

The background of the cover features a romantic scene of a man and a woman. The woman, in the upper right, is wearing a black spaghetti-strap top and has her arms around the man's neck. The man, in the lower left, is looking up at her with a gentle expression. The overall color palette is a soft, dusty blue.

THE SEX STARVED COUPLE

NAUGHTY SECRETS TO REIGNITE
& REVITALIZE YOUR SEX LIFE



BY GABRIELLE MOORE

TABLE OF CONTENTS

INTRODUCTION

PART I: OBSTACLES TO A HEALTHY RELATIONSHIP

CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

Step 1. Assessing the damage	9
Step 2. Building a stronger foundation. Yes you can!	11
Couple Bliss Quiz- Are you sizzling or fizzling?	13

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

I. 10 Myths about relationships & sex that are holding you back	16
II. Problematic Relationship Types:	19
III. Relationship deal breakers and how to come out on top	22
IV. The 5 fights all couples have	24
V. 18 things she deserves in a loving relationship	26

CHAPTER 3: THE HEALING POWERS OF COMMUNICATION AND INTIMACY

I. Communication- The #1 skill that you need to learn now!	29
1) What's your communication style?	30
2) How communication styles affect your relationship?	31
3) Rock solid principles for good communication	31
II. Creating intimacy through communication	32

PART II: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

CHAPTER 4: DISCOVER YOUR BED DNA AND MATCH YOUR LIBIDOS

1) Why have you lost the urge?	37
2) Types of libidos:	38
3) Understanding your mismatched libidos	41
What to do when you want it more	42
What to do when she wants it more	42
How to talk about your differences without fighting	43

CHAPTER 5: MACHO SEX VS. TRUE INTIMACY

1) Why is intimacy suddenly appealing? And is it really?	44
--	----

TABLE OF CONTENTS

2) So what is behind this growing trend?	45
3) How does your relationship benefit from intimate sex?	45
4) What precisely do I have to do to have... intimate sex?	47

CHAPTER 6: FIRST STEPS IN THE INTIMACY RECONNECTION PROGRAM

1. The importance of being... sensual!	48
2. Understanding where you are in the intimacy phase	49
3. Creating the proper atmosphere:	50

PART III: BEST POSITIONS FOR A DEEPER CONNECTION

CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

1. What is tantra?	55
2. Why should I practice it?	56
3. So far so good, but exactly should I be doing?	56
Yoga exercises for tantric bliss.	58
Yoga = Sexy	60

CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

The Missionary Visionary	61
G-Spot trigger CAT	63
The seated CAT	64
Power trip CAT	64
The Passionate Lotus	65
Scissor Lotus	66
Chair Bomb Lotus	67
Half Standing Lotus	67
Against-The-Wall Bliss	68
Leg Lift Euphoria	69
Bed prop Pleasure	70
Sofa Sensational	70

CHAPTER 9: EXERCISES FOR SEXUAL GROWTH

Step 1. Take a break of... sex	71
--------------------------------	----

TABLE OF CONTENTS

Step 2. Talk it up.	73
Step 3. Have some fun!	74
8 ways to make yourself irresistible to her	75

PART IV: CREATIVE SEX AIDS

CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

1. Do it in the shower, not in the bedroom	78
2. Touch her other places	78
3. Try some aural sex	79
4. Oral sex... and that's it.	79
5. Pick a date night	79
6. Pay attention	80
7. Cuddle first	80
8. Undress for success	80
9. Sexy Scrabble	81
10. Non-penetrative play	81
11. Technological tease	82
12. The power of French kissing	82
13. Smile for the camera	82
14. Sex and the super foods	83

CHAPTER 11: SEX TOYS & SEX GAMES

1. How to choose a vibrator.	85
2. The importance of using a lubricant	86
3. Beginner's Guide to Bondage	87

CHAPTER 12: LOVE THERAPIES THAT CURE YOUR HEALTH

The benefits of frequent hugging	92
Why humans want and need to feel close	93
Bad relationship- bad health?	94

CONCLUSION

INTRODUCTION

Nowadays, relationships come and go. Some manage to last more than your average fling, leading to serious commitment and even marriage, while others burn out faster than a weak fire. Why? Truth be told, nobody really knows. Some blame the rapid pace of our daily lives, which doesn't leave us much room or space for romantic maneuvering, others place the guilt onto our more and more exacerbated individualism, which comes between our really and truly committing to anyone.

However, in spite of our growing ability to change relationships with the speed of human firearms, what we all want is that one perfect relationship where, after decades, you can still get goose bumps at the sight of each other. One that rises above the ordinary and beyond compromise.

The great humanistic psychologist Carl Rogers defined it better:

"A great relationship is not a static structure and shouldn't be taken for granted. It should focus not so much on the other individual, nor on oneself, but on the immediate relationship of loving and living which exists between the two".⁽¹⁾



In this book, I've decided to tackle this precise subject: how can you keep your relationship as beautiful and perfect as it was in the beginning days. I'll prove to you that real couples with real flaws and inadequacies can indeed find exceptional joy together. In fact, the secret to a flowing relationship, one that's profoundly and endlessly refreshing, is not over the top complicated, the only thing you'll need is, well, why not quote the Beatles on this one, love for one another. The rest, you can leave it up to me.

As you may know from reading my previous series ("The Female Orgasm Secrets Revealed", "Turn Her On Faster", "Hot Licks", "Double Her Desire", "Erotic Massage For Better Sex", "Ejaculation By Command", "The Female Liquid Orgasm Revealed"), have a pretty unusual background. I struggled with numerous sex & relationship frustrations before getting to where I am now. I didn't know what to do or stop from doing, but, most of all, I didn't know whom to ask for a piece of advice. I had to figure everything out by myself. It was indeed a tough journey, that of discovering my true core and what I can do to keep my partner satisfied without compromising too much on my own needs and feelings, but I loved every bit of it, because, let's quote Christina Aguilera now, it made me that much stronger.

INTRODUCTION (CONT.)

The fact that I know hands on what it feels like to be miserable and unhappy in your love life has helped me tackle these issues with much more intensity and personal involvement. Because I went to all the troubles there can possibly be in a relationship has given me the insights, qualifications and inspiration to write books that foster healthy attitudes about couple life and sexuality.

As I was gathering all the necessary information for writing this series, I said to myself: "Well, Danielle, you seem to have written all about sexuality per se, what's missing?" And, of course, what has been missing is a combination of relationship and sex advice; precisely how your sexual relationship can deepen the love you have with your partner. When I realized that, I had what Oprah would call an "Aha" moment, and understood that I was on to something good.

Especially since, let's be honest here, there aren't many books with this specific approach out there. Believe me, I checked! The local bookstores, the library, the internet, all that I could find were either nonsexual books about how to better your relationship and deepen the love, or sex series that focused more on the body aspects of having sex and less on the benefits that this particularly pleasurable activity can have on a relationship.

"The Sex-Starved Couple" is meant to help you understand better the nature of your relationship, what really brings the two of you together and how to connect emotionally with your girlfriend or wife by engaging in better and more intimate sex.

Barbara Keesling, in her book "Making Love Better: Exploring New Ways to Sexual Pleasure", supports this theory by admitting that *"a strong sexual bond strengthens other aspects of the relationship also. Loving your partner makes your sexual relationship better, and having great passionate sex will cause you to fall in love with your partner all over again."*⁽²⁾

The importance of a great sex life within the relationship is also evident in the results of The Global Better Sex Survey (GBSS), one of the largest global surveys of its type, commissioned by Pfizer Inc. and conducted by Harris Interactive.

This survey, meant to quantify levels of sexual satisfaction whilst gaining a unique insight into the unmet sexual needs and aspirations of couples throughout the world, found that 90% of men and women agree that confidence in sexual ability is critical to having a strong, loving relationship. However, only half of the men and women interviewed admitted to being "very satisfied" with their sex lives.

Can you hear alarm bells ringing? I know I do! But wait, I haven't told you the worst part. Only a quarter

"The Sex-Starved Couple" is meant to help you understand better the nature of your relationship, what really brings the two of you together and how to connect emotionally with your girlfriend or wife by engaging in better and more intimate sex.

INTRODUCTION (CONT.)

of the interviewee said they were interested in improving their sexual experiences. Where's the logic in that? You know sex is important for the growth of your relationship, you're not satisfied with how things are going in the sheets, but you're not interested in improving. Isn't this a bit... contradictory?

Thank God you're not one of the uninterested. How do I know you're not? Well, for starters, you picked up this book, which means that you are willing to learn everything that needs to be learnt in order to have a healthy love and sex life. Which has already scored you a generous amount of points as far as I am concerned.

So, if you want more than just a sex manual, you've come to the right place. If you want to learn how to make love with your heart, mind and soul, not just with your body, I'm here to help you achieve that. If you're dying for insights on how to cure your relationship frustrations through sex, or how to use love-making to achieve intimacy at all levels, not just the physical one, read ahead, the answers are just a few pages away.

If you think you'll find in these pages traditional how-tos, oversimplified rules and/or tricks for relationship bliss, you are going to be seriously disappointed. Couple life is not prescription based. The advice that I gathered here respects that, and it's only meant to teach you how to take it day by day and how to build a bridge between the expression of feelings and the intimate, sexual connection.

This is not just another self-help book to put on your coffee table and forget all about its existence the following day. All that is written here comes from experience and is truly and honestly heartfelt. Not surprisingly, putting together this series has been more difficult than my other books, in part because of the intensely personal nature of the subject and in part because I am a strong believer in the intense, intangible correlation that there is between a happy relationship and a great sex life.

However, this doesn't mean that what you'll find here is different than what I've given you in my previous series. You'll still find the down-to-earth type of exercises- ones that work on a practical level also, not just in theory- but here more than ever I emphasize the loving mindset, the attitude toward each other and the commitment to doing this work together that can create a physical connection and an emotional intimacy between you that opens the way to profound sexual loving.

If by the end of this series I have managed to convince you that the base of a superior relationship is to believe that it's achievable if you want it enough and are willing to get fully involved into it, I'll be more than satisfied.

THE SEX
STARVED
COUPLE

PART I
OBSTACLES TO A
HEALTHY RELATIONSHIP

CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

STEP 1. ASSESSING THE DAMAGE

I bet I can guess what you dreamt about last night. You dreamt about a partner who said that she couldn't possibly have a better lover than you, that she can't wait for you to come home each day. You dreamt about being in a relationship that was exciting, sexy and emotionally nurturing; you were able to make love as long as you wanted, as many times as you liked, and there wasn't any trace of doubt in your mind that you were able to satisfy your partner on all levels: body, heart and soul.



But what happened upon waking up? Did you get to relive your dream or did you get stuck, like the majority of us, in the routine of a relationship that is imperfect and messy? If you answered yes to the first part of my question, congratulations! Go ahead and throw this book away, you don't need it. If your yes came in response to the second part of my question, congratulations too! You might be in trouble, but we get to chat a little bit more and I get to save your relationship.

entered your relationship starry-eyed, convinced that you'll beat the odds and enjoy everlasting joy and happiness, because the love and attraction that united you and your girlfriend or wife was never going to fade off. Or so you thought.

Then reality came creeping through the keyholes. You realized you can't have sex with anybody else. What a bummer, right? You noticed how she really looks without makeup or how noisy is her soup-sipping. You started getting annoyed by her constant chatter or by her bathroom routines. To sum up, you started to have doubts, trivial or otherwise, which soon led to disillusionment, lack of communication (and sex!) and eventually fights.

Your backing-up-because-I'm-not-so-sure-anymore attitude nurtured doubt inside your partner as

CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

well, who soon started to notice that you've got flaws also, and by the time it took you to ask yourself what was happening, your couple love song went from Whitney Houston's *I will always love you* to Barbra Streisand's:

*"You don't bring me flowers
You don't sing me love songs
You hardly talk to me anymore
When you come thru the door."*

Yes, relationships are messy. They are rarely what you think they should be and you are rarely what you think you should be when you are in love. On one hand, you want love to be enough, but on the other hand you are rarely satisfied with the love you have.

The best attitudes to have when you're facing a relationship... on the rocks are *"flexibility, resilience, humor, open-mindedness, reality-groundedness, loyalty and motivation"*, says Susan K. Perry in her book *"Loving in Flow: How the Happiest Couples Get and Stay that Way"*.⁽³⁾ If you master these, no obstacle should seem too hulking to overcome.

Before that, what you have to know is that **disappointed love is normal**. In *"Rekindling the Romance: Loving the Love of your Life"*, Dennis and Barbara Rainey talk about the greatest challenge faced by each and every couple out there: moving from *event romance*- dinners at candlelight, flowers and chocolate boxes- to *everyday romance*- the less glamorous expression of the same feeling of love and connection.⁽⁴⁾

The secret is to see these challenges as opportunities to grow in your partnership.

This passage almost never happens without challenges or obstacles. Where most couples err is in the resistance they oppose to address these obstacles, causing their relationship to lose more of its vitality and energy.

"The secret is to see these challenges as opportunities to grow in your partnership", David H. Olson, Amy Olson-Sigg and Peter J. Larson say in *"The Couple Checkup"*.⁽⁵⁾

If you realize that as long as you make your relationship your top priority, understand what is holding you back and put all your energy into solving it, you're only discovering new strengths that, in the long run, will help you make better choices for your relationship, you're on the right path.

After all, Thomas Carlyle was right when he said that:

"A block of granite, which is an obstacle in the path of the weak, becomes a stepping stone in the path of the strong."⁽⁶⁾

CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

STEP 2. BUILDING A STRONGER FOUNDATION. YES YOU CAN!

As you well know, I'm a big believer in men taking control of themselves and using their sole actions to change the energy in their relationship. I know very well what they say: most men don't pick up self-help relationship books, so why bother writing one for them anyway? This is a prejudice that causes a vicious cycle: men are offered less help, which in turn leads to the belief that they are less prepared at handling difficulties within the couple and/or creating healthy relationships.

M. Gary Neuman, author of "Connect to Love: The Key to Transforming your Relationship", argues that men are inherently preoccupied with other things that their respective girlfriends or wives:

"Indeed, men are commonly thought to lag far behind women in the Knowing How to Make a Relationship Great department. We tend to focus on many things, from business and money, to kids and sports. The simple question you want to ask yourself is, <where does my partner fit into my personal life picture?>"⁽⁷⁾

While I know that this might be true, I'm also convinced that men do get "that whole relationship thing". They do care about making it happen and are willing to make changes and diligently work toward making their relationship better.

Also, it's unfair to say that men are the only ones that tend to other things instead of the relationship. The truth is, nowadays, we're all doing it, we're all having more important things to do than sit around and think about the pros and cons of said love life. Charles E. Hummel wrote a delightful little booklet called "The Tyranny of the Urgent", in which he warns us about "the tendency to ignore the <important> things, like a relationship, in favor of the more <urgent> ones, for example, daily life demands: job deadlines, last minute emergencies, etc."⁽⁸⁾

We tend to focus on many things, from business and money, to kids and sports. The simple question you want to ask yourself is, <where does my partner fit into my personal life picture?>

It doesn't matter if you are a man or a woman, life is a glorious minefield for everybody, and though it might be true that women dedicate a bit more of their time to thinking about the relationship per se, men are starting to see that it's important for them to do the same, and they are slowly and steadily catching up.

Now that we cleared that out, since you're here looking for answers, let me assure you that building a healthy and strong relationship is not that hard. After working with so many couples, both men and women, I can honestly say that, as overtly simplified or trifling it may sound, the base of a solid relationship only needs three things:

CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

a) Understanding. That you are not perfect. That neither is she. That your relationship will never be perfect. That there are things that you will never do right, things that will make your partner angry. Instead of focusing on the negatives, open yourself to the goodies: the things that you do better than anyone else, and that she praises you for, that side of your relationship that all your friends envy you for (it could be your sense of humor, your spirit of adventure, or perhaps your maturity and seriousness). Be patient and understanding with her flaws and attentive and affectionate towards her qualities. That's not incidental, it's essential. I remember reading an interview with Joss Whedon, the producer and creator of the back then popular TV show *Buffy the Vampire Slayer*. He said something so beautiful about his relationship with his wife that I could never forget:

"When I say <I love you>, it's not because I want you or I can't have you. It has nothing to do with me. I love what you are, what you do, how you try. I've seen your kindness and your strength. I've seen the best and the worst of you. And I understand with perfect clarity exactly what you are. You're a hell of a woman."

b) Compromise. *"A compromise is the art of dividing a cake in such a way that everyone believes he has the biggest piece"*, said Ludwig Erhard, a famous economist and German politician, and right he is. ⁽⁹⁾ Within every couple, compromise, if not the spice of it, is its solidity. Women and men, it's well understood, have different needs and desires, and knowing how to blend them so that none feels like he's missing out is the secret to well being. Let's take, for instance, the subject of romance. Guys spell romance with one of the shortest words in English language: sex, while women, on the other hand, spell it: intimacy, closeness, commitment, etc. If you're unable to find a way to speak each other's language, appreciate each other's perspective, your relationship is not going to thrive, it's merely going to survive. And we both know that's not an option!

c) Commitment. Don't be fooled. Commitment is not just being really, really interested in the relationship or the person you are with. There is a difference, perhaps subtle, but very important. When you are interested in doing something, you only do it when circumstance permits. When you are committed to something, you accept no excuses, only results. You don't just wait around to see if you two function together, you pick up the pace and set the rhythm your way, you get involved, you do your best and more to fix every misunderstanding or issue. If I were to unite the aspects of compromise and commitment into one sentence, I would have to borrow



CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

one from the American novelist Tom Robbins, which said it in perfect words:

"Stay committed to your decisions, but flexible in your approach." ⁽¹⁰⁾

Before moving on to the next chapter, where I discuss in detail the most common problems that can occur in a relationship and how to solve them, I want you to go ahead and answer the following pop quiz. It is really short but extremely useful. You'll find out with the help of it how your relationship is really going, where exactly the problem is and what you need to fix first.

COUPLE BLISS QUIZ- ARE YOU SIZZLING OR FIZZLING?

1. How much time, if any, do you spend talking to your wife about relationship issues?
 - A) Five minutes tops, the game is on. She always seems to want to talk at the worst possible moments.
 - B) It really depends. We can talk all night long, or days could pass without either of us mentioning anything couple-related.
 - C) Every time she wants to talk, I'm there to listen.
2. How do you view your relationship ten years down the line?
 - A) Big house, white picket fence, a dog and three noisy kids!
 - B) I don't think we will break up.
 - C) Who knows what may happen in ten years.
3. What about the sex?
 - A) If only she'd be as open to spending time getting intimate with me as she is to watching three series of Grey's Anatomy in a row!
 - B) It's great, but I'm sure we could do better. That's my excuse for demanding... more practice!
 - C) So and so. I have a feeling she's not completely opened up to me just yet.
4. Do you argue over trivial issues?
 - A) She does. I just sit quiet and wait for the torment to pass. It doesn't seem to work though. She gets even more upset.
 - B) Never! We're better than that. We always laugh it off.
 - C) She seems to have a problem with my socks and my nose picking habits. I don't get too worked up though; I know that that's how most women are.

CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

5. What's the biggest complain, if any, which you have related to the way things are between the two of you?
- A) We don't spend enough time together.
 - B) I don't think I am appreciated and understood. She seems to think I am doing everything wrong.
 - C) Everything is ok, in my opinion. I wouldn't mind more sex though!
6. How committed to you think your partner is, as opposed to yourself?
- A) We both want to make it work, but she seems to be doing a better job than me at solving the problems that appear.
 - B) All she does is complain about everything. How constructive, right?
 - C) We're all equally committed and help each other in the process.
7. If she were to go away with work for six months, what would you do?
- A) It's not such a long time, I'd visit every other week-end, we'd be fine.
 - B) If something better came my way while she's gone, I don't know if I'd be able to say no, honestly.
 - C) It would be really hard. I'm used to having her around all the time. Plus, I'd get jealous!
8. How do you like to spend your free time?
- A) Beers with the guys, of course!
 - B) Snuggling with her, with popcorn and some good movies.
 - C) I don't plan. Whatever comes up, if it's fun, you can count on me.
9. If you were to compare your relationship with one famous red carpet couple, who would that be?
- A) Brad and Angelina, we're fiercely into each other!
 - B) Tom Cruise and Katie Holmes, we're more family-oriented.
 - C) Alex Rodriguez and Cameron Diaz, we're taking it step-by-step, not rushing anything.
10. What's your most treasured memory of the two of you together?
- A) The first time I spent the night at her place. She was nervous and intimidated and awkward, but sooo cute!
 - B) Our holidays at the beach. She looked hot in those bikinis!
 - C) When she bought me a collection of games for my PlayStation. Isn't she the coolest girlfriend ever?

CHAPTER 1: CAN I HAVE A COUPLE... ON THE ROCKS, PLEASE?

ANSWER KEY			
	A	B	C
1	0	5	10
2	10	5	0
3	0	10	5
4	5	10	0
5	5	0	10
6	5	0	10
7	10	0	5
8	0	10	5
9	5	10	0
10	10	0	5

SCORE
0-30 points: Yikes, you're in trouble, mister! Things are not at all ok. Either you change relationship or read these pages carefully; you've got a lot of catching up to do.
31-55 points: You're on the right path, but you both need to sit down and have The Talk. I think that, deep down, you know things could get so much better between the two of you. Put into practice the reconnection exercises I'm providing you in this series and you'll be just fine.
56-more: Congratulations! You've found the one and the one has found you! Keep on doing what you're doing, but spice things up a bit more with the help of the tips and tricks I've gathered here.

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

So you're in a relationship. You try to keep it together emotionally and perhaps even financially, but things don't seem to work out as you'd want. All sorts of problems emerge and you start to feel that what you are going through is definitely not what you bargained for.

There are a lot of things to take into consideration when things go wrong between the two of you, things that may apparently seem harmless, but that can cause a lot of unnecessary damage.

The first to mention are the myths and clichés that we've all grown up believing into and that, one way or another, influence our behavior within a relationship. Discover them below and start fixing!

I. 10 MYTHS ABOUT RELATIONSHIPS & SEX THAT ARE HOLDING YOU BACK

1. In order for a relationship to truly work, you have to find the one

We all know this one, the widespread narrative that states that there is a person on this planet with whom you are 100% compatible. Once you'll find this person, the chemistry between you two will be incredible,



you'll fall deeply in love and you'll live a happy life together, never having any doubts concerning the validity of your relationship. The problem with this pretty picture is that, unfortunately it doesn't hold true to reality. The fact is, finding The One is a matter of chance, such a perfect relationship, while it may occur, is not to be considered a general rule, because, let's be honest, it's a rare bird to catch. Accept your relationship, as flawed as it may appear at first sight, and try to work with what you have. Make decisions based on your own emotions, beliefs, experiences and perception, not on an ideal image that you'll never reach.

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

2. Love & Sex should be like one sees in the movies: intense and passionate.

Sex involving two partners shouldn't have anything to do with the Angels from Victoria's Secret catalogs, Megan Fox, or any TV/movie love/romance/sex scene that once impressed you so deeply that it's actually become a part of your sexual repertoire. Sex doesn't have to be loud, it doesn't have to be graceful, and you don't have to roll your eyes to the back of your head to show your pleasure. Sex is much more comfortable and exciting when you don't impose the rest of the world and its judgments on the act. If you interrupt the sex act to make sure the two of you look like Angelina and Banderas in *Original Sin*, you can kiss your orgasm goodbye. Sex is such an intimate and personal experience, and it is so good that things are like this, that it's no use for you to burden it with old fashioned and untrue cinematic myths.

3. Every emotional issue within a relationship has an answer

Emotional issues can't be solved as easily as logical problems and the mere will of not having them anymore is not enough. Treating emotional problems as strictly logical entities has been the downfall of many relationships because it creates a very wide gap in empathy and support, often leading to sharp feelings of alienation, loneliness, and low self-esteem. If you're hungry, it's easy, you eat something, but if your heart and soul are hungry for more intimacy and connection, how can you feed them? Accept that some emotional problems take longer to solve and don't demand immediate solutions, you'll only build up frustrations for the both of you.

Accept that some emotional problems take longer to solve and don't demand immediate solutions, you'll only build up frustrations for the both of you.

4. Thinking about someone outside the relationship in a sexual way is a grave betrayal.

Humans have sexual organs and an evolutionary history of some 500,000 years, both of which "program" us to seek out sexual contact with other humans if these humans "unlock" certain chemicals in our heads. In simpler words, it's only human to get attracted sexually by another person, and to deny the existence of this fact or to think of it as a grave betrayal to the sanctity of a relationship will quickly lead to misunderstandings within the couple. A more realistic and healthy strategy is to recognize that this doesn't count as cheating in no way, unless an actual skin on skin contact takes place.

5. You should live "happily ever after"

It's not that I don't wish you for this to come true, don't get me wrong, but I think it is more realistic to assume that problems and difficulties will occur in your relationship and in your life and work on developing suitable means of solving or alleviating those difficulties, otherwise they will catch you off guard. You know that saying, "better to be safe than sorry"? It is somewhat applicable here. If you start off your

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

relationship thinking that milk and honey will come your way, every relationship problem you run into will be one more step toward disillusionment, bitterness, jadedness, getting “broken,” and “giving up.”

6. If your partner would change this one thing about her, your problems would be solved.

Have you noticed how, in a couple, whatever happens, whatever conflict arises, it always have to be somebody's fault, the result of said person's way of being and behavior? And how, instead of both members of the relationship considering themselves active participants to the problem and working together to fix it, the one that is thought to be “guilty” is practically forced to give up that side of his/her personality that is supposed to have caused the problem? “If only he weren't so clumsy/indifferent to my needs/distant”, “If only she weren't so high maintenance/bickering/cleaning freak”, etc. The thing is that those traits of character that cause problems also nurture positive attitudes, therefore, eliminating said traits you may end up causing more problems. On the other hand, the person being constantly blamed will end up feeling persecuted, which will only lead to more “errors” and fights. The definition of one hell of a vicious cycle.

7. What you did before the relationship is off limits now.



Treating someone's past as if it didn't exist or as if it hasn't had an effect on one's life is stifling, shaming, and can lead to lying and covering up. Not recommended.

8. Being in a relationship “shouldn't be this hard”.

Being in a long term monogamous relationship, after some period of time, can produce difficulties that any two people on the earth, regardless of their IQ or emotional capacity or love and respect for each other will find hard to get through. That is completely normal and shouldn't be questioned.

9. Being victorious in an argument is important.

I've had a lot of disagreements with boyfriends where I completely destroyed them on a logical basis but I was left with the same negative feeling I had at the beginning of the fight. Taking someone's

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

statement about how they feel and then proving it illogical or reminding them that they said the opposite last week, that it's not consistent with what they said that one time, really does nothing in the way of problem solving. I think that when you get to the point of simply trying to logically defeat someone in an argument, you aren't even concerned with reconciling, you're just concerned with winning, which won't do anything for the relationship.

10. Concepts such as betrayal, sex, happiness, are of black/white nature.

If things were like that, we wouldn't be here, trying to make sense of the tangled world of couple problems. When it comes to matters of the heart, nothing is black and white, but rather of rainbow of colors and nuances. As soon as you understand that, and the fact that communication is crucial for making sense of what different things and behaviors really mean, you'll be fine.

Before heading on to the part where we discuss in minute detail the obstacles that come between the two of you, it is very important for you to find out what type of problematic relationship are you involved in.

In "Retool Your Relationship: Fix the One You're With", Trina Dolenz says:

"No two relationships are entirely alike, for the obvious reason that no two people are alike. Yet it's also true that even though all troubled relationships begin and evolve differently, there are four major problematic relationship types."⁽¹¹⁾

See which one is yours and what you should do to better solve the problems you are facing.

II. PROBLEMATIC RELATIONSHIP TYPES:

a. Battle of the innocents

You are both inexperienced and wrapped up in your little ideal world, unaware of what's happening outside. You love each other and think that this is enough for your relationship to flourish. You rarely talk about the things that don't work out so good between you, convinced that your strong bond is going to fix everything without you even bothering to take a stand. You see your relationship as "special", unlike what your friends have, and when you hear about others' issues and problems, you don't understand how they cannot get along like the two of you. In reality though, things are not so pink and joyful. You do have inconsistencies, but you don't acknowledge them either to your own selves, or to one another. The problem with this scenario is that when it does come the time to face your problems, the disillusionment is greater and the spell is broken in more pieces than necessary. This type of relationship, sort of exclusivist- we against the world- thing, is very dangerous, because when it breaks down, it leaves deep, rooted marks. Given the fact that you two were so close, always together, when either of you have to face the world by him/herself, it can get really intimidating.

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

What to do to fix it: Stop idealizing your love life and start being true to yourself and to what you really feel. So what it's not perfect? It's not the end of a relationship. The late Kurt Cobain used to say that he's rather "be hated for what he is than be loved for what he is not." It's the same here: it's better to set things straight and accept that not everything is as idyllic as in your little bubble of happiness.

b. Idol and admirer

Another type of relationship that can signal trouble is the one between a "superstar" and its respective "idol". The scenario is fairly common: one of you is the center of attention, has a bubbly, excessively special personality, while the other one is its more humble counterpart. Let's say you are in the admirer position. Your girlfriend has a great career, lots of friends, a great character and numerous other positive traits which usually ensure her stealing the spotlight every time the two of you are together. Your life is not as sparkling and eccentric as hers, and you are grateful to hang around her, the popular, much adored and glamorous girl. The problem with this is that, at the end of the day, you might start to feel a little insecure, a little vulnerable. It's tough when partners are not at the same level, because, one way or another, one and/or both of them are bound to develop frustrations.

What to do to fix it: If you are in the admirer position, acknowledge that your partner is just a human being, and that you are both equal when it comes to your positions within the relationship. If you are in the idol position, let your partner know, from time to time, that she is your idol too, and that her qualities impress you more than anything.

Why does she feel the need to raise her voice at you? Why do you get angry when she forgets to wake you up? There must be deeper reasons (more rooted frustrations) that make you act like this. Find out what is really bothering you and work together to clear everything out.

c. Cat and dog

You should be able to recognize this one, because it is the most common relationship type I have seen so far in my years as a sex therapist. It's simple: the base of your relationship is your constant fighting and bickering. You go at each other from small things, like where to go out on a Saturday night or where to spend the summer holidays. Your fighting is never serious enough to end the relationship, but you are slowly cracking its base, getting further and further away from each other. You are always feeling that you're on the verge of breaking up, of ending this indefinite cycle of contradictory feelings, but when the time comes, you're too afraid to do it and you accept things as they are. This breeds a feeling of helplessness and frustration, which will someday explode and leave the both of you shattered and alone.

What to do to fix it: Sit down with your partner and have a long and peaceful (!) chat. It's time for the two of you to get to the bottom of all your constant bickering. Why does she feel the need to raise her voice at you? Why do you get angry when she forgets to wake you up? There must be deeper reasons (more rooted frustrations) that make you act like this. Find out what is really bothering you and work together to clear everything out.

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

d. Master and slave

Power struggles! Tough to end them, tough to live with them. In this type of relationship, one of the members has a palpable influence over the other (be it financial or emotional). The other knows it, but accepts it. The problem with it is that, as in the case of the idol and admirer relationship type, there comes a point when the “slave” says “enough” and walks out of the relationship. Let’s say that in this scenario you are the master and your girlfriend is the slave. You are the mature, self assured, powerful individual and she’s your little apprentice and student. You might find this position comfortable and even rewarding- after all, we all secretly want to exercise some sort of control on those around us-

but she’s not. She’s struggling between the need to leave the relationship once and for all and the desire to stay, because of the comfort of being taken care of.

What to do to fix it: Most of the times, the person being in the master position doesn’t even realize it. You might think you are helping her by always offering advice and support, and you might not be aware of the fact that she’s feeling controlled. If in the midst of fighting she says things like, “you’re always trying to tell me what to do”, or “I’m not at your mercy, I have my own life”, tell her about what you read here and assure her about your honest intentions to make her feel better in her own skin.

Keep in mind that these variants are only general and the complex nature of a couple cannot be fully comprised in just one type. You might think that you belong to more than one of these types, and you are possibly right. Only you can honestly say what is going on in your relationship and what are the problems that you are struggling with.



CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

III. RELATIONSHIP DEAL BREAKERS AND HOW TO COME OUT ON TOP

"Love doesn't sit there like a stone, it has to be made, like bread; remade all of the time, made new" - Ursula K. Le Guin, a famous American author, pointed out in one of her novels.⁽¹²⁾ This is also true in the case of relationships. If you don't work hard to overcome the obstacles that may come in your way, your love life is not going to be fruitful.

In this chapter I am describing all the possible issues that you could be facing in your relationship, because I want to make sure that you're covered and nothing leaves you baffled or surprised.

There are certain problems that are common, that all couples face at a certain time, and those are the ones that I want to tackle here. I am going to describe them to you from a woman's perspective, so that you fully understand what your girlfriend or wife feels but perhaps doesn't tell you. Let's get to work!

a. You both have trust issues

Love- trust. These two are inextricably linked and define the basis of the best relationships. You can have love without trust or trust without love, but you probably won't have a very successful long-term relationship without both being in place. Building trust is a delicate process and it develops gradually over time. While it may mean different things to different people- honesty, loyalty, responsibility, reliability, fidelity- at its core it feeling physically secure and emotionally safe. Joel D. Block and Kimberly Dawn Neumann explained this better in their book, *"Sex Comes First: 15 Ways to Help Your Relationship- Without Leaving Your Bedroom"*: *"When you truly trust someone, you are able to express your deepest feelings and fears to them. You can also feel confident that you are free to let down your guard- revealing who you are, what you want, and what you need, all the while knowing the other person will accept you, respect your feelings, and protect you."*⁽¹³⁾ The ability to mutually expose your inner selves will contribute greatly to the growth of shared intimacy. George MacDonald said that *"to be trusted is a greater compliment than to be loved"*⁽¹⁴⁾, and he is right. If love is a house, trust is its foundation. As long as both of you feel that you can rely on each other in an all inclusive way, there is nothing that can ruin things between you.

b. Jealousy stands in your way

There's a popular saying that claims it's good to be jealous from time to time, because it's a sign you're truly in love. Well, I'm not a fan of this. I think jealousy is poisonous and by no means a sign of deep rooted passion. Robert A. Heinlein, famous American writer, agrees with me: *"Jealousy is a disease, love is a healthy condition. The immature mind often mistakes one for the other, or assumes that the greater the love, the greater the jealousy- in fact, they're almost incompatible; one emotion hardly leaves room for the other. Both at once can produce unbearable turmoil."*⁽¹⁵⁾ Jealous thoughts emerge as a result of a lack of trust, because the two are interlinked, therefore, if you really want to solve this problem, you'll have to start by fixing issue no. 1 on my list.

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

c. You're not open enough toward each other

Openness means sincerity, means giving yourself, and your partner, the space to grow, to be your true selves, to exercise your diversity. Oftentimes we are afraid to really let loose and show ourselves bare naked in front of somebody else, both metaphorically and not. When it comes to a relationship, being open is even more difficult, because, at the beginning of it, let's all be honest here, you start with dissimulation, be it to make sure that you are liked or to hide what you think it's not making you look good. When the relationship evolves, having the courage to clear everything out and truly reveal yourself takes a lot of guts, I know. But if you really want your connection to move past the surface, that's a step you should not skip.

d. You're too stuck in gender roles

We all know men and women are wired emotionally in different ways. Men are doers, while women are thinkers, ponderers. Men are more prone to flee situations that involve showing of emotions, which is on the opposite pole of women, who don't mind dealing with their feelings openly. There is a physiological reason for this. John Gottman, a psychologist at the University of Washington, discovered that men experience emotional flooding at lower levels than women do. What this means is that, when faced with an intense emotional interaction, they are ill-equipped to handle it and therefore they prefer to withdraw, which is the opposite attitude of women, who'd rather get even more involved into the analysis of said emotions.⁽¹⁶⁾ The key is to find a balance, negotiate your emotional energies more effectively. If you want your relationship to be successful on an emotional level, you are going to have to stretch beyond how you are biologically wired. At the same time, your girlfriend will have to stretch also, primarily by not taking your behavior personally. It's not like you don't want closeness and she does. You simply approach closeness differently.

When it comes to communication in your relationship, one of the best things you can start to do as a couple is to try to be consistent with your words and actions.

e. You're not on the same page as far as non-verbal communication is concerned

When it comes to communication in your relationship, one of the best things you can start to do as a couple is to try to be consistent with your words and actions. Mixed messages lead to confusion and misunderstandings. You might not even be aware of the fact that you are behaving in a manner that is inconsistent with what you are saying. Body language is extremely important to develop consistency between what is said and how it is said. The inflexion of your voice- tone, pacing, volume, rhythm- the way you show your feelings and emotions is extremely important. Jim Rohn said that *"effective communication is 20% what you know and 80% how you feel about what you know"*.⁽¹⁷⁾ Therefore, be alert to the non-verbal cues of your loved one and make an effort to keep your own body language and messages consistent. Also, don't forget about feedback, it is one of the essential elements of good communication. Whenever you sense or feel confusion, take the time to discuss the non-verbal

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

messages you're sending or receiving, to make sure everything is as clear as it should be. Your goal: to SOFTEN communication. Your tools: S- smile, O- openness, F- forwardness, T- touch, E- eye contact, N- nod. Master these and you'll be ok.

f. You're too busy

John Lennon said that "life is what happens to you while you're too busy making other plans". If you replace life with love, the sentence remains viable. You can't have a meaningful relationship if you're too busy with unrelated activities. If you allow everything else to eat your time, but taking care of how your couple evolves, you can't expect constructive things to just happen to your relationship. I know it's a tough world out there, that it's getting harder and harder to do everything and still have time to have meaningful talks with your lover, but it's not impossible. After all, it's about prioritizing. And about not taking for granted the most important thing in your life: romantic happiness.

g. You don't handle change well

Usually, a relationship goes through different stages. The passing from one stage to another- the more-than-friends, the cuddling-lovers, the reliable-team-mates, etc.- comes with change, and this can prove to be frightening in the beginning, especially for a guy. While women are more prone to speeding things up and changing a fling into

a real-time romance, guys would rather take their time and savor each phase carefully, so that they are sure they're ready to move on to the next chapter in their love life. But change shouldn't be looked upon constrictively. Change is the essence of life. You have to be willing to surrender what you are for what you could become. So, next time you feel she wants more from you, don't freak out, receive it open heartedly.

IV. THE 5 FIGHTS ALL COUPLES HAVE

No, you are not the only couple who've had That Stupid Fight. We've all been there. Find the solutions in the pages that follow.



CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

1) The drunk fight. It's 2am and she's in tears in the driveway after having an epic fight with you, after both of you had a little bit too much to drink. Sounds familiar? Liz Kelly, dating and relationship coach and author of "Smart Men Hunting", says this happens because alcohol amplifies an otherwise low key argument. "Your view is blurred by the bottle, so you probably said something you now regret during the argument", she says.⁽¹⁸⁾ Exhaustion, on top of drinking, can make this fight scenario even more dangerous. **Avoid it by:** Realize that when you're drunk you don't reason- logically and emotionally- that good. Agree to discuss the matters when both of you are sober and, most of all, never hold grudge about what has been said in an alcohol infused state. Whatever nonsensical musings she threw at you, forget about it. The popular idiom that states that drunken people tell the truth is not true!

Money can cause some major friction in your relationship if you're not in sync. If one person is an impulse buyer while the other is a saver, you are bound to have purchasing disagreements.

2) The money fight. She blew 300\$ on a new dress when you are both trying to save money for a trip to Thailand. She's angry that you don't understand that the dress was a self-rewarding gift because she passed the exam and got her driving license and doesn't understand why you are making such a big deal out of it. Money can cause some major friction in your relationship if you're not in sync. If one person is an impulse buyer while the other is a saver, you are bound to have purchasing disagreements. **Avoid it by:** Setting a budget both of you agree on. No talking about money budgets and spending is bound to create pressure. Be clear on what you each have and want, and find a place in the middle that makes you both happy.

3) The "I didn't orgasm" fight. It's easy for your girlfriend to feel a tad ripped off if you've just completed a session between the sheets that left her more frustrated than fulfilled. Don't panic though, it's important to give yourself a break if you don't manage to give her the pleasure she wants every time you have sex- provided she has a good overall orgasm average. If the train never stops in her station, however, you two need to have a firm chat with the... conductor. Your best bet is to ask questions to find out how to satisfy her in bed. Give her plenty of compliments and encouragements to downplay any frustrations or awkwardness. **Avoid it by:** Have her gently and kindly guide you in the right direction. Let her know you really do what her to have a good time and that it would help you a lot if she pointed you to the right spot, at the right time.

4) The ex fight. At some point, you're bound to get into an argument about the ex, especially if either of you ended a relationship just before you got together. This argument develops because neither of you feels safe nor secure in how you feel about each other. Or, you might get upset because you think you're meant to be her knight in shining armor- so why is she talking to that old guy? **Avoid it by:** Understanding that the past is the past, and letting it go. Excuse the ex from the conversation by changing the subject whenever it comes up. Focus instead on what is important between the two of you- you don't need a third party. And at the end of the day, she's with you and he's not, so what's to worry about?

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

5) The special occasion fight. This fight crops up when your vision of the evening is not met by your partner: it's your birthday, for instance, and you want to drink beers with all your friends- and she demands a romantic evening just for the two of you. It's important to talk beforehand about your expectations to avoid major disappointments. If you put too much pressure on the situation, you'll most likely get upset over any little thing that it's not like you'd want it to be. **Avoid it by:** Talking about your plans, so you can prevent the onslaught of tears when she realizes you're not that fond of all her extensive preparations. Give lots of hints and be very specific, because, at the end of the day, she wants you to feel good, not to ruin the evening for the both of you.

V. 18 THINGS SHE DESERVES IN A LOVING RELATIONSHIP

I told you about problems, obstacles, fights, everything that can possibly go wrong between the two of you, but how about something good for a change? How about if I spilled the secret of what women really want (and think they deserve!) in a loving relationship? Sounds interesting, right? The best part is, it's not at all complicated!

What your girlfriend wants from you, but doesn't dare ask.

- **Inordinate amounts of love demonstrated with actions, not just words.** That means calling when you say you will, holding her hand when she is sick, helping her move the furniture around, etc.
- **A little kitchen savvy.** You don't have to be Gordon Ramsay, but having some culinary skills beyond beans and toast will certainly make her life easier when she has a long day at work and she comes home to find the table is already set.
- **Someone she can trust.** If she feels she can trust you, she won't behave clingy and needy when you're out with the boys. If you break her trust, nothing will be the same again. Honoring this should be just as important for you as it is for her.
- **A grown-up.** You shouldn't sulk for hours to get your own way. Being able to put yourself in her shoes, and trying to see things through her eyes, even when it's hard, shows her you're making an effort to build a bridge between your way of thinking and hers.
- **To feel sexy and satisfied.** There's nothing better than a man who knows his way around her girlfriend's erogenous zones like he's packing a GPS. Eye contact, hugging and kissing never gets boring for a woman.
- **To be accepted- curved and all.** Loving a real woman means loving real curves- and she does put on a couple of kilos, you love her enough not to mention the words "muffin" and "top" in the same sentence- or the same week.

CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

- **Respect.** This comes in many forms, including listening to her opinions and never putting her down or cheating on her. A good relationship needs to be a team effort- you're in it together and you are on each other's side when it counts.
- **Mutual appreciation.** John Gottman, professor of psychology at the University of Washington, says that in order for a couple's relationship to thrive, there needs to be at least five compliments to every criticism.⁽¹⁶⁾
- **Random romantic gestures.** Guys who understand this formula, $P = H$ (presents- no matter how big or small- equal happiness), truly understand women. Random romantic gestures can be made on any budget. Whether it's a pack of jelly snakes at the end of a long day, or jewelry from Tiffany & Co for a special occasion, it shows you are thinking of her and her happiness, even when you are not next to her.
- **A reasonable division of household tasks.** It's not 1958, so if you're living together, you should know where the loo brush is. If she wants to set up a fair and equal household work dynamic, don't make a face. Partnership means dividing the work- whether it's household related or not.
- **To be humored.** Watching reality TV, eating your hot chips instead of ordering her own and talking about her friends' lives constantly is something she enjoys and is just part of the package. So love her harmless quirks.
- **Not to have to deal with "harmless" flirting.** If you add the girl you lost your virginity with to your Facebook friend list, then give her your number to "catch up", don't be surprised if she gets upset. Flirting, even when it's done via the internet, it's neither acceptable nor negotiable.
- **Understand that she finds vulnerability sexy...** and that she thinks it's ok that someone's not invincible. Expressing your emotions effectively (even the tough ones, like sadness and jealousy) and revealing who you are beyond the tough manly exterior makes her love you even more.
- **To have the world's greatest PR man,** and to be as proud and as vocal of her achievements as she is of yours. She loves nothing more than blowing your trumpet (when you've reached a goal or won a prize). She loves and deserves words of support and congratulations, too.



CHAPTER 2: THE MOST COMMON COUPLE PROBLEMS AND HOW TO TACKLE THEM

- **Not to be shouted at.** Don't ever shout at her. She'll get scared and freak out. Be reasonable, make her feel there's always a solution for every problem- whatever the circumstance. Yes, she is an independent woman, but every girl secretly loves to feel secure and protected- especially by a kind, strong guy.
- **Plenty of uninhibited public displays of affection.** Small physical acts of affection in public show that you're together, and that you're comfortable with just about anyone knowing. Whether that's holding hands, putting your hand on her leg at the bar, or putting your arm around her while you're spending the afternoon visiting her parents, it tells everyone around that you are in a relationship.
- **For you to be the sunshine in the storms of life.** Whether that's a cuddle when her boss has had a go at her, supporting her when she has to stand up to someone intimidating, or not going nightclubbing with your mates when you have to stay at home to nurse a broken foot. In short, you're just there for her.

CHAPTER 3: THE HEALING POWERS OF COMMUNICATION AND INTIMACY

Now that we cleared out what can go wrong in your couple, and you dutifully noted the things you have to do to solve each possible conflicted situation that you face and to come out on top, it's time to start discussing, step by step, the program I specifically created for strengthening your relationship.

Given the suggestive title of this program, you are probably on your toes waiting for the sex stuff, right? It's true, I do think that more sex, more great sex, is the solution for two members of a couple to bond

more on an emotional level also, but it's a different kind of sex that I want to teach you in this book, it's sex that comes out of intimacy and really communicating each other's needs and desires.

"The trait that is most closely linked to the success or failure of your relationship is your ability to communicate", says Jim Burns in "Creating an Intimate Marriage: Rekindle Romance Through Affection, Warmth and Encouragement".⁽¹⁹⁾ If you want to be emotionally and physically connected in an intimate way, poor communication is going to stand in your way. To prevent that from happening, let's learn what a healthy communication really means!

I. COMMUNICATION- THE #1 SKILL THAT YOU NEED TO LEARN NOW!

"Two monologues do not make a dialogue", said Jeff Daley. I like this quote because it somewhat describes the complexities that the word communication entails. Everyone seems to understand what communication is per se, yet few people are really good at it.

Books and dictionaries of all sorts and kinds define communication as "the dynamic process through which people try to convey meaning to one another". Since language is the form of communication specific to us human beings, we tend to rely solely on it when we communicate, which is not really constructive.



CHAPTER 3: THE HEALING POWERS OF COMMUNICATION AND INTIMACY

Communication often has less to do with the words you use and more to do with their underlying meaning. We talked in the previous chapter about the importance of non-verbal communication, without which messages aren't always received as they were meant to in the first place. Think about the times your girlfriend or wife shouted angrily at you: "It's not *what* you said; it's *how* you said it." I bet you didn't know what she was talking about.

Communicating correctly, using nice words to make your partner feel that you care about her, helps you both reconnect to your inner feelings of affection, and insure the process of bonding.

Yes, the power of language is immense. Communicating correctly, using nice words to make your partner feel that you care about her, helps you both reconnect to your inner feelings of affection, and insure the process of bonding. Simple sentences like, "You're gorgeous", "You get prettier every day", "I love talking to you", "You make my life better", etc., help you cultivate the quality of affection and kindness, but words are not all there is when it comes to communication.

Find below a deconstructed analysis of this process, what you have been doing wrong all this time, the tidbits of information you never knew and how easy it is to talk to your partner on a deeper level than ever before. Courtesy of your favorite sex & relationship expert!

1) WHAT'S YOUR COMMUNICATION STYLE?

There are four major communication styles, psychologists claim. I'm describing all of them to you so that you find yours (and your partner's!) and learn where your mistakes are and how you can solve them for better mutual understanding.

a. Passive Communication. You choose to say things by... not saying that much! In order to avoid conflict, you rarely express your honest feelings and desires, opting to defer to other's opinions instead of voicing your own. While it is done with good intentions, passive communication doesn't do good either to you or to your relationship. Moreover, it can deepen your low self-esteem (the main reason for your refusal to speak your mind and stay true to what you believe). It nurtures frustrations both within you (soon you'll start to feel that you are not understood or appreciated) and within your partner (who will interpret your refusal to get involved in the process of communicating like a sign of a lack of interest).

b. Aggressive Communication. At the opposite pole, aggressive communicators care deeply for their opinions and demand that they are listened at all costs. You want to be right and seldom you send the message that you don't care about other's opinions, that what you think is more important than what other do. You are a critic and a blamer, you tend to interrupt and aren't that of a good listener. Your relationship is not going to flourish as long as you keep invalidating the opinions of your partner, leaving her frustrated and hurt.

CHAPTER 3: THE HEALING POWERS OF COMMUNICATION AND INTIMACY

c. Passive-Aggressive Communication. This one is the sneakiest of them all. You start by forfeiting your rights and desires, letting your partner think she got her way, but you end up manipulating her and subconsciously being aggressive. The message you send is something like, "I'm being understanding and cooperative, but you should still do it my way." Sarcasm is your thing and you enjoy proving your point without actually... proving it. Bad, bad boy!

d. Assertive Communication. This one is the best way of communicating, all experts agree on that and it's definitely what you should strive for. Assertive communicators express their feelings, rights, and desires without violating the rights of others. You are not afraid to ask for what you want, while still being considerate and respectful to others' needs. You're being authentic and your goal is to create a solid connection. Good job!

2) HOW COMMUNICATION STYLES AFFECT YOUR RELATIONSHIP?

The way you communicate influences how close and intimate you get with your partner. The first three types will have negative effects on your couple life, and soon your relationship will grow devitalized and the goal of closeness is not going to be met.

As George Bernard Shaw pointed out, *"the single biggest problem in communication is the illusion that it has taken place"*.⁽²⁰⁾ You might think that you're doing plenty of talking, but the question is, are you doing it the right way? Or the right moment? Dr. Laurence J. Peter said at one time something that made me smile, but also get concerned: *"Speak when you are angry- and you'll make the best speech you'll ever regret."*⁽²¹⁾

It is important that you follow a few basic rules in order to truly get your partner to understand what you are trying to say. To help you, I've described them bellow.

3) ROCK SOLID PRINCIPLES FOR GOOD COMMUNICATION

a. Be empathetic. Basically, this means to see things from your partner's perspective also. Drs. Les and Leslie Parrot pointed this out in one of their analysis on couple bliss: *"Research has shown that 90% of our struggles in relationships would be resolved if we did nothing more than see problems from our partner's perspective. Empathy is the heart loving."*⁽²²⁾ If your partner feels that you understand her and that you are willing to work each issue as a team, she'll feel safer and more secure when sharing things with you.

b. Be a good listener. Listening is the language of love, popular culture says. If you'll do more listening and less lecturing, you'll be more productive as far as healthy communication is concerned. After all, we have two ears and just one mouth for a pretty good reason. So, whenever you feel like interrupting

CHAPTER 3: THE HEALING POWERS OF COMMUNICATION AND INTIMACY

your partner in order to say what you think, stop and just listen till the end. The conversation will run smoother this way and you'll end up getting along better. I know that it is not easy, especially when you think you have the right answer and if you'd just let it out in the open the whole problem will go away, but it's the constructive thing to do if you want to build trust and intimacy in your couple. If you want to know specifically how to be a good listener, check out my list of The Seven Qualities of a Great Listener:

- I sincerely want to listen to her point of view
- I am willing to accept her feeling and emotions, whether I consider them wrong or not
- I don't always want to be right
- I'm willing to develop a non-judgmental attitude
- I'm making eye contact and relying on the soothing powers of touch
- I'm showing appreciation of the fact that she's trusting me with her confidences
- I will not only listen, but be supportive all the way, for as long as she needs me

c. Express your expectations. If you're not telling your partner what exactly you want from her, how is she going to know? We're not mind readers here! Don't expect your partner to just "get it" and behave like you'd want her to behave. Be specific about your expectations, tell her exactly what you are looking for. Clarity and honesty is key when it comes to good communication. If you are courageous enough to speak the truth, you might be surprised about the positive outcome of your act. Bill Hybels said it best: *"It takes an enormous amount of courage to say to your partner, <This is me. I'm not proud of it—in fact, I'm a little embarrassed by it—but this is who I am>".*⁽²³⁾

II. CREATING INTIMACY THROUGH COMMUNICATION

An important outcome of having a solid communication is emotional safety. If you feel like your partner understands you and you understand her, you are more prone to showing your true feelings. And if you show your true feelings, closeness and intimacy on all levels is in your pocket.

But what is, really, intimacy? Most people seem to define intimacy as two people engaged in hot and passionate sex, or something very close to this. But the truth is the experience of physical connection between two people is only the culmination



CHAPTER 3: THE HEALING POWERS OF COMMUNICATION AND INTIMACY

of all that is intimate between them. Intimacy is much more than that. Robert Sternberg explained this difference very beautifully: *"Passion is the quickest to develop, and the quickest to fade. Intimacy develops more slowly, and commitment more gradually still."*⁽²⁴⁾

Intimacy is an attitude. It's how you get along all the time, not only when you're making love. It has to be continuous in order to be fulfilling

Intimacy is an attitude. It's how you get along all the time, not only when you're making love. It has to be continuous in order to be fulfilling, and if you truly want to enjoy great quality lovemaking, the hours outside the bedroom should be spent with the same degree of closeness.

Fortunately, achieving that is not impossible. I have a few tricks up my sleeve that I am willing to share with you. You can thank me later.

1. Exercises for opening to intimacy.

I call this: emotional workout for couples! What, did you think that bonding happens just like that, without any exterior influence? No, sir! There are plenty of things that you can do to strengthen your relationship. These exercises will help you become relaxed in the presence of each other, and attuned to your heart rhythms. They involve a lot of touching, because I think it has a really calming and soothing effect. Let's get to work!

- **Spooning.** Lie on your sides with your legs bent so that you fit together like two spoons in a drawer. Once you are snuggled together, lie still, letting go of any tensions, and try not to talk or move too much. Breathe heavily and rhythmically and listen to your partner's breathing at the same time. Close your eyes and imagine getting out of your own body, letting it sink into the bed. You'll feel all warm and fuzzy inside. You can choose to spoon either fully clothed or in the nude, but refrain from sexual intercourse. This exercise is just meant to bring the two of you closer together.
- **Eye to eye.** Lie together on the bed, or whatever feels comfortable for you, and look into each other's eyes. Don't talk, just watch each other in silence. It might feel uneasy at first, you might be shy about it, or feel exposed, out in the open, but it's a great exercise for really bonding on a subconscious level also. Doing this, you and your partner will soon rediscover the richness of your unspoken communication and the way your eyes speak to each other without uttering one single word.
- **Intimate embrace.** Sit with your back against a wall and have her put her head on your chest and wrap her arms around you. Share this embrace for ten minutes. Close your eyes, listen to each other's breathing, feel each other's warmth, feel your hearts beat. She can pass her fingers up and down your back, while you can stroke her shoulders, neck, face and hair. This exercise sends the message of being mutually taken care of, which is a great deal as far as intimacy is concerned.

CHAPTER 3: THE HEALING POWERS OF COMMUNICATION AND INTIMACY

- **Pressure yourselves.** Lie on your back on the bed and have your girlfriend or wife lower herself gradually on top of you, from head to toe. Don't worry, it's not uncomfortable, and it's surprisingly efficient. Holding her whole body against yours, you'll feel like you are in control, and she'll feel like she can depends on you no matter what. The benefits are psychological, but also physical, because this position is extremely relaxing for the spine.

2. The healing powers of intimacy

Sex is god for you, but sex with love is even better. Openness toward your partner leads to the most beneficial kind of sex that is. Research into intimate sex and its effects on a health body and mind have shown that anything that promotes feelings of love and intimacy is healing and empowering.

Psychologically, a sexually fulfilled life breeds a healthy mind and personality, because it gives you the feeling that you can do anything you set your mind to do, as long as you have the full support of your loved one.

Physically, you have more energy, you get more things done, more efficiently, you are calm and relaxed and your creativity peaks. In the last section of the book I shall talk more extensively about the love therapies and how they can cure different health conditions, without us even noticing it.

Bottom line is, when your mind and body are in sync- you get along perfectly and your sex life thrives- your overall health is blooming and there's nothing that can put you down. Having such a strong positive attitude is also a great plus for your relationship, because problems and obstacles are going to be much easier to overcome. My advice? Don't take emotional closeness for granted and take care of the health of your couple. The benefits are bigger than you might expect. Just read the rest of this book and you'll find out exactly how big.

A blue-tinted photograph of a couple embracing. The man is shirtless, and the woman is wearing a white shirt. They are holding each other closely, with the woman's hands resting on the man's chest. The background is dark and out of focus.

THE SEX
STARVED
COUPLE

PART II
IMPROVE YOUR
RELATIONSHIP BY
MAKING SEX BETTER
AND MORE INTIMATE

CHAPTER 4: DISCOVER YOUR BED DNA AND MATCH YOUR LIBIDOS

You picked up this book because your relationship is not as good as you'd want it to be and you're interested in ideas on how to fix it. In the first section of the series, I let you in on the insight of couple problems and what the best way to tackle them.



However, I know that's not enough. I know you didn't come here for couple counseling alone. You came here because you're counting on me to give you the best solutions there are and because you know I won't disappoint you. And you're right. I'm not going to lecture you about love and stuff, because that is not what you need. You need hands-on solutions that truly work and that will make your life better and your relationship bumps easier to deal with.

You also came here for the sex. Metaphorically, not practically. You came here because you're aware of the important factor that sex is in a couple's life. And you know that I never take it for granted.

If in the first section I tried to put my own spin on how to deal with relationship deal breakers without mentioning sex per se, it's time to stress its major importance. The sex that I'm teaching you here though equals intimacy. This you must know from the start. Because if you're having problems in your love life, sex alone is not the option, but intimate sex.

What's the big difference, you might ask. The answer that comes to mind is this: intimate sex is making love with your entire body and mind, not just your genitals. Intimate sex is creating that special connection between the two of you that not only ensures your orgasms, but also relationship healing.

Intimate sex is not just a longer foreplay, or more classical positions, or more kissing, is connecting your all senses in the process. It's not difficult to achieve, as long as you're familiar with the right tricks. For this you need me. And, as always, I'm more than happy to help.

CHAPTER 4: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

In the first chapter of this section I'm discussing the importance of strong libidos. Because in order for your sex to become more intimate, you have to be on the same page about it. The problem of mismatched libidos is as old as the New Testament. He wants it more, she wants it less, we've all heard that one. What you might not have heard is that there is a solution for aligning your desire, for closing the passion gap that exists between the two of you.

1) WHY HAVE YOU LOST THE URGE?

The problem with low libido became all too obvious to me upon watching... Sex and the City, the famous TV show. I was particularly surprised by the 40 years old, healthy and happily married character of Miranda, who, though her husband craved her, went six months without having sex. Can you imagine that!?

If you haven't seen the movie, you might write off Miranda as an ice queen, but she isn't. She is juggling a full time job, an hour commute to and from work, a small child, etc. Whenever her husband tries to initiate sex, she simply wants to get it over with so that she can get some much-needed sleep.

Sounds familiar? I'm sure it does. Because this is the problem nowadays. Now the problems with low libido are not strictly sexual or biological. There is a myriad of causes that lead to a disadvantaged sex life.

According to a 2007 study conducted by the American Psychological Association, 75% of Americans say they are too busy or too tired to have sex more than once a week. Some psychologists estimate that 15 to 20 percent of working couples have sex no more than ten times a year. The number of sexless marriage is "a grossly underreported statistic," says therapist Michele Weiner Davis, author of "The Sex-Starved Marriage".⁽²⁵⁾

Moreover, fatigue and lack of time are not the only reasons people lose appetite in making love like in the good old days. There is also the difference in libidos, which traditional psychotherapy didn't have a good success rate in covering.

Also, there's this big paradox. A few decades ago, the problem was much simpler. People didn't have the knowledge. This area was gray and there was little information on how to grow sexually as a couple. Now it seems there is too much information and people are getting more and more confused about what they should be doing to make it right.

Fatigue and lack of time are not the only reasons people lose appetite in making love like in the good old days. There is also the difference in libidos.

In the end, what really matters when it comes to dealing with a loss of urge is identifying and understanding the current issues that you and your partner are struggling with, exploring strategies that

CHAPTER 4: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

might help, and then being honest about what you are prepared to do to address the distress you are feeling in your sexual relationship.

What you must know from the start is that the problem is neither in you nor in your partner. You both might be secure, happy individuals, with good intentions towards your sexuality, but you still might be ending up in unsatisfying sexual relationships, because it is how your individual sexuality interacts with your partner's that defines what is a problem and what isn't. What are your sexual needs and how do they match or mismatch with those of your partner? That is the question!

I like to call one person's sexual individuality as his bed footprint, or bed DNA. We're all different in so many aspects, why would things be different when it comes to sex? In order to learn your bed DNA and how to pair it with your partner's, you must find out what type of libido you have.

We tend to think that libido, or sex drive, should be a hot, "can't wait to have sex" feeling, and that this should lead to regular motivation for sex. However, sex drive is not just physical desire. It is anything that helps you feel that sex is a good idea.

You will need to discover your sensual, emotional, and thinking cues that help you say yes to sex more frequently. Focus on identifying what stops you from being willing to have sex, and then look for strategies to challenge and reverse these thoughts, emotions, and sensual experiences.

Although the media will have you believe that there is only one normal level of sex drive- and that is high- there is a wide range of libidos. Some people have naturally robust libidos, while others are, by nature, lukewarm about sex.

Here's a deconstructed list that will help you clear things out more rapidly. It's best if you read this together with your partner, so that you both find out which area you fall out into.

2) TYPES OF LIBIDOS:

a. The Sensual Libido. Sex is an important part of the relationship for you, and you want both you and your partner to enjoy the benefits of orgasmic pleasure. To manage this, you make sure you satisfy all of your partner's desires, but you want equal time in getting your wants and needs met, and aren't afraid of letting your partner know what you find pleasurable. However, this doesn't mean that you have sex for the sake of, well, sex. You care more about the emotional connections that becomes stronger between the two of you each time you reach another level of sensual euphoria. Sexual performance is thus important for you only if ensures a more powerful couple bonding. As long as great sex equals a great relationship, you're happy.

b. The Erotic Libido. You want sex to be intense and passionate, at least some of the times. You can

CHAPTER 4: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

cope with periods of ordinary sex, provided there are regular opportunities for adventurous and sizzling sex. If you have a strong erotic libido, you get little or no pleasure from low key sex and this might cause problems in your relationship, because your partner might start to feel a pressure to perform at great heights all of the time, which is never good. Also, an erotic libido doesn't really match the idea of intimacy, because your sex technique usually resembles that of macho sex (I'll describe the difference in chapter 6, where I talk about intimacy vs. macho sex).



c. The Dependent Libido. You need sex to cope with problems. Sex soothes you and makes you feel better. You probably masturbated a lot in your teenage years, mainly to better deal with bad feelings such as stress, boredom or anxiety. If your partner doesn't want to do it when you want, because your too emotional state, you tend to interpret it as a lack of love and caring. It's like she's refusing to give you the medicine you need to... feel better.

d. The Reactive Libido. You care more about the sexual needs of your partner. You might even end up ignoring your own desires if you feel they aren't what your partner usually enjoys. You obtain bigger satisfaction in seeing your partner satisfied. You need to see your partner aroused in order for you to become aroused as well. You put a lot of effort into foreplay and can only orgasm once you make sure she did. If your partner is not in the mood, you'd rather masturbate than impose your own sexual needs. You're a romantic at heart and you're always thinking of different ways of providing her with powerful orgasms. Although it might seem that a reactive libido reflects lack of self-confidence or low self-esteem, this is not always the case. You might be very comfortable in your own

sexuality and as long as your partner is willing to take the lead and share with you what she wants during sex, you're both going to be extremely pleased with the results.

e. The Entitled Libido. You assume that it's your God given right to get whatever you want in your

CHAPTER 4: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

sexual relationship. If you want hot steamy sex, you should be given the opportunity to have hot steamy sex. If, on the contrary, you want cuddling, your partner should provide you with just that. You are very influenced by the idealization of sex in movies and books and think that you are entitled to have the same great sex they're having on screen. Because you're you. And you're that special.

f. The Addictive Libido. Your problem is that you can't seem to resist the lure of having sex outside your relationship. It's not that you don't love your partner; it's that you're constantly craving more. You think that couple sex is boring compared to the dangerous allure of doing it with a complete stranger or a fuck buddy, for example. Like any addiction, it's the behavior that controls you rather than vice versa, and although you might feel bad when cheating, you just can't stop doing it. Some therapy sessions and counseling are in need here.

g. The Stressed Libido. You're always on your toes, constantly worrying about your performance and about whether what you are doing is pleasurable or not. You tend to avoid having sex for fear of failure, even though you might still be very aroused. You're a fan of masturbation, because in these moments the pressure is off and you can enjoy the pleasure wholeheartedly. You'd make the greatest pair with someone that has a reactive libido, because that person will not stop until she finally convinces you that your fears are exaggerate and that you should stop worrying so much about how well you carry yourself under the sheets.

h. The Disinterested Libido. There are persons that have naturally low libidos. They practically have no physical or emotional problem with having sex, they just seem to not be in the mood. If you're one of those, you might develop feelings of guilt and defensiveness because you're not able to satisfy your partner. However, you must accept that you have not chosen to be a disinterested libido type, and my guess is that you wish you did feel like sex and enjoy it as other people seem to. Developing a mutually satisfying sexual relationship with your partner can only happen if you discover your positive reasons to have sex and look for what does give you pleasure.

i. The Detached Libido. This is Miranda's case, which we discussed earlier. The detached libido type usually feels sexual desire but is too preoccupied with other life issues to seek out couple sex, usually masturbating to relieve sexual frustrations because it is the simpler solution. Being overwhelmed by stress from financial or work pressure, you might think that sex is the last thing on your list right now, but be aware that this attitude does more wrong than good.

j. The Compulsive Libido. While the Erotic libido wants to explore all the wondrous variety of sexual activities that are now openly discussed in our society, the compulsive lover has one main sexual object or situation that triggers sexual arousal. Some sexual compulsions can be incorporated into a sexual relationship, but others, such as the compulsive use of Internet pornography, excludes a partner. Extreme compulsive libido types can only arouse using the sexual object or ritual, which creates a lot of damage inside the relationship, because a unilateral position in this area is bound to lead to frustrations from the opposite part.

CHAPTER 4: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

3) UNDERSTANDING YOUR MISMATCHED LIBIDOS

Yes, it turns out the most common cause behind couples' bedroom blues is a simple mismatch in libidos (that is, when one of you is gagging for it and the other could just take it or leave it).

Now that you know who's the enemy that was lurking in the shadows of your subconscious and putting your sexual bliss in danger, it's time you found out how exactly you can put these differences to work to your advantage.

Because a desire gap within your couple is not the end of the world. Even though you feel like your partner is often not there for the ride and vice versa, now that you're aware that the responsible for this situation is your own mismatched libidos, you can work to balance things out.

"Perfect sexual compatibility is rare and probably only occurs in romance novels," says Dr. Rosie King, sex therapist and author of "Where Did My Libido Go?". "Most couples have well matched sex drives at the beginning of their relationships when there's a lot of passion and romance. Once this part ends- usually after 12 to 18 months- a difference in sexual desires, known as desire discrepancy, commonly emerges."⁽²⁶⁾

The reason for this gap is simple- we all have different base levels of desire, as you've learned from the description of libido types, so it's extremely unlikely that we hit the jackpot and find a partner with sexual appetites identical to our own.

In addition, our sex drives are constantly fluctuating. On a good day, when things are running smoothly and you're getting along with your lover, your sex drive will be maximized. On a bad day, when you're stressed, your boss lectured you about delaying the project and you've had a tiff with your partner, your sex drive will fall. A mismatch in these urges is not a sexual dysfunction, it is an inevitability.

But don't think that this very common problem means the death knell for your romance. The key to getting yours, or hers, sex drive revving again might be as simple as not expecting a mind-blowing orgasmic full-on penetrative sex every single time- and to work together without blame to overcome any issues.

The key to preventing relationship distress when your sex drives differ is to recognize that you're both suffering and missing out on pleasurable sex. Thus you need to stop blaming each other and work together to solve the problem, rather than arguing.

The key to getting yours, or hers, sex drive revving again might be as simple as not expecting a mind-blowing orgasmic full-on penetrative sex every single time- and to work together without blame to overcome any issues.

CHAPTER 4: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

WHAT TO DO WHEN YOU WANT IT MORE

The reason why she might not want it as badly as you is simple. Common suppressants of female desire can include fatigue, stress, certain medications, relationship unhappiness and poor quality sex.

Another important reason to mention is that, although when you first got together her desire was hot and burning, after the first couple of years in the relationship, many women never again feel sustained spontaneous desire for sex.

What you should know is that a woman can be receptive when you initiate it- she'll be bound to find that once she gets started, she can get turned on and enjoy sex. If she has a low libido and you're waiting until she feels the flames of lust, you are wasting your time, because it may very well not happen. Don't get discouraged by her low libido, push her buttons and you'll see how well she responds to them. Negotiate regular sexual activity, don't give up and wait for her to "get better" and want you again.

On the other hand, if she's not interested in having full-on intercourse, she may be up for a quickie or to give you manual or oral stimulation. At times, she might be willing to cuddle and caress her partner while she masturbates. This is known as low-participation sex. You must accept that whatever she offers is good-enough sex and certainly better than no loving at all.

WHAT TO DO WHEN SHE WANTS IT MORE



Similar to women, your sex drive can also wane due to fatigue, stress, poor health, certain medications, depression and relationship unhappiness. The use of excessive porn or masturbation may also cause a low interest in participatory sex.

What you must know from the start is that, if she wants more sex than you are willing to give, it can get very hurtful for her. Why? Because women are raised to believe that, given the chance and permission, any man will jump their bones without hesitation, so when you show disinterest, she feels rejected, undesirable and unloved.

The first thing that you can do is look for factors that might be reducing your sex drive. If you're depressed, talk to her about your emotional situation and maybe seek professional advice on the matter. Also, confide in her and tell her what kind of sex would make lovemaking more enticing for you. If there are relationship problems, address them once and for all.

CHAPTER 4: IMPROVE YOUR RELATIONSHIP BY MAKING SEX BETTER AND MORE INTIMATE

Once again, try to negotiate some sort of sexual compromise. Usually, if you have low desire, it might be difficult for you to get and maintain an erection. In this instance, you can offer to pleasure her manually, orally or by using a vibrator.

Instead of having “desire-driven” sex, which is motivated by lust, you will need to engage in “decision-driven” sex. Thus you’re not waiting for the overwhelming sexual desire to grow within you so that you can do it- you make a choice to engage in it- for the sake of your girlfriend and the sake of your relationship.

HOW TO TALK ABOUT YOUR DIFFERENCES WITHOUT FIGHTING

- 1. Don't get defensive.** Understand that she's describing things from her own perspective, and that you will each say things the other doesn't agree with. Don't hurry to contradict her, take a breath and remind yourself that your partner is describing what is true for her.
- 2. Clarify your understanding of what she is saying.** Sometimes we are arguing about totally different issues. It might sound a bit stiff and formal, but every time you feel you might not have understood what she said, ask her to explain one more time. Often the message sent is not the message received, and you might be reacted to something your partner never intended to imply.
- 3. Acknowledge when you're wrong.** Apologize when you realize you've misunderstood her. This is the most effective approach when it comes to solving a conflict. Being able to say you're sorry when it is appropriate is a sign of strength and confidence.
- 4. Listen all the way.** Let her know that you want to hear what she has to say, that you want to know what her sex drive is about, and that you want to understand where the differences between you lie.
- 5. Be curious.** Ask her about her opinion on what you just said. This will encourage an open and frank atmosphere that might reveal previously hidden solutions. When you are both on the same side, it's easier to find the key to solving everything.
- 6. Describe, don't judge.** Using words such as “frigid” or “selfish”, or insisting she has a problem, leads to defensiveness, which blocks confident and constructive communication.

CHAPTER 5: MACHO SEX VS. TRUE INTIMACY

1) WHY IS INTIMACY SUDDENLY APPEALING? AND IS IT REALLY?

I talked and talked about the importance of intimate sexual relationships and about creating that close bond with your partner, but I haven't explained to you what intimacy really means. You might think you know the drill, but more often than not, you're on the wrong side of the truth.



It's not that you aren't capable of understanding what being intimate to a deeper level really means, but nowadays is getting harder and harder to consider it as a viable option. We're always in a hurry, individualism is peaking, the world around us is moving very fast, there's no surprise that the sex now is quick and fast, and that we don't really have time for anything else.

However, despite the raw attitudes espoused in pop culture, many say what they really want is an intimate love relationship. And I'm not talking only about women here. Men are also beginning to put a bigger price on the nurturing bliss that comes from a close relationship, rather than changing girlfriends and sex partners faster than changing socks.

Still, paradox lingers. Turn on about any radio station and you will hear explicit songs about sex and how today's men and women supposedly want it: Quick and dirty. Fast and hot. No strings attached.

And that message isn't limited to sexually graphic tunes, movies are also following this lead. A sampling of the latest cinematic blockbusters effectively captures the essence of what experts are calling "macho sex"- a notion that claims romance and intimacy are a thing of the past.

Imagine my surprise when I turn on the TV and listen to 50 Cent, or Akon, or God knows who else, and afterwards I head to my office where I hear hundreds of worried couples, asking for methods about how to regain their intimacy back.

CHAPTER 5: MACHO SEX VS. TRUE INTIMACY

Yes, despite the way sex is portrayed in popular culture, there appears to be a growing chorus of voices from both men and women who are saying just the opposite- that is, they don't want to do it fast and dirty, they not only prefer to, but insist on doing it slow and beautiful, like it should be done if you want to connect on a higher level.

2) SO WHAT IS BEHIND THIS GROWING TREND?

Why are so many men and women turning away from macho, hard hitting, few-feelings-involved kind of sex and attempting to become involved in a relationship in which they can discover true intimacy?

According to experts, more and more people are starting to notice that macho sex leaves them unfulfilled as far as the emotional aspect is concerned. "That's the thing", says Emily Dubberley, sex coach and therapist, and author of "Sex for Busy People". "You can be having orgasms and lots of fun, but there's this overriding feeling that something's not right."⁽²⁷⁾

The thing is, until recently, though we had high expectations for most other parts of our lives, we happily tolerated mediocre romps. Now people are starting to appreciate how important sex is to them, since we're all incredibly sexual creatures, and how there are a lot of dangers in not having good, fulfilling sex.

Consequently, when it comes to sex, people are applying a new, iron-clad rule: Take your time, get to know your partner, and make each sexual encounter worth remembering.

3) HOW DOES YOUR RELATIONSHIP BENEFIT FROM INTIMATE SEX?

By choosing intimacy, you are bound to discover for yourself the essential truth of what relationship experts have been telling you for years, and that is: Sex is often only a by-product of the satisfaction of the need of intimate and emotional connection.

Judith Wallerstein, clinical psychologist and author of "The Good Marriage: How and Why Love Lasts", agrees: "People say relationship are not that important ("I'm independent", "I have a job"). They also try not to admit how lonely they are. But very close to the surface is a great wish for an intimate relationship and sex life, to love somebody and be loved".⁽²⁸⁾

Macho sex rarely- see never- fulfils that need, for one simple reason: its primary- usually only- goal is self-satisfaction. "When sex is easy, quick, its emotional meaning is seldom diminished, and instead it develops the more carnal <get it while it's hot> mentality", explains Haki Madhubuti, American author, publisher and educator.⁽²⁹⁾

While it's true that women were the first to push the alarm button and demand their right to intimate

CHAPTER 5: MACHO SEX VS. TRUE INTIMACY

sex, men are now just as willing to take the step forward. I know, you don't need me to tell you this, since it's obvious that by picking this book, you are trying to connect with your partner on an emotional level as well, so that your relationship grow stronger and more connected.

Still, the reason you're behind in this aspect, as opposed to women, tends to be rooted in the fundamentally different way men and women view sex. "To a woman, sexuality usually suggests intimacy", says Gwendolyn Goldsby Grant in her book, "The Best Kind Of Loving". "She wants to communicate with her man through the language of her mind, body, and spirit; she wants to bond with him in the deepest, most sacred part of herself. In the meantime, all he may be thinking about is sex. These two opposing views give a good picture of why men and women have such a hard time understanding each other."⁽³⁰⁾

But it's more than just a difference in the way men and women view sex. I think it's also a matter of male personality. I'm sure that there were times when you pursued macho sex just for the sake of proving your masculinity- often to yourself. Be honest.

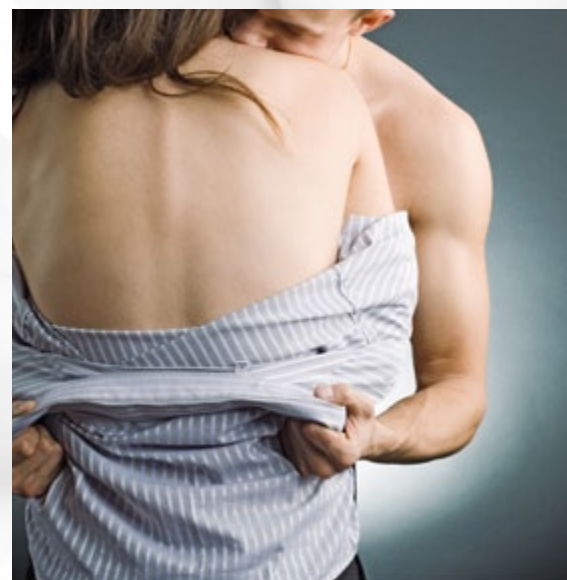
But I'm on your side in this case also, because I am aware that you weren't being macho just for the sake of being macho. It's simply a matter of dating game mentality which has been ingrained in you subconscious early in your life. Men were never supposed to pursue intimacy; they were just supposed to be the big, tough, masculine guys who fixed things around the house.

Now, fortunately, these misconceptions are starting to fade away and both men and women are finding more and more courage to speak their mind and demand what they want. And intimacy, the desire to make sex something more than just an empty carnal ritual.

Choosing intimacy, "you leave yourself and your ego behind and move your awareness into your lover's world, your lover's mind, your lover's heart", beautifully describes the process Barbara DeAngelis in her book, "Real Moments for Lovers".⁽³¹⁾

The great thing is that, unlike macho sex, true intimacy with another person is as much about emotional fulfillment as it is about sexual release. True intimacy involves a spiritual togetherness that can only be found when two people genuinely care about each other.

Unlike macho sex, true intimacy with another person is as much about emotional fulfillment as it is about sexual release.



CHAPTER 5: MACHO SEX VS. TRUE INTIMACY

4) WHAT PRECISELY DO I HAVE TO DO TO HAVE... INTIMATE SEX?

That's a good question, and I am going to try and explain this as clearly as possible. The first thing you must know is that true intimacy takes both time and courage to achieve, because before you can attain it, you must reveal your soul, not just your body. Being naked isn't about taking off your clothes; it's about taking off your mask and revealing the feelings at the core of who you are.

When your clothes are off, all your partner sees is your body, but when your emotional walls are down, she can see much more- how much you need her or how insecure you sometimes feel or how angry you are, even though you've been denying it, or how scared you are really to let go in bed.

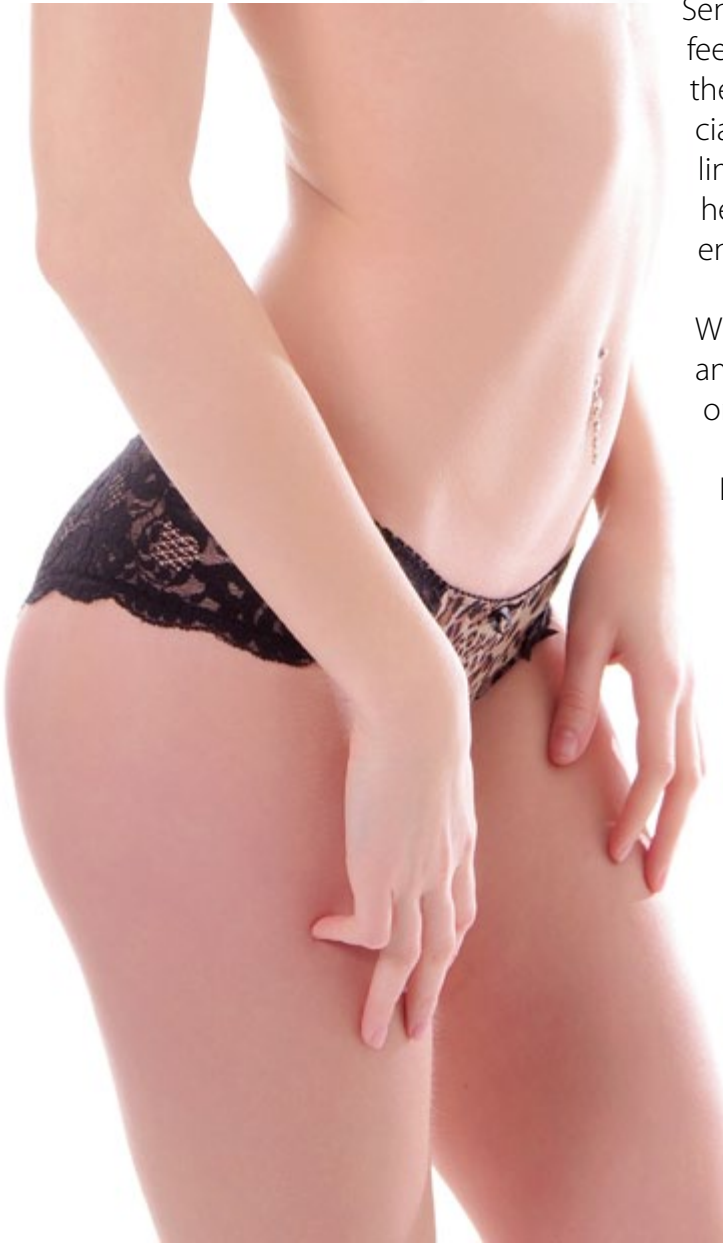
The almost universal desire of women for this kind of intimacy is a major reason for the enormous popularity of romance novels and soap operas. Women of every age, married or searching, see their fantasies in these stories. In them, you find story lines that focus on couples who have hot, erotic, sensational sex, but the clear message is that the sex is so passionate because the man and the woman's feelings for each other are just that: passionate.

The bottom line: emotional connection improves sex, not the other way around. Given that fact, my advice for you, if you want to discover in your real life the kind of intimacy you see in the movies, is to stop moving into intercourse so fast. Take the spiritual nourishment that comes with embracing, touching, talking, and bonding in an intimate way. Go slowly, take your time, and never, ever rush into bed.

What I want you to do is show her that you too think sex is a beautiful, sacred, appropriate human response. Give sex the respect it deserves, so you can get the respect you deserve. Let the woman in your life know that's what you want and she'll never want to leave your side (and the bed) ever!

CHAPTER 6: FIRST STEPS IN THE INTIMACY RECONNECTION PROGRAM

1. THE IMPORTANCE OF BEING... SENSUAL!



Sensuality comprises our delight and appreciation for the feelings that flutter our bodies, and because of this it is at the center of our sexuality. "Our ability to receive and appreciate the pleasure our senses provide us with is intimately linked to our ability to be fully sexual", said Beverly Engel, in her book, "Sensual Sex: Awakening Your Senses and Deepening the Passion in Your Relationship".⁽³²⁾

Without input from our senses, sex would be a very empty and joyless experience. And, as Dorothy Sayers said, "the only sin passion can commit is to be joyless."⁽³³⁾

If you want a much simpler definition of sensual sex, the answer is in yourself. Just think about the most awesome, tingling, hot sex you've ever had. Think about the way the sheets smelled, the wonderful sensation of her hands caressing your body, the kisses you gave each other, how she moaned when she orgasmed or how you cuddled in silence, after the deed was done. This is sensual sex- sex with the whole body alert, hungry for deeper and deeper feelings and sensations.

Sensuality is what distinguishes pure carnal sex from a loving, intimate bonding between two people. Touching, caressing, holding, and kissing are as important to love-making as the act of intercourse.

Sensuality pertains to fully experiencing all of our senses, not just sensations in our genitals. Many parts of the body are sensual and can contribute to your enjoyment of sex. Although there is a great enjoyment in the orgasmic experience, you might be

missing out on other sources of enjoyment by not giving pleasure to yourself and your partner with other forms of stimulation.

CHAPTER 6: FIRST STEPS IN THE INTIMACY RECONNECTION PROGRAM

2. UNDERSTANDING WHERE YOU ARE IN THE INTIMACY PHASE

But in order for you to reach this level of openness, that will allow you to enjoy intimate sex in full blaze, you must start by communicating both with yourself and with your partner.

Take a moment to reflect on what sex means to you and how it can be used to enhance your feelings. Is sex a form of stress release? Does it make you feel good? Loved? Accepted? Nurtured? Is it fun? Does it signify commitment? Is it pleasurable or positive? Ask yourself, "Is my intimate relationship based on a genuine desire to become intimate, to share, to experience joy and pleasure, to both give and receive?"

Asking yourself what you want in your relationship and what value sex serves for you may also help you avoid the overemphasis on technique and performance that frequently appears in the case of men. Because, although technique and knowledge are important, they are not ends in themselves, and overemphasizing them can cause you to become oblivious to the needs of your partner.

Examine together with your girlfriend or wife where your views about sex come from and the meaning you attach to them. Knowing where you stand can make it easier to make choices about what you want sexually.

Here are a few basic exercises to do just that: learn where you're at and how you can reach that sexual peak I keep talking about in these pages.

Exercise 1. Take time to reflect

Complete the following sentences together with your partner and find out if you're compatible as far as your opinions about what sex should be are concerned.

- a. To me, being sensual means.....
- b. On the other hand, being sexual means.....
- c. Sex without intimacy is.....
- d. Sex can be quite the disappointing experience if.....
- e. Sex is most fulfilling when.....

Asking yourself what you want in your relationship and what value sex serves for you may also help you avoid the overemphasis on technique and performance that frequently appears in the case of men.

CHAPTER 6: FIRST STEPS IN THE INTIMACY RECONNECTION PROGRAM

Exercise 2. Word association game.

Look over the following list, quickly checking the words that you associate with sex:

Fun	Trust	Experimentation
Ecstasy	Shameful	Routine
Procreation	Joy	Closeness
Beautiful	Pressure	Release
Duty	Performance	Vulnerability

Exercise 3. Fantasyland

How about some homework? Tell your partner to write down the time she thought sex was best with you, the time she thought it was worst and her most precious and adored sexual fantasy ever. You do the same and then compare notes. Was her best sex with you the same you picked or was it the other way around. This exercise is bound to spike some constructive discussion on the subject of what good and intimate sex is really about.

3. CREATING THE PROPER ATMOSPHERE:

Setting the mood is the backbone of being intimately romantic and creating exciting variety in your love life, and it involves at least three different aspects of your lovemaking.

a) Get ready mentally

This refers to the importance of using your mind and will to fantasize about sex. For example, during a busy day, you should stop and think about sex and allow yourself to feel sexual and ready for action. However, thinking about sex doesn't mean playing pornographic scenarios in your mind over and over again. You should fantasize about your partner, and set goals about what you'd want sex to be the next time you'll have it.

b) Be there emotionally

This means creating an atmosphere in which you can be rested, excited, and warmly intimate. Good sex is based on an emotional mood and atmosphere. It involves enjoying adventure, being stress-free, and feeling in love enough to focus on your sexual feelings. Great lovemaking is more about who you are rather than simply what you do.

CHAPTER 6: FIRST STEPS IN THE INTIMACY RECONNECTION PROGRAM

c) Create the perfect intimate ambiance

This means altering your surroundings. It involves creating an environment that enhances and stimulates sexual arousal and meaningful, exciting interaction. Ideas abound in this domain, all you have to do is choose what best suits you. My advice: create a romantic ambiance by putting to work all your five senses. It's nothing short of simple!

a. Sight. Experiment to lighting and find ways to add variety. I know you love to see her naked body, but you can enjoy the visual aspect of lovemaking in numerous other ways. Flickering candlelight gives ambiance and a pleasant scent, while leaving the bathroom door cracked may give just enough light to feel less exposed (if she's not the strongest supporter of sex with the lights on), but visually connected. The partially covered is often more erotically stimulating than the fully exposed. The use of mirrors is also an excellent idea, since I know you're big fans of watching what you're doing in bed... while you are doing it! Make the bedroom aesthetically appealing to the eyes. The idea here is that you're both yourselves and ok with what is happening in the bedroom. Be open and playful. Go slow. Setting the mood is not just something you want to get over with as quick as you can, to move on to the main

event. Tease and revel in your sexual feelings that arise from the visual stimulation. And know that we're talking about visual stimulation, how about you stimulated yourself by dressing her up as a sexy vixen? I bet that would get you in the mood in an instant! Buy her a set of sexy lingerie- [how about one in pink, with cincher, garter and g-string](#) - and have her strut in it in front of you, on the rhythms of your favorite songs.



b. Smell. Scents are an exciting part of creating sensual mood. The mind connects sensations such as the smell of perfume to erotic arousal and experiences. Your girlfriend's perfume may be paired in your mind with her total self and especially her femininity and

sexuality. Just a scent of it and you feel more in love and become quickly aroused. The sense of smell is extremely powerful, so don't hesitate to use all sorts of candles, incense, and scented lotions as props to add sensual pleasure to the act of making love. My favorite of all time is [Wet Aromatherapy Oil- Romance](#), the smell of cedar wood and patchouli unleashes your inner sensuality and leaves the skin irresistibly soft and delicately scented for hours. Use it to treat your partner with a nice massage, stroking and caressing her body until both of you get hugely turned on. If you're new to massaging techniques and you want more information about how to truly arouse her through erotic massages, go to my **Erotic Massage for Better Sex** program. I'm taking the subject to the next level there and I am explaining you in minute detail all that you have to know to give her a mind-blowing massage. You can download it from here: <http://www.EroticMassageMastery.com/>

CHAPTER 6: FIRST STEPS IN THE INTIMACY RECONNECTION PROGRAM

c. Taste. Taste is not always associated with creating sexual moods, but it is a stimulating form of sexuality. The mouth, tongue, and lips are erogenous zones with many nerve endings and particular sensuality about them. Lingering over a sumptuous meal is a very sexual experience. Candlelight and conversations while having coffee and deserts are great mood setters. In the privacy of your bedroom, feeding each other food and placing favorite tastes in strategic places can be very erotic. Pair this with a good cunnilingus and she's ready to go. You'll find the perfect recipe for cunnilingus in one of my other programs, Hot Licks, where I thoroughly discuss the subject and offer brilliant new techniques about how to orally satisfy your girlfriend or wife. To download your copy of Hot Licks, go to: <http://www.Hot-LicksProgram.com>

There are also flavored lubricants that can be used in lovemaking and add an interesting twist to your sensual experience. You should try [System Jo H2O](#), which is chocolate flavored. Its mouth watering flavor will make you want to come back for more.

d. Hearing. Soft music creates marvelous atmosphere! Dare her to a slow-dance in your living room. Better yet, do it in the nude! Pairing music that expresses the love and commitment you feel for each other with your arousal and excitement will make lovemaking more intimate than ever. Also, dare and use dirty talking and uninhibited groans and squeals of pleasure during your sexual session.

e. Touch. Don't neglect to employ a wide variety of sensual touching experiences. Women hate to be stimulated in the same way. Try gently rubbing an ice cube over sensitive areas while watching closely the way her body responds to it. Use anything you have at hand: satin gloves, a silk scarf, a piece of fur. But nerve endings and tactile senses involve more than just touching with your fingertips. Try lightly blowing hot air over her chest, stomach or genital area. Also, breathing gently into her ear can be profoundly erotic.

THE SEX
STARVED
COUPLE



PART III

BEST POSITIONS FOR A DEEPER CONNECTION

CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

If I were to ask you right now who would you like to trade places with, George Clooney, the sugar daddy of the decade, or a ninety years old Chinese emperor, what would you respond? If your answer is, <Clooney, are you insane!> Why would anyone want to trade places with an old man, be it the king of kings!>, you couldn't be more wrong.



You know why? Because in ancient China and India it was common for emperors, kings, and noblemen to be trained in the art of lovemaking so that they're passionate lovers even in their nineties. Moreover, since polygamy was so common back then, they were supposed to keep up to twenty wives sexually satisfied, because that's how they measured a man's power back then, according to the number of wives he managed to keep sexually fulfilled.

In Chinese Taoist text it is written that the emperor had to make love to nine chosen wives every night, progressing from the lower ranks, to the higher, ultimately with the one considered to be the Queen of queens, in which time he was allowed to ejaculate.

How cool is that, right? Wouldn't you want to be able to control your ejaculation and the pleasure flow for as long as you want? Well, mastering these sexual skills is not as hard as you'd think. You just have to believe it and want it. And, perhaps the most important, you have to see each sexual act as something almost... sacred, totally sensual and intimate.

Before heading on to talking about what tantra really is, because we talked about controlling ejaculation, let me tell you about another one of my series, **Ejaculation by Command**, co-written with Lloyd Lester. You'll find here techniques and secrets that will help

you deal with the frustrating "premature ejaculation" issues. You can download it from here: <http://www.EjaculateByCommand.com/>

CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

1. WHAT IS TANTRA?

Basically, tantra involves balancing the male and female energies to create harmony, and aims for spiritual unity of body, mind and spirit. I especially like this philosophy because it celebrates sexuality in a deep spiritual context.

In itself, the word tantra means “to expand, to be free, to be liberated”. This transgressed into sexuality by demanding it to be lived in its fullness, with joy and without guilt or frustrations. Tantric philosophy says that you should never repress your sexual desires, whatever form they might take, but you should accept it and enjoy it.

If you go into your lovemaking session with this mind-set it can create a whole new experience for you and broaden the spectrum of the ways you make love. As Kerry and Diane Riley say in “Tantric Secrets for Men: what every woman will want her man to know about enhancing sexual ecstasy”, “*your sexuality is not only a vehicle to explore more love: it is also a vehicle for you to find a spiritual path.*”⁽³⁴⁾

Word tantra means “to expand, to be free, to be liberated”. This transgressed into sexuality by demanding it to be lived in its fullness, with joy and without guilt or frustrations.

The issue that comes into question now is how exactly do you manage to enter the tantric mindset. Experts say there are four stages for you to overcome:

Stage 1: Unconscious incompetence: You have no idea that the way you’re having sex is not engaging you completely and you also don’t know the skills to become better.

Stage 2: Conscious incompetence: You start to be aware of the fact that you’re doing something wrong and that there are a lot of steps you are not taking toward improving your lovemaking routine. You realize you’re not very focused on anything except reaching an orgasm, no matter how.

Stage 3: Conscious competence: You are consciously making changes and involving your entire mind and body to the process of making love. You are more and more confident with the techniques you’re using and the ecstasy they produce both in your partner and in yourself.

Stage 4: Unconscious competence: This is the last and most beautiful stage! Everything happens at natural flow between you and your partner. You have both learned the trick to surrendering totally to the flow of pleasure that floats in your bodies. You’re relaxed; you are able to reach your partner’s hot spots blindfolded. You melt into each other without any effort at all. Congratulations! You’re one body!

CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

2. WHY SHOULD I PRACTICE IT?

- It helps you connect with your partner on a much deeper level, leading to a stronger sexual bond and, furthermore, a healthier relationship
- It will make you a happier and more peaceful person. Tantra has a terribly calming and nurturing effect on both mind and body. You'll be stress free in no time!
- Your orgasms will skyrocket and the degree of satisfaction you'll receive is going to be considerably higher. Also, in the case of your partner, her orgasm will last longer and will occur with much more frequency.
- Your body will be healthier and your muscles less tensed.
- You will see your partner's body in an improved light. You will learn the importance of discovering bit by bit, inch by inch.
- You will be more balanced as far as your way of seeing the world. You'll see the importance of compromise and fighting within the couple will get rarer and rarer.
- You can give up hitting the gym, because tantric sex works your entire body and tones it in much more beautiful ways. Many of the techniques associated with tantra- yoga, Kegel, etc.- have great fitness benefits for the body.
- You'll have fun hitting the sex shops in search of toys and oils that will spice up your bedroom routine.
- Your partner will be thrilled at the way your sex is improving. Women are especially fond of tantra, sexy yoga and Kama sutra, and she'll appreciate you taking this leap into the unknown for her own benefit.

3. SO FAR SO GOOD, BUT EXACTLY SHOULD I BE DOING?

If you think that tantric sex is some sort of a cult ritual that requires you to have sex for eight hours straight, you're wrong. Maybe that's how the Chinese were doing it, but they had no other worry in the whole wide world. We, modern people, on the other hand, also have a life. In a nutshell, this ancient technique should be borrowed only to a certain extent.

First stop. Preparations.

Metaphorically speaking, tantra is a slowly burning desire. In order for this to happen, first you must create the appropriate setting. No, you don't have to turn your bedroom into a shrine, but a minimum redecorating is in need. Turn off your phones, the TV, take the cat out. De-clutter, get rid of magazines, files, books, all that is distracting.

CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

Create a calming atmosphere, where you shouldn't feel pressured, hurried or reminded of your daily responsibilities. Make sure the bedroom is well heated- you are going to spend quite some time naked- the doors are locked, and the light dimmed. Better yet, spread candles on the window pane, tables and drawers and burn incense sticks. The flavors that are libido stimulating are those of musk, santal wood, and jasmine. When you'll both enter this temple of love, you'll be ready to start the most mind-blowing love and sex experience.

Tantric trick: before touching each other, connect your sexual energies with a few breathing exercises. Breathe in and out in unison to synchronize your sexual energy. Then, once you've got the hang of that, start alternating inhalations and exhalations- as you breathe in, she breathes out- to create a "circle of breath" that can intensify the arousal.

Second stop. Tantric massage.



After this, I usually advise couple to give each other a tantric massage. This is perfect if you're looking to wake up your sensuality, exacerbate your senses and eroticize your sexual life. The self-abandon that this massage entails opens the doors to overwhelming pleasure. Its truly erotic character ensures a subtle exchange of ecstasy between both partners.

a) The protocol: Tantric massage is practiced in the nude. To better enhance the senses, the use of a hot body oil is recommended. Contrary to other massage techniques, this one doesn't have fixed norms. Sensual, enticing and energizing, tantric massage consists of large movements of connection between all body parts. Soft pressure, kneading, rubbing, skimming, stroking, apply these so gently and lightly that it becomes impossible to mentally perceive them. Your hands should glide on the entire body of your partner, from head to toe. The idea is to induce a sort of trembling vibration to the body, one that will rend thinking at anything else difficult. The sexual region should not be excluded either: your hands should touch her genitalia regularly and lightly, but without masturbation. During the entire process of massaging, breathing is essential: deep, diaphragm related, it aims to relax the one receiving the massage, to de-block her emotions so that she can accede to the beneficial sensations of touching.

b) The benefits: Particularly sensual, this type of massage has as objective reaching full body consciousness, outside of mental restrains, far from daily life automatic gestures and behaviors. By being physically present in the act of making love, you can build a true erotic moment between the two of

CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

you, without any parasitical thoughts or frustrations. In the tantric tradition, these movements arouse sexual inspiration in the case of women, and forceful vitality, in the case of men. If you need to make your relationship more erotic, tantric massage is the first step to getting there, to allowing your sexual energy flow from one to the other.

Third stop. Climb a superior erotic peak.

Right about now, you're full of anticipated passion. It's time for what I can <the mantra of highs and lows>. You climb, you come down, you tease, you relax, you burn, you chill, and so on until you feel your body ready to explode. You build excitation until very close of the no-turning-back-point, than you calm things down. That's how you learn how to master the art of reaching inevitable euphoria and being able to delay it.

The tantric orgasm is non-ejaculatory and non-genital and occurs only after a half-hour or so of union.

The best thing about this kind of sexual intercourse is that it lasts longer and the orgasm is more explosive. Actually, you get to have two orgasms- the genital one, and a tantric orgasm.

The tantric orgasm is non-ejaculatory and non-genital and occurs only after a half-hour or so of union. The relationship between this and other types of orgasm is best described by Howard John Zitko, an American spiritual philosopher and author of "New Age Tantra Yoga".

Zitko believes a conventional genital orgasm results from contact and friction alone, whereas a tantric orgasm is a whole-body contraction occurring as the lovers temporarily inhabit a higher level of consciousness, when the sexual act has moved from a voluntary to an involuntary state.⁽³⁵⁾

This total body orgasm arises because the accumulated, highly amplified sexual energy radiates beyond the genitals, filling the whole body and triggering a "cosmic pulsation orgasm". Sounds awesome, right?

YOGA EXERCISES FOR TANTRIC BLISS.

I remember one time, I was at the office counseling a guy on how to master his insecurities and manage to keep a relationship for more than two weeks. I was having problems with him, because he wasn't able to point out what really stopped him from getting fully involved.

But that's not what I wanted to tell you. I wanted to share with you my surprise regarding an answer he gave me. Upon asking him what he'd want from a woman, sexually speaking, he said he'd love her partners to make love like yoga teachers. Yoga teachers!? Where did that come from, I asked myself.

CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

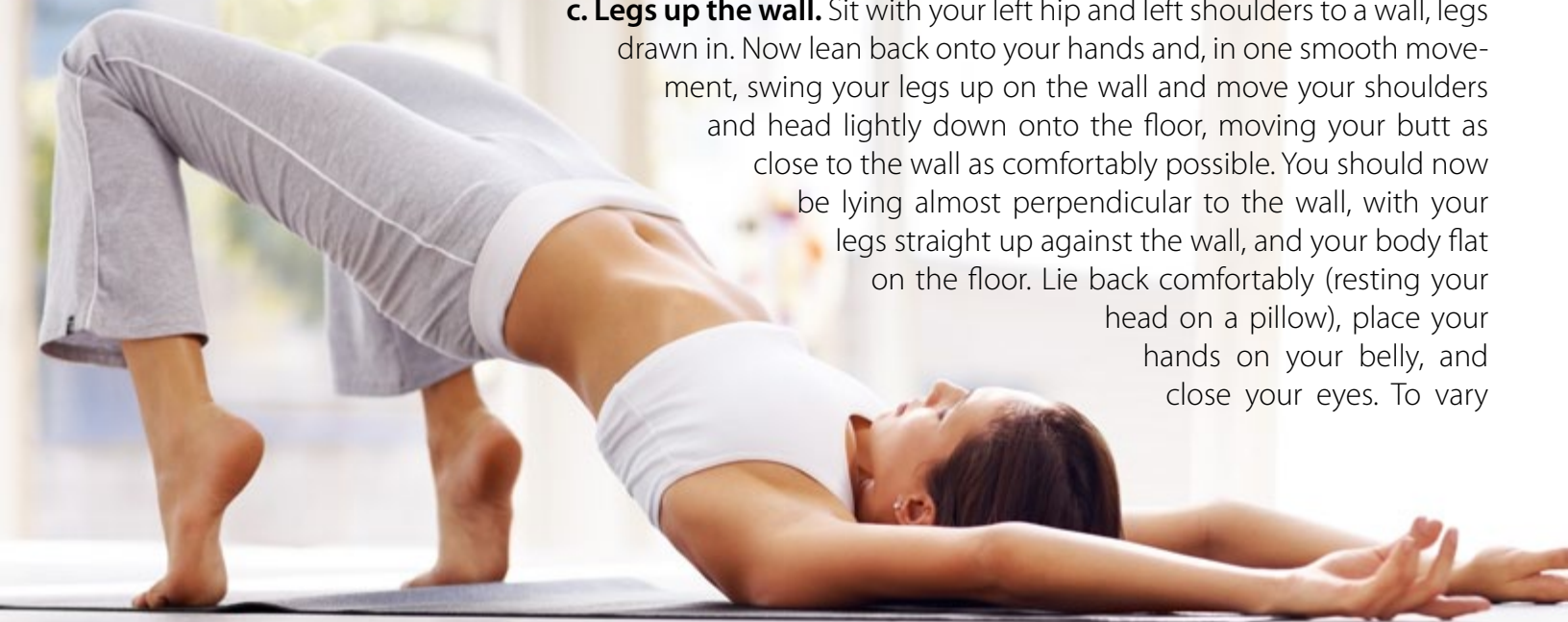
I did a little research and found out that the answer was staring at me the whole time. Apparently, new research says that yoga experts have all the bendy fun in the bedroom. And that's because yoga doesn't just help make you calmer, healthier and happier, it can also make you... sexier!

According to a recent study, regular yoga practice can increase your sexual desire, orgasm and overall satisfaction. Since I'm sure you're interested, I'm going to share with you the poses that turn up the heat in the bedroom. Your lesson starts now. Strike the pose and start... bending! Oh, and don't forget to ask your partner to accompany you. These tricks work best if both of you master them.

a. Bound Angle. Sitting up with a tall spine, draw the soles of your feet together, heels close into the groin, and clasp your hands around your toes. Let your thighs drop outwards. Sit upright for a few moments and connect with your breath. If you're feeling ok so far, start to draw your chest towards your feet. Close your eyes and take 10 to 15 breaths. To finish, roll up slowly and hug knees into chest. This position makes sex hotter because it opens up the hips and gives a wider range of motion in the nether regions.

b. Root Lock. To activate the root lock, stand with your pelvis in a neutral position, exhale and engage the pelvic floor muscle- the space between the tailbone and pubic bone- by drawing it in and upwards towards your navel, as if you were trying to stop peeing. Use these muscles by squeezing everything in and up, and then gently releasing. You can practice this at the bus stop, at your desk, anywhere. This makes sex hotter because using your pelvic floor helps increase sexual awareness and sensation during intercourse for both you and her. It also gives you more pelvic floor control.

c. Legs up the wall. Sit with your left hip and left shoulders to a wall, legs drawn in. Now lean back onto your hands and, in one smooth movement, swing your legs up on the wall and move your shoulders and head lightly down onto the floor, moving your butt as close to the wall as comfortably possible. You should now be lying almost perpendicular to the wall, with your legs straight up against the wall, and your body flat on the floor. Lie back comfortably (resting your head on a pillow), place your hands on your belly, and close your eyes. To vary



CHAPTER 7: TANTRIC TIPS: NOURISH YOUR SEXUAL ENERGY

this pose, take your legs wide into a “V” shape. This position makes sex hotter because it helps you regain your energy and become more alert.

d. The bow pose. Lie on your belly, bend your legs, and reach your arms back and hold onto your ankles. Lift your thighs away from the floor and draw your head and chest up with your shoulders back. Hold for 20 seconds, exhale, and release to resting position. This is a great position for you, because it gives you flexibility and improves your sexual endurance.

YOGA = SEXY

- Yoga provides a stronger body thus more body confidence and stamina for longer-lasting sex.
- Increased flexibility opens up opportunities to get into some seriously tangled-up positions.
- It increases body awareness and sensitivity.
- Learning how to breathe properly boosts energy levels- both on the yoga mat and in bed.
- It strengthens your pelvic floor muscles and sex organs, helping you to achieve better orgasms.

CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

When it comes to sex positions that insure a more intimate feel to the sexual act, there is definitely variety. I think the most important thing when choosing such a position is to ask yourself, <does it allow me to look my partner straight in the eye and stay like that for the whole act?>. Visual connection is of extreme importance here, because that's how you stay involved in the act till the end.

When having sex, and I'm talking about men in particular, it's easy to fall into what I call <a pornographic rush>. Your mind starts playing those porn scenes that you watched last night and soon, subconsciously, you are going to try to imitate those, forgetting all about your partner and the connection at the intimate, emotional level.

That's not necessarily a bad thing, but know that women can sense when you're slipping into such a <porn trance>, and they usually feel a little bit hurt and neglected by it. Sure, they might like what you're doing, they might even have the most powerful orgasm they've had, but their minds remain un-seduced.

So, what positions should you choose if tonight you're deciding to take things to the next level and make sex more intimate than ever? I, as always, have the answer. In my research as a sex therapist and expert, I have found out that, when it comes to <emotional sex> there are three main positions that work best.

You'll find them described in minute detail bellow, together with tips and tricks for getting it right the first time. It's not hard, you just have to get both your body and your mind and heart involved.

THE MISSIONARY VISIONARY

Why it works:

Its ability to up the intimacy is given by one simple fact: the missionary is actually the positions that best insures a woman's orgasm. Climaxing through intercourse alone is no easy feat for most women, no news here. But more and more experts are arguing that the missionary position has a trick that increases happy ending chances for women by 56%. The trick in question: coital alignment technique, aka the CAT.



CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

There's a good chance you never heard of this missionary tiny orgasm ensuring tweak, and that's because it was first heard of back when Madonna spoke without a British accent and the term <thongs> referred to flip-flops, not sexy lingerie.

The technique for coital alignment was formulated by American psychotherapist Edward Eichel and the original study was published by Eichel, De Simone Eichel, and Kule in 1988 in the Journal of Sex & Marital Therapy.⁽³⁶⁾

Why I am bringing this up now, more than two decades later, you might ask. Mainly because I strongly believe in its efficiency and because, fortunately for all the unsatisfied, hungry for intimacy women out there, a new batch of sex experts, including me, decided to break the CAT out of its time capsule and acknowledge it as it actually is: a great position for great pleasure.

"In traditional missionary, the emphasis is on the in and out penetration. The problem with that is the penis doesn't go near the clitoris, making it difficult- and for a lot of women, impossible- to climax."

Psychology Today writer Michael Castleman was the one who reintroduced the CAT, by saying the following:

"The CAT is deceptively simple: Instead of the man lying on top of the woman chest-to-chest with his penis moving more or less horizontally, the man shifts himself forward so that his chest is closer to one of her shoulders. As a result, his penis moves more up and down. On other words, the man rides higher on the woman's pelvis, and the bony base of his penis makes more contact with the woman's clitoris. This increases direct clitoral stimulation and may provide enough to allow her to orgasm."⁽³⁷⁾

This, combined with a more in-unison rhythm (instead of just you thrusting rapidly, get her to move as well, so that you move together in sort of rocking motion), is bound to get her to seventh seven quicker than ever.

Sonia Borg, author of "Spectacular Sex Moves He'll Never Forget", agrees with this theory: "In traditional missionary, the emphasis is on the in and out penetration. The problem with that is the penis doesn't go near the clitoris, making it difficult- and for a lot of women, impossible- to climax."⁽³⁸⁾

But not only the fact that it gives your girlfriend or wife an orgasm, makes this position so sought after by couples who want more intimacy in their relationship and sex life. It's also its super close feeling, physically and emotionally. "Missionary allows for a lot of eye contact and therefore feels highly intimate", says Ian Kerner, author of "She Comes First".⁽³⁹⁾

How to do it:

- Have her lie on her back. Enter her, then shift forward, so that your pelvic area can connect to her

CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

hot spot.

- When the base of your penis is pressing against her clitoris, start thrusting slowly, deeper and less frequently.
- She should keep her legs straight, or wrapped around your calves, or with her knees drawn up and back, whatever feels more comfortable and pleasurable for her.
- In order to maintain the pressure against her clitoris, there are three options: you can grind against her in a figure eight or circular movement, you can hold still while she works herself against you, or you can tilt her pelvis up by placing your hands under her butt and pulling her into you.

Naughty extras:**G-SPOT TRIGGER CAT****How to do it:**

- Have her lie on the floor, with a couple of pillow propping her butt.
- Plant your hands on the floor and enter her. Move with slow, languid motions, so that she can feel your whole package brushing against her clitoris.
- For a surefire G-spot trigger, put more pillows under her pelvis. The more you have propping her up, the easier it will be for you to penetrate her deeply. Not only her orgasm will be more intense, but she'll also satisfy every inch of your member- so there's even the potential for a simultaneous climax!

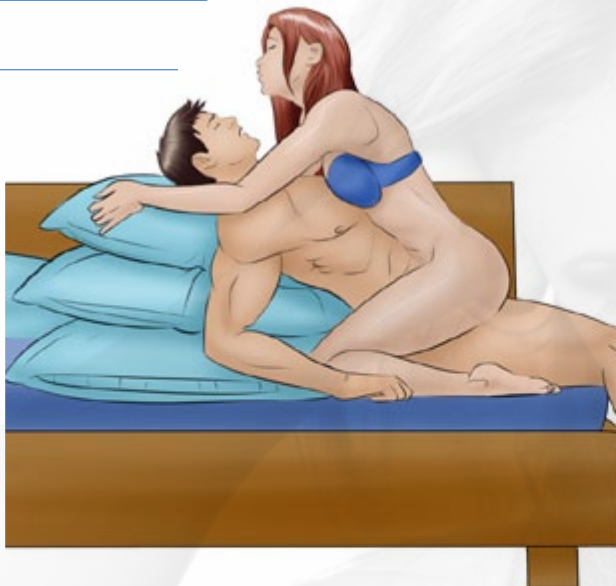


CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

THE SEATED CAT

How to do it:

- Sit on the edge of the bed, with your legs dangling free. Stack pillows behind you, so that's you're half way sitting up.
- Have her settle onto your lap so you are both sitting and your chests are touching.
- With her hands braced on the pillows behind you for leverage and support, she should start swiveling around, rubbing her clitoris around your penis.
- This position is perfect for antsy women, who like to have control both over the depth of penetration and the intensity of clitoral stimulation.



POWER TRIP CAT

How to do it:

- At first glance, you might think there isn't much difference between the routine missionary and the power trip CAT, but there is!
 - While she's underneath you, get up on all fours and have her raise her pelvis to meet your penis.
 - While you stay put, have her move her fanny up and down, in whatever moves and motions she likes.
 - The great thing about this is that, though you appear to be in control, she's actually the one calling the shots here.
- For an even more intense feeling, have her tease you with halfway thrusting. This will concentrate all sensations on the supersensitive tip of your penis. Then, when you least expect it, she can take the plunge and go all the way for a surprise rush of pleasure.



CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

THE PASSIONATE LOTUS

Why it works:

The lotus position, or the lotus union, allows a face-to-face connection both tender and torrid. It's ideal for multiplying the number of kisses and caresses you award each other with, the lotus position remains a favorite for lovers that want something more than just pure, carnal sex.

Its name comes from the famous yoga posture, and in Kama Sutra, it is better known as the <goddess union>, because it symbolizes the coming together of the masculine and feminine principles, the ying and the yang.

This position is not only suited for Yoga fanatics, but also for those than wish to deepen the intimacy through a position that takes closeness and synchronicity to another level.

The big advantage of this position is that it favors one of the most sensual contacts that two bodies can reach. You can kiss each other, caress each other, mix your breathing together. A very intimate face to face position that one can prolong for as long as one likes, before penetration.

You can caress your girlfriend or wife's breasts while she lets her hands roam around your intimate area, touching your penis and the rest of your package. All along the sexual act, both of you can take advantage visually of the other's ecstasy, which just exacerbate your own pleasure. Penetration is that much easier when the vagina gets naturally dilated.

When getting into this couldn't-be-closer position, it's crucial that you take your time. Relaxation is key. First, set the perfect mood with scented candles and soothing music. Then loosen each other up with sexy full body massages. Enhance your rub with some aromatic oils, ensuring that both of you are slicked down.

How to do it:

- Sit in the traditional lotus position, with your legs crossed and each of your heels atop the opposite knee. Have her mount you, with her legs wrapped snugly around your waist, resting her feet on your bottom cheeks.
- Once you are well wrapped around each other, start penetrating her. You can then slowly start rocking together forward and backwards- that's why this position it's also called <the rocking lotus>.



CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

- When you're nearing the orgasm, it's important to up the rhythm. She should move her pelvis with steady movements, and you should follow her lead.
- Though it seems that in this position the woman has the control, both partners should be active. Therefore, you can help her accentuate the movements by placing your hands on her butt cheeks and impregnate a soft pressure in order to help her keep the balance.
- In you want to move your pelvis also, you can rise and fall your knees rhythmically. You thus intensify the vaginal brushing for more pleasure for your partner so that she can reach the orgasm easier.
- The only sine qua non condition for this position: you both should be very relaxed! Also, a minimum physical condition and slenderness.

Naughty extras:**SCISSOR LOTUS****How to do it:**

- Sit on your bum, and have her straddle you. Wrap your legs around her buttocks and have her do the same for you.
- Then both you and your partner should link your elbows under the other person's knees and lift them up to chest level.
- Cradle each other in bear-hug fashion.
- Even though this position is pretty limited as far as thrusting possibilities are concerned, you should try swaying back and forth like you're just one body.
- Start out slow, get the rhythm down, and then let loose. For more momentum, ask her to squeeze her PC muscles- the ones that contract when you cut off the flow of urine. This will help her tighten her hold on your penis, while increasing blood flow to her hot spot.
- Because you have available a slew of steamy smooching possibilities, don't hold back. As you move in sync, kiss her neck, suck her earlobe and whisper sweet things in her ear. It will get you even closer.

CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

CHAIR BOMB LOTUS

How to do it:

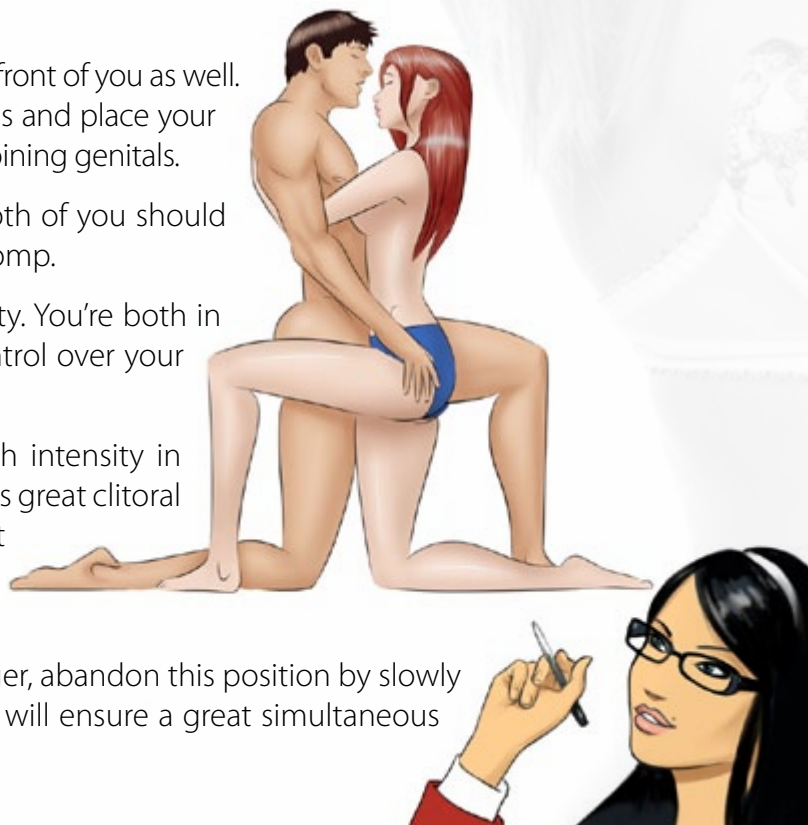
- Sit down on a low chair with your legs relaxed. Have her straddle you, with her feet on the floor, slowly lowering herself onto your erect member, with her knees bent at a ninety-degree angle.
- For more intensity, have her lower herself onto your penis inch by inch, until full entry.
- If as a final reward you want to experience that explosive, but often elusive, moment- the simultaneous orgasm- have her slow down her movements and have your fingers work their magic stimulating her clitoris. Once you feel she's ready to explode, up the ante and get ready for a really big bang.



HALF STANDING LOTUS

How to do it:

- Stand on your knees and have her kneel in front of you as well. Each of you should raise your opposite legs and place your feet flat on the ground and nudge closer, joining genitals.
- Leaning forward on your planted feet, both of you should lunge back and forth for a slow, upright romp.
- This pose is great because it gives equality. You're both in the exact same stance and share the control over your own pleasure.
- It's true, this position doesn't allow much intensity in thrusting, the torso-to-torso grind provides great clitoral contact (remember the coital alignment technique we talked about earlier?) and allows a more gradual ascent to orgasm.
- Hint: when you both can't take it any longer, abandon this position by slowly sliding into the missionary visionary. This will ensure a great simultaneous climax!



CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

AGAINST-THE-WALL BLISS

Why it works:

Ask any man out there and he'll give you the same answer: doing it up against the wall is the best thing! But not only men like this. In a recent Cosmopolitan poll, both men and women voted this as the sexiest position of them all.

I always wondered why. Especially since, let's be honest here, it's not the easiest position there is. Why do so many people consider it to be worth the effort? The answer came to me from Krisanna Jeffery, author of "The Great Sex for Life Toolkit", who said that "there's something just irresistibly primal about standing up sex. When you're so aroused you can't wait another second, this is the immediate solution for expressing that. The fact that you're pressing her into the wall lends it an urgent, almost aggressive feel".⁽⁴⁰⁾

You might ask me why am I bringing this up when we're talking about sensual, intimate sex. The answer it's simple. This is one of the most sensitive sex positions and it actually entails a lot of emotional closeness also. The mere fact that you can't wait to tear your hands off and do it is a signal of the strong attraction that exists between the two of you. The sense of urgency is thus one of its selling points.

Adding to the appeal of this position is the feel of being dominated. You will feel powerful, in complete control of the pace and depth of your thrusting, since you have her pinned against the wall, while she'll experience a sensation of vulnerability- you're in front of her and the wall is buffering her back- which can be a huge turn on.

Sari Locker, author of "The Complete Idiot's Guide to Amazing Sex" mentions another bonus of this position: "The fact that her pelvis is lower than yours, putting her clitoris directly in line with your pubic bone, insures a lot of clitoral and G-spot stimulation."⁽⁴¹⁾

How to do it:

- Have her stand about 30cm away from the wall, with her back leaning against it. Stand facing her, so close that you're almost touching. Have her straddle your legs, while you bend your knees slightly. Have her slide her back down the wall to lower herself onto him.
- Slip your hands under her butt while she wraps her legs around your waist. For more balance, she should circle her arms around your neck, or back, or hold on to your arms.



CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

- While you straighten yourself up, have her firmly press her back against the wall. She has limited mobility, so you'll be doing the thrusting, rocking your pelvis back and forth with your hands in tandem with your movements.
- Amplify pleasure by leaving on some clothes. Pull her underwear down while her skirt is still on and have her just unbutton your shirt.
- Since this position requires considerable strength on your part, you probably can't sustain it for very long. If there's not too much of a height difference between you, combat fatigue by have her stand in front of you rather than you having to lift her. Have her hook a leg over your inner elbow, keeping the other on the floor for balance.
- If she wants to get more involved, pull her a couple of inches away from the wall, until only her shoulders rest on it, and have her begin slowly circling her hips in either direction. It will give her a great sensation and also some control.
- When you're finished or want to try a new position, make the transition seamless by squatting down until her feet reach the floor.

Naughty extras:**LEG LIFT EUPHORIA****How to do it:**

- Stand face to face, with your legs width apart. Have her turn her left foot out to the side, while keeping her right one facing forward. Bend your knees ever so slightly, put your arms snugly around her lower back, while hers are around your neck.
- Now it gets a little bit tricky, and she should be a little bit of an athlete to manage this. She should place her right foot on your shoulder, while you still have your knees a bit bent.
- As you slowly enter her, you should be able to ease into the vertical split. If one of you is pressed up against a wall you'll be able to maintain your balance a lot more and much easier. It is a more difficult position, but if she practiced the yoga exercises I taught you in the previous chapter, this should soon become a piece of cake for both of you.

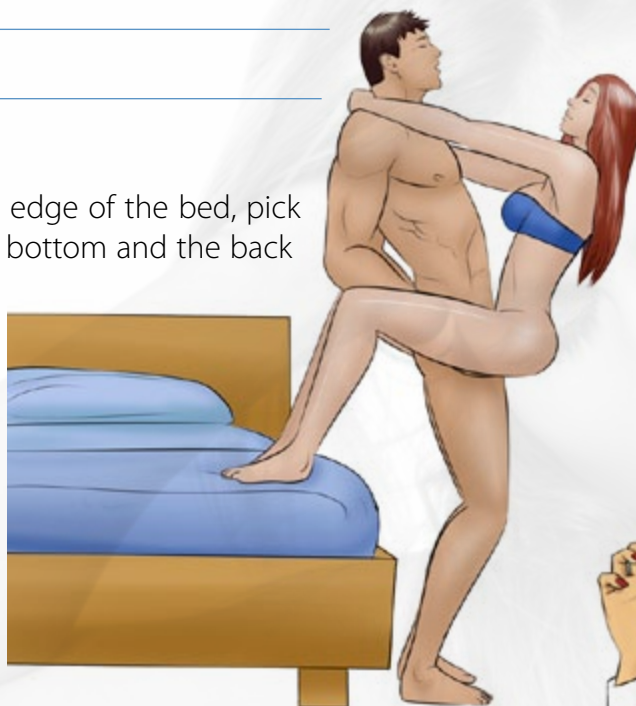


CHAPTER 8: INTIMATE POSITION CHART FOR SENSUOUS PASSION

BED PROP PLEASURE

How to do it:

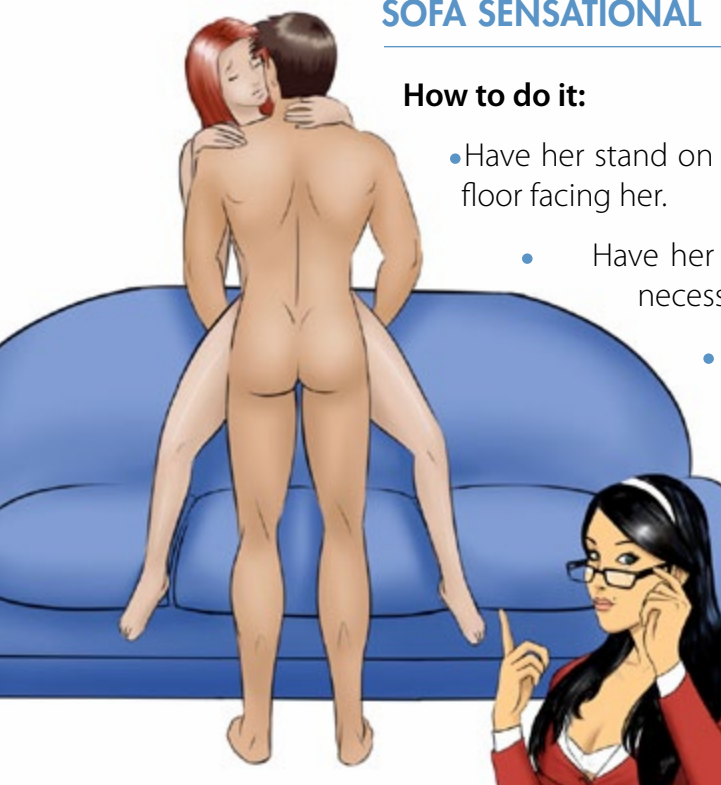
- Standing with your back against the edge of the bed, pick her up with your hands cradling her bottom and the back of her thighs.
- Have her wrap her legs around your waist, while placing her feet on the bed for support, and her arms around your neck and shoulders.
- As you enter her, it's better if her back is standing against the wall, otherwise balance will be put in jeopardy. If your bed is not positioned near a wall, you can slide it a little bit, so as not to miss the crazy action that this position entails.
- Because of the bouncy rhythm of this position, it provides a brand new move- less in-and-out and more up-and-down, which involves the clitoris a lot more.



SOFA SENSATIONAL

How to do it:

- Have her stand on the edge of a couch, with her legs spread wide. Stand on the floor facing her.
- Have her adjust the width of her stance, bending her knees slightly if necessary, so you can easily slide between them and penetrate her.
- Rock your body in rhythmic unison.
- Because sofas are usually positioned near a wall, have her lean back so that she can place her palms against the wall.
- This variation is the easiest one to master and it spares you the pain of trying to reach each other's private parts.
- Since she's leaning back, you've got full access to her breasts, so don't neglect them! Kiss and caress them, as well as her clitoris. She'll orgasm really quick!



CHAPTER 9: EXERCISES FOR SEXUAL GROWTH

Intimate sex, ever regular, normal sex, isn't just about picking the right sex position. I added this chapter because I think there are still some tricks and tweaks that can help you reach that big level of intimacy that you want.

Because the problem with sex these days is not that it's bad, it's that is average. I know very well how some people think. <Of course I don't need to go to a sex therapist. Please. Everything's fine, everything works, everyone's happy. I'd like to get happy more frequently, sure, but I have no real complaints. And neither does my partner.>

Yeah, right. I'm not buying this. And I have proof for thinking like this. According to a Men's Health/MSNBC poll, nearly half of Americans aren't truly happy with their sex lives; 19% are "not at all satisfied", and 30% are a grudging "somewhat satisfied". And 43% call theirs <routine> or worse.

Let's admit it: We can all do better, for ourselves, for our partners, or both. And even if you're among the 3 percent who claim to get some every day- which I doubt, because otherwise you wouldn't have picked up this book- you still need to learn. Because it's not all about quantity. Quality counts too, just so you know.

The good news though is that you don't have to go to a sex therapist. I've arranged for you to receive all the information necessary without leaving your couch. Give me 15 minutes of your time (that's how much it will take you to read this chapter) and I'll give you a better sex life, one arousing step at a time. Take a peak bellow.



STEP 1. TAKE A BREAK OF... SEX

Bear with me. Denying yourself sex is the first step in <sensate focus>, a form of therapy that sex experts say can help nearly everyone. I usually teach this to men who can't orgasm (yes, this is not just a female problem) and men who reach it too fast (one study said that one in three men have premature ejaculation problems. Ouch!).

CHAPTER 9: EXERCISES FOR SEXUAL GROWTH

But it can also work for couples whose sex life is just... alright. "It might seem counter intuitive, but to find more pleasure, and to function better in bed, you have to relax your body", said Michael Metz, author of "Enduring Desire".⁽⁴²⁾

So take your body off high sexual voltage. This means...

a) No porn allowed.

Yep, there's no misspelling. The usage of porn by American men has become quite the alarming trend. In the past decade, internet porn is appeared to have caused a lot of bedroom trouble. If you spend more time having <virtual sex> than real one, you're more likely to get bored or less and less interested, to have erection problems, either trouble ejaculating, or ejaculating too fast.

If you spend more time having <virtual sex> than real one, you're more likely to get bored or less and less interested, to have erection problems, either trouble ejaculating, or ejaculating too fast.

Two weeks without porn or masturbation can't be that hard to bear. Once your mind will be freed of this... occupation, you'll be able to use your sexuality and fantasy in a different way. Maybe you'll start remembering how beautiful and hot your partner is, and how awesome her heavy breathing is when you're thrusting her passionately. Maybe you'll fall in love again with... having sex with the one that stands right beside you.

b) No sex. No intercourse, that is.

This shouldn't be that hard, since you're not getting any anyway. At least not as much as you'd want, I'm sure. If you're one of those couples that have frequency problems, my solution is simple: have bedroom sessions in which you take turns touching each other everywhere but the breasts and the genitals. Start with your clothes on, for more efficiency.

This is the perfect way to... start fresh, rebuild your passion from square one. You will build excitement and rediscover the fun of the early days of sex. "You should do things that remind you of your first sexual experiences- over the shirt and over the panties touching. Just relive that for a few nights before... diving in", advises Debby Herbenick, author of "Because it feels good"⁽⁴³⁾.

Cynthia Graham, Ph.D., therapist and researcher with the Kinsey Institute, who studied this treatment in detail, explains: "People report that they have discovered new ways of touching their partner, and enjoyed it, even when intercourse and orgasm were not on the agenda". Further stages include guiding each other's hands, then touching at the same time, then the woman getting on top and rubbing before allowing penetration.

You can try all the steps in one night, or prolong them to several nights, whatever feels more natural

CHAPTER 9: EXERCISES FOR SEXUAL GROWTH

and comfortable for you. The most important thing is to be relaxed and really enjoy what is happening. If you're anxious this whole action is purposeless. Only when you stop worrying about performance you'll be able to perform better than ever.

Hot Exercise

What? Sex with your clothes on.

Where? Perform a slow-motion groping session on the couch when the kids have gone to bed. No kids? Do it with the drapes open. Sneaky is sexy. Meshed in with the physical excitement is the excitement of knowing you can get caught, which is very enticing.

How? Use fingers, feet, legs, tongues, whatever you can get away with to arouse each other. It's your teenage years all over again, when you kept your clothes on because you feared you might have to put it back on really fast.

Why? The sensations will be new all over again. The feeling of her breasts or clitoris through fabric will seem more awesome than ever!

STEP 2. TALK IT UP.

Couples that are bored sexually are like that because they have lost communication- verbal or non-verbal. I know, early in the relationship, there usually is more feedback, which makes sex way more fun and more exciting. Simple phrases like <Slow down>, <Do more of this>, <I like this so much>, etc. go a long way.

A fun exercise that you can do to create a breach in communication is to... take her by surprise with planned sex. I know, there are people that say scheduled sex is very underrated, but take just 2 minutes to imagine how this could work. For instance, take this scenario:

You call your wife or girlfriend on the phone on your way to work and formally request, <I'd like to make an appointment with Mrs. Whatever for 8.30 tonight>, and plow right ahead, no matter how she reacts. Drop her hints about what you're going to do; send follow up emails, whatever, even create a count-down. She'll be surprised, but she'll like it.

The idea of thinking about what will happen when you will finally be together alone really works. It's almost the same like fantasizing. When you fantasize, you put the mind back into sex. It's integral to sexual enjoyment, performance and orgasm. The same applies to the scenario I created. Thinking about the sex you will be having will actually improve the degree of your involvement and passion.

CHAPTER 9: EXERCISES FOR SEXUAL GROWTH

STEP 3. HAVE SOME FUN!

Okay, now that you've slowed down your bedroom approach, learned how you like to be touched, and, by planning ahead, turned your phone into a sex toy. It's time to finally have some real fun.

a) Train for pleasure

Your goal is to stimulate adrenaline, dopamine, and norepinephrine, all those hormones that give you a high and lead to sexual arousal", says Ian Kerner, author of "She Comes First". In order for these to happen quicker, your body should be good and ready to receive them, thus exercise is very important.

The Kegel exercises are very beneficial for men, especially in curing premature ejaculation. Tightening the pelvic muscles that stop urination and handle ejaculation, will lead to a better control and stronger orgasms. Hold it for 3 seconds, relax for 3 seconds, 10 repetitions, 3 times a day.

And renew your gym pass. It's known that physical fitness boosts libido. A new study conducted by the researchers at Duke University showed that losing just a little bit of weight makes both parties- women especially, but also men- more comfortable and enthusiastic in bed.

b) Turn on the TV

Watch erotic videos together as a warm up, to enrich lovemaking, not to undermine it. Give her the remote and tell her that she can turn it off at any time. If you don't know what to show to her, I recommend veteran porn goddess Nina Hartley's interactive DVD *Sex Shooter*, which allows your partner to change the camera angle mid scene- thus you might actually learn something about her preferences.

c) Get slippery

In your nightstand, store a lubricant



CHAPTER 9: EXERCISES FOR SEXUAL GROWTH

that can double as massage oil, for example the [Four Season Ice Lubricant](#), perfect for massages, because, though it feels like ice, it gives an exciting sensation that raises body heat, and a copy of one of my books, for example the one where I talk about the right techniques for a perfect erotic massage, so that you can discuss it together and try the exercises more naturally. Get your copy here: <http://www.EroticMassageMastery.com/>

d) Keep it simple

Cover her vulva with your hand and apply steady pressure to increase blood flow. Everything you do afterward will feel better.

Don't make an expedition of finding her G-spot, and don't go too far or too fast.

e) Go slowly

Don't make an expedition of finding her G-spot, and don't go too far or too fast. Insert a finger into her vagina no farther than your second knuckle. Wrap your finger around her pelvic bone and then slowly rock your hand until she starts to rock with you. Stay shallow, create a slow, throbbing sensation, and be gentle. That's the whole idea. To make her crave you more than you crave her.

8 WAYS TO MAKE YOURSELF IRRESISTIBLE TO HER

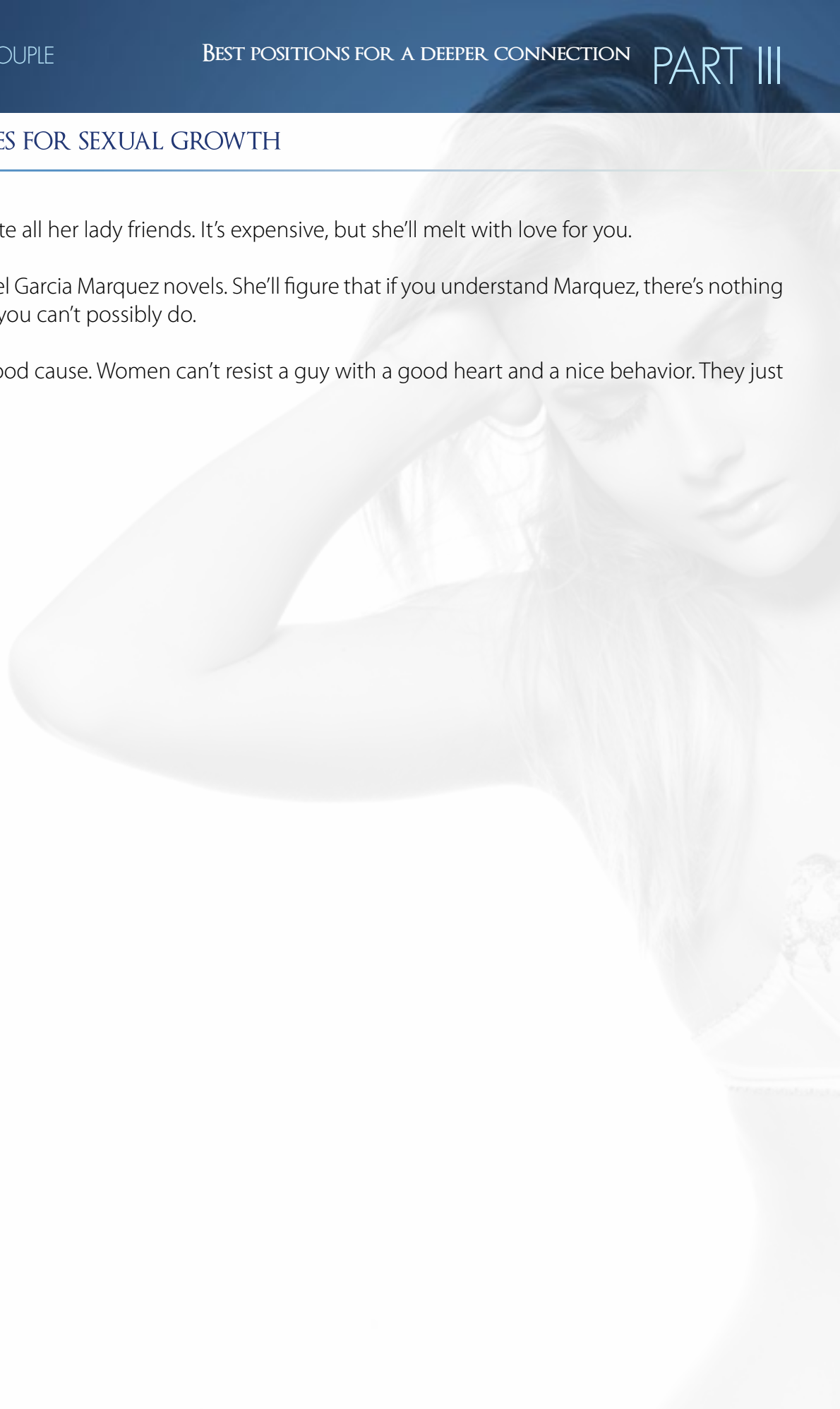
- 1) Finally plan that trip you've been putting off. Think big: hiking in Bolivia, wreck diving off Fiji, kayaking Norway's fjords. A man who's about to go on- or is just back from- a ballsy adventure emits an irresistible glow.
- 2) Get a new haircut. What, we girls appreciate a good hair trim, so go to an upscale salon and ask for the owner or head stylist. You might think it's not a big deal, you might not even see the difference, but she definitely will.
- 3) Stop complaining about her organic fit. Yes, we women channel most of our energy into a deep hatred for pesticides. If you're on our side, we'll see you with totally different eyes.
- 4) Appreciate the cuteness of small tea bars. Don't take her every Friday night at the same old beer bar you liked since you were 18. Show her that her tastes matter too, and that a cup of peaches and vanilla African tea is just delicious!
- 5) Renovate a room. Seeing you all sweaty and concentrating on painting every wall with spotless perfection will make her horny!
- 6) Throw a bash for her birthday. Or pay talented people to throw one for you. Hire a caterer, a bartender,

CHAPTER 9: EXERCISES FOR SEXUAL GROWTH

and a DJ, and invite all her lady friends. It's expensive, but she'll melt with love for you.

7) Read her Gabriel Garcia Marquez novels. She'll figure that if you understand Marquez, there's nothing in the world that you can't possibly do.

8) Donate for a good cause. Women can't resist a guy with a good heart and a nice behavior. They just can't!



THE SEX
STARVED
COUPLE

PART IV
CREATIVE SEX AIDS

CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

I saved this chapter and the next one for advice on how to bring the oomph back into your sex life, and your relationship. I know that so far you were mostly told ways to become more intimate with your partner, to connect on so much more ways than ever before, but that doesn't mean that this is all you have to do in the bedroom.

Intimate sex has room for creativity also! You don't have to settle for a lot of caressing and languid, romantic kissing. The hot and bothered sex that I'm sure it's always lingering in your mind has to be present also.

That's why I'm giving you here a few alternatives to the traditional "rules" of making love, for you to spice up the action in the bedroom and beyond. Start applying them tonight!

1. DO IT IN THE SHOWER, NOT IN THE BEDROOM

A shower is not only meant to get you clean. It also has some pretty sensuous possibilities, and women often fantasize about being "caught" soaping themselves. So, if you want to see her smile, just step into the shower and ask, "May I join you?"

By giving her some wet, warm and soapy attention- don't jump right from the start with intercourse- she'll feel appreciated and cared for, not merely a sex object. If she wants to do it right then and there, you know what to do, but if she doesn't, it doesn't matter, the shower in itself should have given you a nice clean start to the rest of the evening. If you know what I mean.

2. TOUCH HER OTHER PLACES

Couples that have been together for any length of time can fall into patterns of lovemaking. That is, they caress one another in similar ways each time they make love. At



CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

the risk of generalizing, men are probably quicker to fall into a pattern of going for the hot spots right away, forgetting about some of the subtler areas that might have been explored earlier in the relationship.

Surprise your partner next time you are in bed by touching her everywhere but between her legs or on her nipples, at least until she asks you to. Instead, use your hands anywhere and everywhere else. There are plenty of erotic zones on a woman's body, and they surely need more attention.

3. TRY SOME AURAL SEX

Talking dirty to your partner at the right moment can be extremely hot. Before you do it though, make sure you are both comfortable with it. Not all women want their partners puff them up with porn borrowed sex talk.

However, some honest vocal appreciation of her and the sex you share together can be very nice. Let her know how she makes you feel, what you want her to do to make you feel good, what you enjoy about her body. You don't have to write a script, or be false. Just let her know that the things she does to you feel good, make some noise, and forget about being a gentleman. She'll appreciate your openness, especially since men are known to not being that vocal in the bedroom.

Talking dirty to your partner at the right moment can be extremely hot. Before you do it though, make sure you are both comfortable with it. Not all women want their partners puff them up with porn borrowed sex talk.

4. ORAL SEX... AND THAT'S IT.

How about an evening when you're allowed to use only your mouth in the process of lovemaking. This may seem like a challenge, but a little variety didn't hurt anyone. So, the next time you are making love, touch each other only with your mouths. Keep your hands away.

Kiss, lick, nibble, and suck all over each other. Let your mouth roam where your hands would otherwise. Brush your lips along her neck, run your tongue down her spine, nibble the curve under her breasts, and draw circles on her stomach with your tongue. Try not to use your hands except for support or until you just can't stand not to use them. It should be a delicious evening.

5. PICK A DATE NIGHT

For some couples, there is a question of when to make love. If one is in the mood, but the other isn't or the other way around, you might end up fighting and adding pressure or doubt to your relationship.

CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

An excellent solution is to pick one night a week that is date night no matter what.

As an experiment, agree on one day of the week that the two of you will meet for sex. Don't let anything interfere, not even a bad mood, because each of you has to be able to depend on that meeting. If one partner really doesn't feel like full sex, then the deal is that you will still help the other enjoy some sexual pleasure.

6. PAY ATTENTION

Everyone loves attention; yet we are often self-conscious about asking for it. One of the simplest ways that you can give attention to the lady in your life is to pay attention to her hair. It may seem a simple thing to you, but she will love it if you offer to brush her hair. A little bit of pampering feels really good.

For a woman, so much of what is sexy is not actual sex but the ceremonies between men and women, before and after sex. This is a great ceremony, one that she will love. As simple as it is, she will find it most romantic.

7. CUDDLE FIRST

Couples that have been together for awhile sometimes lose touch with the simpler physical moments of their beginning. After awhile, you tend to just start in the middle of lovemaking, skipping the preludes.

I know the jokes about men not being good at cuddling and finding it awkwardly romantic, but once you get the hang of it, you'll love it too. Make the house quiet, hold each other and stroke one another. Recapture the simpler time in your relationship, when this kind of physical communication was important.

Both of you will benefit from this return to some of your earliest forms of lovemaking, when just holding one another was charged with electricity. Sometimes the best way to heat up your sex life is actually slowing it down, and a few minutes of cuddling before you turn the pleasure thermometer is a great way to do that.

8. UNDRRESS FOR SUCCESS

Now that you've been together for awhile as a couple, when you go to bed together, you probably just get ready for bed separately and then meet in bed. Wouldn't it be nice to recreate some of the earlier anticipation and ceremony? What better way than to completely undress one another, deliberately, enjoyably.

If you have gotten into very casual clothes once you got home, when it's time, get dressed again. Put on some nice music, maybe some candles, and go through a ceremony of undressing one another

CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

before you make love. Appreciate every bit of skin that is uncovered. You'll have the double pleasure of spending the day thinking about it, and then doing it.

9. SEXY SCRABBLE

To heighten the experience of love and lust for each other, play a game of sexy scrabble together, using erotic words to spark your sexual imagination. First, each of you should separately write down what you'd like your partner to do for you if you win the game, and put those desires in an envelope- no peeking! Rule: it must be something sexy, and it can't include intercourse.



Up the ante of your sexy scrabble game by making it strip scrabble. In strip scrabble, all the words you are allowed to use are hot, teasing, passionate and dirty, and when you strike a double letter your partner has to remove an item of clothing. When you hit a triple letter score, your partner has to remove an item of clothing and use the word in a saucy sentence to you. You'll be laughing and lusting in no time, so that no matter who scores the highest, you both win.

10. NON-PENETRATIVE PLAY

Your penis is not just good for intercourse, it can also be a seductive tool of foreplay, if you know how to use it. Many of the couples that come to me for sex advice agree that non-penetrative penis-vagina play is extremely arousing.

Here's what you should do: Once you are both naked and eager for more, start by massaging her breasts with your hands, while your penis slowly tickles her genital area. Once you feel that is getting wet, take your penis in your hand and rub it up and down on her vulva. If she's extremely excited and moaning for more, spread her wetness up and down her clitoris, to stimulate the head of her clit... but with your own little head. Be gentle, this is a sensitive area! Since you are not going to enter her, use your erection to touch her everywhere down there, stimulating both her inner and outer lips.

The psychological thrill for her, knowing that this is all about external play, will have her curiously wet until she comes. Be her clitoral climax cupid, shooting her up to seventh heaven!

CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

11. TECHNOLOGICAL TEASE

Teasing your partner from a distance is particularly thrilling because it lets her know that you're thinking about her, even when- and especially when- she is not near you. Whether you are apart only for the day, or for longer, teasing through virtual technology can give you both a very real buzz.

An email where you describe to her what's waiting for her when she comes back, or a raunchy text about how you are touching yourself thinking about her, can increase her desire, since you are giving her unambiguous hints of what's to come later.

This is especially useful for people who find that this kind of communication is easier, and thus, without face-to-face contact, they dare say directly what they want to do, or like having done to them.

If filthy talk isn't your forte, start with a flirty text... and then work down to deliciously debauching yourself with some dirty messages. Don't continue this game unless she seems willing to respond well to it, otherwise you might be putting her in an awkward position.

The majority of people ignore the importance of French kissing, actually neglecting kissing altogether, once the relationship moves forward. This is a huge turn off for any relationship that strives to be passionate and emotionally in sync.

12. THE POWER OF FRENCH KISSING

When your partner comes home from work, surprise her at the door- or train stop or bus stop- by taking her into your arms and giving her a French kiss, starting lightly at first before becoming persistent and desirous with your tongue. No pecking- make this night as the night of demonstratively expressing your passion and love for the woman standing beside you.

The majority of people ignore the importance of French kissing, actually neglecting kissing altogether, once the relationship moves forward. This is a huge turn off for any relationship that strives to be passionate and emotionally in sync. Make amends by planning on French kissing your girlfriend or wife every day for the following... month! The improvements in terms of closeness and heat will leave you speechless... mostly because you'll be too busy kissing her.

13. SMILE FOR THE CAMERA

Many people can be self-conscious about having their picture taken- especially naked!- however, what I'm proposing is to have fun and just record the memory of you two together.

CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

It's recommended that this be a daytime activity as the dark requires flash photography, and each crack of the flash can snap her into "oh-I'm-being-photographer" mode, breaking the reverie you share together.

Also, a nice afternoon sun provides a glowing and flattering light, and we all know how self-conscious women are about that also. If she is shy, make the situation more comfortable by photographing her wrapped in sheets, or behind a few pillows. Give her numerous reassuring compliments.

As far as the pictures, don't beat yourself up if they don't turn out to be that good. They aren't designed to be perfect photos- don't think you're competing with what a professional photographer would achieve. In fact, the more amateurish, blurry and off-center the better, in a sense, because the images will be an accurate reflection of how you see each other, not someone else's outside perception of you.

14. SEX AND THE SUPER FOODS

Boosting your sexual performance (and hers) is as easy as eating the right foods, trust me on this! Contrary to what you're told by those awkward erectile dysfunction radio ads, a satisfying sex life doesn't have to cost you money. The problems in your sex life might have more to do with the foods you are eating.

Mia Ballenden, dietician and founder of Body Fusion, agrees: "Alluring ad campaigns and misinformation in the media fool us into thinking that a good sex life comes with a high price tag. The trust it, good health and a nutrient rich diet is the real foundation of great sex."

Here's a list of the foods you need to it according to the problems you need to fix.

If you need to...



- **Boost your libido**, eat celery. Celery contains androsterone, an odorless hormone that switches a woman's button on. Another option is bananas. They contain the bromelain enzyme, which also increases libido.
- **Enhance erectile function**, eat soybeans and legumes. These foods contain L-arginine, which increases nitric oxide production. This, in turn, may increase blood flow to the penis and improve sexual function. L-arginine is also found in nuts and dairy.
- **Increase sensitivity to nerve endings**, eat fatty fish and eggs. Vitamin B12, found in fatty fish, eggs, meat

CHAPTER 10: SPICY SEX: RECIPES THAT BRING YOU CLOSER THAN EVER

and dairy products, protects and supports nerve cells, to ensure sensitivity.

- **Improve natural lubrication**, consume more water and soy products. Drinking enough water is the most important thing here. Soy contains isoflavones, which can also increase vaginal lubrication.
- **Boost your sperm count**, eat oysters. Oysters are not only an aphrodisiac they're also high in zinc, which is a key element in the reproductive functioning in men. It's also found in large volumes within semen, so zinc levels need to be maintained. If you don't like oysters, opt for meat, milk products, nuts and dry beans.
- **Advance your sexual appetite generally**, snack on almonds. Nuts contain high levels of essential fatty acids, which are vital in the production of hormones.
- **And if you'd like to DESTROY your sex life...** dig into foods that are processed, or high in sugar and fat. Just as a good nutrition can promote good sex, a poor nutrition may result in poor sex. Eat regular healthy meals, packed with fresh fruit and vegetables, wholegrains, a balance of good fats and a variety of proteins, and your sex life will thank you for it.

CHAPTER 11: SEX TOYS & SEX GAMES

Are you really ready to revolutionize your sex life? Because we all know a sex revolution is not the same without... sex toys! It was only natural that I tackled the subject, and I'm sure you were kind of expecting it.

In this chapter I am going to talk about all your favorite sex toys (either for you or for pleasing your partner) and the boudoir games that I bet you are dying to try tonight. I hope you're ready!

1. HOW TO CHOOSE A VIBRATOR.

A vibrator is like a hot dog: it satisfies your woman and therefore you as well, it looks like a penis, and you can hold it with one hand. The most popular of all sex toys, vibrators move, pulse and shake at varying speeds and intensities to stimulate the genitals and other erogenous zones.

They come in a variety of shapes and sizes, with some as small as your pinkie and others as big as your forearm, and many are contoured for extra internal stimulation. Some even rotate as they vibrate, creating even more arousal for the beneficiary. And, since I already advised you about more sex in the shower, it's easy to find one that's waterproof also.

Follow these nine steps when shopping for your next (or first ever) vibe- and keep in mind you might find yourself interested in more than just one. Here's how to find the right snack for you.



a. First up, determine what part you'd like to stimulate. Vibrators intended for external use, such as [Fleur-De-Lis Desire Massager](#), tend to have simple designs, whereas internal vibrators, such as [Tawny's G-spot tickler](#), are shaped for easy insertion and to stimulate hard-to-reach places, such as G-spots. Some are designed to arouse both internal and external erogenous zones, such as [Berman Adonis G-spot and clitoral stimulator](#), while others are built for the nipples or massaging, such as [Mini Mini Mini Wanachi Purple](#), a cordless massager with which you can enjoy stimulation and soothing vibrations anywhere you want.

b. Consider your privacy. If you live with your partner, this shouldn't be an issue, after all, you are buying it for her also. But if you are living with flat mates, parents or children, you may be relieved to know

CHAPTER 11: SEX TOYS & SEX GAMES

that many vibrators come disguised as other objects, such as lipstick holders and rubber ducks, such as [I rub my ducky massager](#).

c. Decide if you want to use it while bathing. Many vibrators are battery-operated and waterproof, meaning they are safe to use underwater. Just be sure to purchase the vibe from a reputable dealer.

d. Pick a shape. Many vibrators look like normal penises, but they also come in many other forms, from simple and elegant to gargantuan and silly. Discuss the matter with your girlfriend or wife.

If you are living with flat mates, parents or children, you may be relieved to know that many vibrators come disguised as other objects, such as lipstick holders and rubber ducks

e. Do you want to use the vibrator only on her or do you want some of the pleasure as well? If it's the latter, I'm pleased to inform you there are couple vibrators as well. My favorite: the new [We-Vibe II](#), designed to provide maximum stimulation for the both of you.

f. Rate your favorite material. Vibes are typically made of plastic, silicone, latex, polyurethane, rubber, metal, or a jelly-like substance known as polyvinyl chloride. Go online to investigate these materials and find out which is most comfortable. Also, make sure neither you nor her is allergic to any of them.

g. Examine the vibrator before you buy it. You'll have a difficult time finding a vibrator seller who encourages you to try before you buy, but most respectable retailers will allow you to hold and feel different varieties. Switch it on to get a better understanding of its intensity, how it moves and how it will feel against your erogenous zones. If you don't have a nearby sex shop you feel comfortable shopping in, stay home and browse the net. Many websites offer detailed descriptions and reviews of models.

h. Compensate. If you purchase a vibrator and your partner finds it bad, you can use other materials to adjust how it feels. If it's too intense, try using it while she is still wearing her underwear or a towel. If she doesn't like the material the vibrator is made of, wrap it in a condom or a swatch of silk and satin. If all else fails, you may have to buy another brand.

i. Lastly, never share sex toys with anyone except your partner, since they can transmit STIs. After use, clean them thoroughly.

2. THE IMPORTANCE OF USING A LUBRICANT

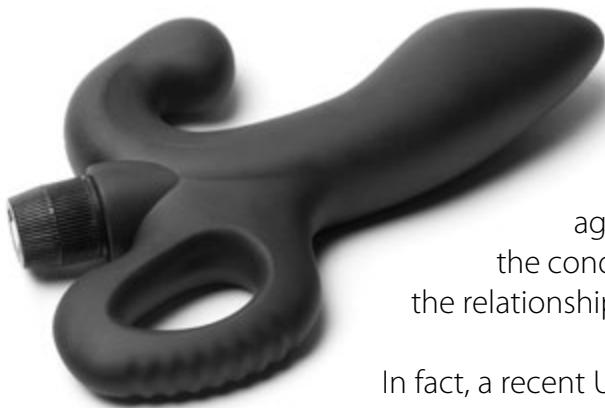
If lubricant isn't already part of your sexual repertoire, buy it now. Any woman who's got her bedroom moves in order has at least a bottle at hand. "My sexual success is the result of just one thing- lubricant", a good friend of mine always tells me.

CHAPTER 11: SEX TOYS & SEX GAMES

So, don't ever underestimate the power of using it. If you think her natural lubrication is so and so, just put a few drops down there and you'll see a difference immediately. Her orgasm will be much more explosive and so will yours!

With about 63% of American couples experimenting with personal lubricants, and an ever-expanding variety to pick from (flavored, silicone, water-based), it seems like more people are getting on the adult slip'n'side.

This trend makes perfect sense to me since personal lubricants get rave reviews because it reduces friction, making sex a lot smoother, and also help stop pain or vaginal tearing. A small amount of vaginal wear and tear is normal during sex, if she's ever felt stinging or sore afterwards, she has probably experienced it. But if the pain is greater and the area becomes swollen, then there's a problem, and lubricants are even more recommended.



It's even more important to use a lubricant during anal sex, as the skin is thinner and more susceptible to damage. Lubricants work by creating a slippery barrier between the condom and your skin (or skin-on-skin, if you are at that stage in the relationship), making movements slide more easily.

In fact, a recent US study conducted by the Center for Sexual Health Promotion at Indiana University revealed that women who use lubricant find sex more pleasurable and comfortable 70 per cent of the time- which makes lube the unsung hero of female sexual pleasure. So it's time to start singing about it!

If you're still having second thoughts about using it, just hear this. Even if your girlfriend or wife is an overcharged sexual vixen, ready to go anytime, anywhere, problems are bound to appear nonetheless. It doesn't matter what age she is, if you are stingy with foreplay, there will be issues. Even if you're generous in this aspect, sometimes a woman's body just can't keep up with her mind. So although she might be really turned on, she might not be lubricated enough.

Young women can also experience dryness if the session is particularly long or vigorous, their estrogen levels are fluctuating, or as a result of some medications, such as allergy meds, anti-depressants or birth control pills. The solution? Simple. Just add lube.

3. BEGINNER'S GUIDE TO BONDAGE

If the word "bondage" conjures up alarming images of your partner in patent thigh-high boots brandishing a whip, while you are dressed like a leather-clad man, dangling from the light fitting in stirrups,

CHAPTER 11: SEX TOYS & SEX GAMES

it's time to extend your definition to include something a bit less X-rated.

Bondage for the not-so-extreme couple is all about pain-free pleasure, like teasing, touching, tickling, tasting... Whips and nipple clamps? No. Whipped cream and nipple tassels? Oh, absolutely.

So here's how to fire up your sex life the gentle way (minus the Catwoman suits, though I know you would have liked those).

a. What's the deal?

"Bondage sounds a bit scary, but it needn't involve whips and chains," says Susan Quilliam, sexologist and author of "The Joy of Sex: The Adventurous Lover". "It simply means restraining your partner- it could even be with toilet paper if both of you agree that will work!"⁽⁴⁴⁾

Blindfolding enhances sexual tension because when sight is removed, the other senses are heightened. This enables the dominant partner to tease their captive lover to the point of ecstasy, using soft feathers, evocative scents, and fruits.

**b. Does it hurt?**

While more extreme forms of bondage can include inflicting pain through whipping, spanking or the use of torture devices- like nipple clamps- the key to bondage is not pain, but playing out the "controlling versus being controlled game".

c. What's the appeal?

Putting yourself at the mercy of your partner can be exhilarating. The feeling of vulnerability and helplessness, combined with the anticipation of what's to come, can be highly arousing. And this isn't just a psychological reaction. Muscle restraint physically enhances sensitivity and sensation. Likewise, the feeling of control and power can be arousing for the dominant partner.

d. What can it do for my relationship?

Bondage can bring couples closer through its focus on giving and receiving. This is about taking the time to lavish one another with your undivided attention- something that can often slide as soon as the honeymoon period has worn off.

CHAPTER 11: SEX TOYS & SEX GAMES

e. Is bondage suitable for everyone?

Trust is key, so it's essential your partner has complete faith in you treating her with respect. She wouldn't allow a stranger in a café to take charge of her handbag while she popped out to make a call, so she'll think twice when it comes to trusting anybody take charge of her body while her hands are tied. In other words, if you just met her a couple of days ago, don't go asking if you can handcuff her right away.

A friend of mine, Danielle, 29, learnt this lesson firsthand. "My ex and I had had a lot of fun with my pink fluffy handcuffs, so, after we broke up, and I met Stu, I thought it would be fun to get them out again. Stu was very enthusiastic and couldn't wait to lock me up. <I'll be right back>, he said, once the cuffs were securely in place. <I have a surprise for you>. The element of suspense made me quite aroused. Unfortunately, the surprise was that I never saw Stu again. What's more, I had to be rescued butt-naked, five hours later, by my flat mate!"

f. What tools to I need?

To make your bondage debut memorable, track down a few of these sexy accessories:

- Silk scarves, ribbons, stockings (to restrain and blindfold)
- Massage oil
- Edible body paint
- Vibrator
- Feathers (to tickle and tease)
- Fresh fruits (try mangoes, strawberries, grapes, etc.)
- Chocolates
- Whipped cream
- Wine and fruit juice
- Nipple tassels
- Sexy lingerie
- Fragrances and scented oils

Trust is key, so it's essential your partner has complete faith in you treating her with respect.

**g. What preparation is involved?**

It's a good idea to have a chat before you get attached to any bedposts. Set the rules and parameters, and agree on a safe word that you can yell out when either of you wants to stop.

CHAPTER 11: SEX TOYS & SEX GAMES

To take your partner on a sensual journey, I suggest dividing the items enumerated above according to which sense they appeal to you, and placing them on separate trays, for example chocolates, wine and fruits would be placed on one tray, fragrances and oils on another, and so on. Don't forget to hide these until your partner is blindfolded.

h. Where do we start

Set the scene by creating a seductive-yet-comfortable environment. You want to aim for a sensual burlesque boudoir, not a dominatrix's torture chamber. Light some scented candles, create a playlist, scatter a few cushions for extra comfort- and make sure you're not going to be interrupted by phones or uninvited guests.

i. I'm the one being tied up. What do I do?

Absolutely nothing- that's the point! Simply lie back, relax and prepare to be taken on a beautiful sexual journey where everything is all about you.

j. I'm doing the tying up. What should I do?

Slowly tantalize her by starting to take off her clothes seductively. Peel off each stocking and use these to tie her wrists to the bed. Not too tight, though! You don't want to cut off her circulation. Nor do you want to wind up calling the emergency service to help release her from her shackles.

Next, cover her eyes with a scarf and bring over your tray jam-packed with sensory surprises. Take her through the senses slowly, and remember, this form of bondage is all about having fun, so make it playful. Laughter is allowed.

Continue with the teasing and touching until she can't take it anymore. Soon enough, it will be your turn!

CHAPTER 12: LOVE THERAPIES THAT CURE YOUR HEALTH

Would you have thought that love and sex aren't just pleasure-giving, but can also keep you healthy? Researchers have spent a lot of time on this subject and have found that love doesn't just make you feel good, it can also fight diseases, boost immunity and lower stress.

The trick is being really in love and having really great sex, otherwise these benefits do not apply. The true emotionally connected couple enjoys healthy pluses because they are constantly inundated with good thoughts and happy feelings, which nurture the body and mind.

Scientists have long been keen to prove that love gives us healthy benefits, too- beyond the obvious advantage of having a date for New Year's Eve. Researchers can't say for sure that romance trumps an affectionate family or warm friendships when it comes to wellness. But they are homing in on how sex, kinship, and caring all seem to make us stronger, with health gains that range from faster healing and better control over chronic illnesses to living longer.

The benefits of love are explicit and measurable. In 2005, a study from the University of Pittsburgh found that both women and men that are in good marriages have a much lower risk of cardiovascular disease than those in high-stress relationships.

Also, the National Longitudinal Mortality Study, which has been tracking more than a million subjects since 1979, shows that married people live longer, have fewer heart attacks and lower cancer rates, and even get pneumonia less frequently than singles.

And a new study from the University of Iowa found that women with ovarian cancer that had a strong sense of connection and satisfaction in their relationships had more vigorous <natural killer> cell activity at the site of the tumor than those who didn't have tight relationships. (These desirable white blood cells kill cancerous cells as part of the body's immune system.)



CHAPTER 12: LOVE THERAPIES THAT CURE YOUR HEALTH

I personally think it won't be long before doctors prescribe steamy sex, romantic getaways, and caring communication in addition to low-cholesterol diets and plenty of rest. If this sounds like a great recipe and you'll be more than happy to follow it religiously- who wouldn't?-, here are a few ways to make the emerging evidence translate into practical pieces of advice.

THE BENEFITS OF FREQUENT HUGGING

Doctors at the University of North Carolina have found that hugging may dramatically lower blood pressure and boost blood levels of oxytocin, a relaxing hormone that plays a key role in the overall sense of happiness one possesses and in the ability to have orgasms faster. The said researchers asked couples to sit close to one another and talk for 10 minutes, then share a long hug; afterward they found positive, albeit small, changes in both blood pressure and oxytocin.

But the power of frequent daily hugging was intense: actually, the improvements were similar to the effect of many leading blood pressure medications, said Kathleen Light, one of the study's authors. "Unfortunately for you, these benefits only appeared in the case of women. But don't feel bad, the benefits she gets from daily snuggling you gain from steady sex."

A 2002 study from the University of Bristol in England found that men who had sex two or more times a week cut their risk of having a fatal heart attack in half. And a recent study from the National Cancer Institute found that men who ejaculate frequently may be protecting themselves against prostate cancer.

A 2002 study from the University of Bristol in England found that men who had sex two or more times a week cut their risk of having a fatal heart attack in half.

This doesn't mean that you should be selfish and ignore the hugging to move right to the main act, so that you get all the much needed health benefits. Mainly because, to be honest, you need her to have more oxytocin in her body, because this chemical has been linked to trust, and it helps her bond better. "It is safe to say that oxytocin is linked to physical as well as emotional closeness in partners", says Carl J. Charnetski, coauthor of "Feeling Good Is Good for You"⁽⁴⁵⁾.

But oxytocin doesn't just appear thanks to hugging, it also surges during orgasm, in both men and women. This, in turn, doesn't mean that sex is making you better and closer in your relationship, great sex does. Thus, although making sure you have weekly sex is great health advice, more isn't necessarily better. You can still be in a healthy and secure relationship and be having sex just once a week; this just means you have nothing to prove.

Therefore, don't be fooled by those who are trying to convince you to get it on as often as possible, because this is what any man is supposed to want. Sex is a sort of romantic superglue, and if it's good, the consistency is flawless, while if it's bad, everything can be ruined.

CHAPTER 12: LOVE THERAPIES THAT CURE YOUR HEALTH

When couples are content with their sexual status quo, they've eliminated a big- and extremely stressful- area of conflict. Researchers from the University of Sheffield in England interviewed 28 participants who had been married at least 20 years and found that a consistent sex life continued to be important throughout marriage. "The majority of our participants felt that sex granted their marriage a way to express love, commitment, and trust", says Sharon Hinchliff, author of the study.

WHY HUMANS WANT AND NEED TO FEEL CLOSE

Sex is only one aspect of connection, and not as powerful as the real magic in relationships: bonding. I know, I've kept telling you this, but it really is that important. The sense of being united, even during bad times, is a trait that I like to call cohesion, which is more important to both health and happiness than a good sex life.

For example, the couples that struggle with job strains manage to deal with it better, without piling up stress, if they are in pleasurable relationships. What's more, happy couples seem to know almost instinctively that doing things together and spending more time with each other adds to their happiness.

It's not that sex doesn't matter. It's one component of satisfaction, but couples who have less sex don't seem to have any less sense of cohesion, as long as the sex they do have is of good quality.



CHAPTER 12: LOVE THERAPIES THAT CURE YOUR HEALTH

The rest is taken care of by their emotional collaboration, their partnership. That bond enables you to build a safe cocoon in a world full of difficult bosses, too much traffic, and not enough time. An ideal relationship gives you a place to come home and recharge your battery. Sitting down with your partner makes you feel calmer, you're in a secure nest, and you're less stressed. How could not that be good for you?

However, this doesn't mean that you should ban fighting altogether. There's a difference between healthy fighting and fighting that wears down your immunity. Conflict in itself is normal, and it's healthy. It engages couples in the relationship. You just have to learn to fight sweeter, replacing hostile comments with less judgmental ones.

Studies from the University of Washington show that happy couples manage to be far more positive than negative when they're arguing, interjecting playful jokes and affectionate pokes in the ribs. In contrast, the I'm-ready-to-break-some-dishes-now anger that comes with bad fighting causes physiological changes, as you'll see in the following section of this chapter.

Conflict in itself is normal, and it's healthy. It engages couples in the relationship. You just have to learn to fight sweeter, replacing hostile comments with less judgmental ones.

BAD RELATIONSHIP- BAD HEALTH?

While it's important for you to know why and how exactly do love and sex help you physically and emotionally, equally important is to be aware of the high price of a bad relationship, so that you know what you should stay away from.

Evidence is mounting that bad, stressful relationships are health vampires, undermining the body's physiological defenses. Couples who handle their disagreements in a negative way, for example, don't heal as well, says a new study from Ohio State University's Institute for Behavioral Medicine Research.

42 couples agreed to have tiny suction wounds made on the palms of their hands. Afterward, they talked to each other about relationship sore spots like money, family issues or whether to see Tron Legacy or American's Next Top Model. The couples in happy relationships mended very quickly, while those in nasty relationships characterized by zingers, zingers, sarcasm, and put-downs, healed 40% more slowly.

"However, the women's bodies proved to be far more sensitive to hostile remarks than the men's," says Janice Kiecolt-Glaser, author of the study. "Biologically, the different reactions women have to a boyfriend who says 'You're impossible!' versus 'I guess you and I just see this differently' are enormous," she says.

Women have a more intense physiological reaction to hostility in relationships than men do, and this happens for two reasons: first, women tend to evaluate negativity in their own relationships accurately,

CHAPTER 12: LOVE THERAPIES THAT CURE YOUR HEALTH

while men tend to be semi-oblivious to it. And second, even when the negativity registers with men, they tend to forget it quickly, while women will often relive the angry exchanges over and over, for hours.

Evidence also shows that couples who growled the most at each other had weaker immune systems for a 24-hour period after tense discussions, with fewer natural killer cells and T cells, both key in fighting off illness. In addition to affecting cellular activity, it appears that fighting and discord elevates stress hormones throughout the body.

Again, there were taken 90 couples, carefully screened for their good mental and physical health, and were asked to have tense conversations about high-conflict subjects. Researchers continually measured their blood for 24 hours for cortisol and three other leading stress hormones, selected because they were known to have a direct impact on immunity. The results were alarming: all in this group had higher levels of three of the four stress hormones monitored, and not only did the stress hormones stay cranked, but they also predicted divorce.

CONCLUSION

Now that we are at the end of this book, all I have to say to you is “Good Luck!” Good luck on your new adventure, the adventure of becoming as intimate and close in your relationship as possible. Before you start, make sure it is truly what you want. Be enthusiastic and confident, because you are about to start a journey destined to change the course of your relationship and of your sex life for the rest of your existence!

With each exercise and piece of advice that you take in, your intimacy appetite will gain a competitive edge, and you’ll want to reach higher and higher. Live your relationship to the fullest, expose your deepest emotional and physical appetites to your partner. She will love this new you!

I know it can get a little scary at first, but don’t be afraid. Once you will experience the wonderful aspects of spirited and emotional sex, you’ll never want to turn back. At least you’ll never be completely satisfied if you do.

Remember, a playful attitude of fun and discovery increases the possibility of success and heightens sexual enjoyment. Try one thing at a time. Don’t rush into anything either you or your partner are not comfortable with. As the saying goes: “Inch by inch, it’s a cinch. Yard by yard, it’s hard!”

I hope *The Sex Starved Couple: Emotional Connection through Physical Intimacy* dares you to be an adventurer, to take a big bite of the delights that intimacy can bring you, both physically and emotionally. I also hope that you don’t let any misconceptions or frustrations stop you from taking in the advice you are given here, because that would be a terrible loss.

I have every confidence that you’ll succeed on your journey to sensual bliss, as long as you keep a positive outlook on both the obstacles that you are facing and the good things that are happening to you in general. Remember, your sex life is an extension of how you behave within the couple, toward your partner, so be active and involved!

As long as you maintain an upbeat outlook about every aspect of your relationship, the good and the bad, you’ll reach that emotional connection that I mentioned earlier does so many good things to your overall health, more easily.

The trick is to find a middle ground, find a way to fix each and every relationship or sexual deal breaker. This book is your tool, your personal guide, to manage that. I have confidence that you will find in these pages all the answers that you could possibly need.

Share this adventure and this book with your partner and watch your delight multiply! Once you are willing to open up and try new things, the thrill of having the greatest relationship ever is yours! Just lean on and grab it! Yes you can!

BIBLIOGRAPHY

1. Rogers, C. (1951). *Client-centered Therapy: Its Current Practice, Implications and Theory*. London: Constable.
2. Keesling, B. (1998). *Making Love Better: Exploring New Ways to Sexual Pleasure*. Alameda: Hunter House.
3. Perry, S.K. (2003). *Loving in Flow: How the Happiest Couples Get and Stay that Way*. Casablanca: Sourcebooks.
4. Rainey, D & Rainey, B. (2004). *Rekindling the Romance: Loving the Love of your Life*. Nashville: Thomas Nelson.
5. Olson, D.H. & Olson-Sigg, A. & Larson, P.J. (2008). *The Couple Checkup*. Nashville: Thomas Nelson.
6. Carlyle, T. (1850). *Latter-Day Pamphlets*. New York: Kessinger Publishing.
7. Neuman, G.M. (2011). *Connect to Love: The Key to Transforming your Relationship*. New York: John Wiley & Sons.
8. Hummel, C.E. (1999). *The Tyranny of the Urgent*. New Orleans: AMG Publishers.
9. Erhard, L. (1963). *The Economics of Success*. London: Thames and Hudson.
10. Robbins, T. (1990). *Jitterbug Perfume*. New York: Bantam Books.
11. Dolenz, T. (2010). *Retool Your Relationship: Fix the One You're With*. New York: John Wiley & Sons.
12. Le Guin, U.K. (1994). *The Dispossessed*. New York: Harper Collins.
13. Block, J.D. & Neumann, K.D. (2009). *Sex Comes First: 15 Ways to Help Your Relationship- Without Leaving Your Bedroom*. Boston: Adams Media.
14. MacDonald, G. (1981). *Phantastes*. Salt Lake: Eerdmans Publishing Company.
15. Heinlein, R.A. (1991). *Stranger in a Strange Land*. New York: Ace Books.
16. Gottman, J. (2002). *The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships*. New York: Three Rivers Press.
17. Rohn, J. (1991). *Five Major Pieces to the Life Puzzle*. Chicago: Jim Rohn Intl.
18. Kelly, L.H. (2006). *Smart Man Hunting: A Fast-Track Dating Guide for Finding Mr. Right*. Reno: Citadel.
19. Burns, J. (2007). *Creating an Intimate Marriage: Rekindle Romance through Affection, Warmth and Encouragement*. Ellicott: Bethany House.
20. Shaw, G.B. (2005). *Pygmalion*. London: Simon & Schuster.
21. Peter, L.J. (2009). *The Peter Principle: Why Things Always Go Wrong*. New York: Harper Collins.
22. Parrot, L. & Parrot, L. (2006). *Saving Your Marriage Before It Starts: Seven Questions to Ask Before and After You Marry*. Garland: Zondervan.
23. Hybels, B. (2010). *Who Are You When No One's Looking: Choosing Consistency, Resisting Compromise*. Nottingham: IVP Books.
24. Sternberg, R.J. (2007). *Wisdom, Intelligence, and Creativity Synthesized*. Cambridge: Cambridge University Press.
25. Weiner Davis, M. (2003). *The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide*. New York: Simon & Schuster.
26. King, R. (2010). *Where Did My Libido Go?* New York: Random House.
27. Dubberley, E. (2006). *Sex for Busy People: The Art of the Quickie for Lovers on the Go*. Whitby: Fireside Publishing House.
28. Wallerstein, J.S. & Blakeslee, S. (1996). *The Good Marriage: How and Why Love Lasts*. New York: Grand Central Publishing.
29. Madhubuti, H.R. (1991). *Black Men, Obsolete, Single, Dangerous?: The Afrikan American Family in Transition*. Chicago: Third World Press.
30. Grant, G.G. (1996). *The Best Kind of Loving*. New York: Ace Books.
31. De Angelis, B. (1997). *Real Moments for Lovers: The Enlightened Guide for Discovering Total Passion and True Intimacy*. New York: Dell Publishing.
32. Engel, B. (1999). *Sensual Sex: Awakening Your Senses and Deepening the Passion in Your Relationship*. New York: Hunter House.
33. Sayers, D.L. (1966). *The Nine Tailors*. New York: Mariner Books.
34. Riley, K. (2002). *Tantric Secrets for Men: what every woman will want her man to know about enhancing sexual ecstasy*. Rochester: Destiny Books.
35. Zitko, H.J. (1985). *New Age Tantra Yoga: The Cybernetics of Sex and Love*. New York: Oxford University Press.
36. Eichel, E. & Eichel, D.S. (1988). *Journal of Sex & Marital Therapy*. London: Routledge.

BIBLIOGRAPHY (CONT.)

37. Castleman, M. (2008). *Great Sex*. New York: Rodale Books.
38. Borg, S. (2010). *Spectacular Sex Moves He'll Never Forget*. Boston: Quiver.
39. Kerner, I. (2004). *She comes first: The Thinking Man's Guide to Pleasuring a Woman*. New York: William Morrow.
40. Jeffery, K. (2007). *The Great Sex for Life Toolkit*. New York: Kessinger Publishing.
41. Locker, S. (2005). *The Complete Idiot's Guide to Amazing Sex*. Royersford: Alpha Publishing.
42. Metz, M. (2010). *Enduring Desire: Your Guide to Lifelong Intimacy*. London: Routledge.
43. Herbenick, D. (2009). *Because it feels good: A Woman's Guide to Sexual Pleasure and Satisfaction*. New York: Rodale Books.
44. Quilliam, S. (2009). *The Joy of Sex: The Adventurous Lover*. London: Mitchell Beazley.
45. Charnetski, C.J. & Brennan, F.X. (2003). *Feeling Good Is Good for You: How Pleasure Can Boost Your Immune System and Lengthen Your Life*. New York: Rodale Books.