom.



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