

G-SPOT ORGASMS MADE EASY

ADVANCED TOYS,
POSITIONS AND
TECHNIQUES FOR
INTENSE G-SPOT
ORGASMS



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Introduction

The G spot. That elusive little pleasure zone that women have that you have likely heard stories about. Some people have already discovered it's amazing ability to give women the orgasm of their dreams, but then a lot of other people have no idea what it is, where to find it, or how to work it to their advantage. If you're reading this eBook, it's because you want to be one of the people in the know. You want to be able to take your partner to a whole new level of pleasure in the bedroom. The G spot will definitely take her there, but it's going to take some work on your part to discover this special little spot and learn all about its wonders.

In order to discover the G spot, we first have to learn about what it is and where it is. It's not as obvious as other pleasure zones on the human body. If you're asked to find the clitoris, the vagina or the breasts, it would be pretty simple to point those out on a chart. The G spot, however, is lesser known because it's a lot harder to locate. That certainly doesn't mean that it's impossible, it just means that you have to know where to look.

Before getting into where to find the G spot, let's learn a little more about what it is. An interesting fact that most people don't know is that the male and female body is much more similar than we realize. When our bodies begin to develop in the womb, small changes begin to



occur as we grow and develop and our body begins to differentiate itself as male or female. But when we examine the process of development, you can see that for every male part, the female has her own counterpart. It may look quite different, but sometimes these parts are more similar than you think.

This is the case with the penis and the erectile tissue in the female body. In males, the erectile tissue is very visible, as it takes the form of the penis. But in women, the erectile tissue is more elusive. The visible part is the clitoris. This body part can take on many shapes and sizes. Some women have small clitorises and others have much more profound and visible ones. But that is not where the female erectile tissue ends. There is a whole network of erectile tissue inside the female body. When you see how it is shaped, it's quite amazing. It has a similar form to the penis, with the clitoris acting as the head. The "shaft" is inside the female body.

You might be asking yourself at this point, why am I telling you this and WHAT does it have to do with giving my partner a G spot orgasm??? Well, the answer is, it has everything to do with it! The G spot is actually erectile tissue inside the



female body. It is located in an area that is accessible within the vaginal walls. This is why it is possible to stimulate this spot and get an orgasm much different than the clitoral orgasm that your partner might be accustomed to.

"for every male part, the female has her own counterpart. It may look quite different, but sometimes these parts are more similar than you think."

The History of the Spot

The G spot was discovered way back in the 1940s by a German gynecologist named Ernst Grafenberg. He didn't name it after himself, but he did write about it in a 1950 article in the International Journal of Sexology. He wrote that he had discovered a spot within the front vaginal wall that swelled when stimulated during arousal and orgasm. He called it the "urethral sponge" because it surrounded the urethra (the tube in which urine exits the body). After its discovery, the G spot was virtually forgotten about until the 1980s when sex researchers Beverly Whipple and John Perry rediscovered the spot in their own series of studies. Then they found Grafenberg's original study on the subject and decided to name the spot after him: the Grafenberg spot, or the G spot for short.

There has been a lot of controversy in the field of human sexuality regarding the G spot. Some have claimed that it doesn't exist for all women, but others insist that it does, but it just might not be that easy to find for everyone. What is clear is that much more research about the G spot should be done in order to understand it better. Much like other areas of sexuality, and especially female sexuality, it is often difficult to get funding for research. That is why the G spot has been around for so long, but little scientific research exists about it. There is still so much research that needs to be done in order to make advances in the world of female sexuality.

Is it for Everyone?

Just like every other erogenous zone, women have different reactions to having the G spot stimulated. Not every single woman likes the same type of sexual experience. In fact, women have extremely varying responses to a wide range of sexual activities. When it comes to the G spot, some will absolutely love it, some will enjoy it, others might not get a lot out of it, and others might even flat out dislike it.

Either way, it's a good idea to go into this experience with this knowledge. Approach this discovery of your partner's G spot like a new sexual adventure you're about to embark on with her. It will be fun and you never know what exciting results you will get from each technique.

Link to Female Ejaculation?

It's true that some women experience female ejaculation when their G spots are stimulated. The G spot itself is not responsible for the ejaculation, but glands that are located around the G spot, also known as the Skene's gland or the female prostate. Because the G spot and the Skene's gland are so close to each other, stimulating the G spot will result in female ejaculation for some women. Just to be clear here, if your partner ejaculates during your exploration of the G spot, not to worry, the liquid that comes out is not urine. This can upset some couples because stimulating the G spot makes some women feel like they might need to urinate, but not to worry, it's not pee.



Just to be clear here, if your partner ejaculates during your exploration of the G spot, not to worry, the liquid that comes out is not urine.

Where is the G spot?

Now that you have the background story on the G spot, you're ready to find out where it's located. Remember that it's not easy to find for every woman, so it might take some work. Don't give up! A lot of fun can be had as you explore and get to know your partner's body in a whole new way. As always, this exploration should be viewed as an adventure. Don't be so focused on the goal of discovering the G spot that you put unneeded pressure on yourself or your partner.

The G spot is easiest to find when a woman is very aroused, so that should be the first step in this process. In fact, many women can't find their G spot at all unless they're already turned on. Remember that it is erectile tissue, so when your partner is sexually excited, it will fill with blood, swell and grow in size, thus making it a lot easier to locate and stimulate.

It is located on the front vaginal wall, that is the inner wall of the vagina that is closest to the woman's belly. When you insert your finger into the vagina, it is between two knuckles deep and a full finger length deep. Of course, this distance will vary from woman to woman so you may have to explore a bit before finding it. Some women report having trouble finding it on their own because the positioning might be awkward for inserting their own finger. For that reason, some prefer to have their G spot stimulated by a partner.

You're going to be feeling around for a relatively small, spongy area that will be oval shaped. The size



when a woman is aroused is between the size of a dime and a quarter. The spot will feel spongy, ridged, or rough to the touch. Some have described the texture as being similar to the roof of the mouth.

If you're having trouble finding it, your partner might not be aroused enough yet. Remember that the spot will grow and become more firm and pronounced as she becomes more aroused. Try taking a break and engaging in some intense foreplay before trying to find it again. Learn more about foreplay at www.turnheronfaster.com.

It's also important to keep the lines of communication open when you're searching for the G spot. Don't be afraid to ask your partner for feedback. Ask things like, "does that feel good?" "do you like that?" or "is that the spot?" You can also pay attention to her body language and nonverbal communication. Her body will tell you a lot about whether or not she is turned on. How is she moving (or not moving) her hips? Is she breathing heavily? Is she moaning or making any kind of noise?

Some women feel a sensation like they need to pee when they have their G spot stimulated. This is because the G spot is located right along the urethra. Pushing on it and stimulating it will make some women have that same "I need to pee!" sensation. This is important to know for two reasons. 1) If your partner feels that sensation then you know you have found her G spot. 2) It's important information for her to know that so she will expect it and can relax if it does happen to her. She will also be able to give you feedback if you're on the right path. It's helpful for women to urinate before G spot stimulation so that when they feel the need to urinate they can fully relax knowing that their bladder is already empty and it won't actually happen.



What's the difference?

What is all the hype about G spot orgasms? Why are both men and women so excited about integrating them into their sexual lives? Maybe some men are excited about an orgasm that they can make happen all on their own (without the help of the clitoris), only using their penis or fingers to do the trick. Other men might enjoy the challenge of an orgasm that not every woman has experienced. Women who have experienced G spot orgasms say that they are more intense than clitoral orgasms. They report that the sensations are different. They feel a warm flooding feeling that echoes throughout their whole body. Whatever the destination, it's always exciting for a couple to venture down a new sexual path.





FINGERING AND SEX TOYS

TO DISCOVER THE G SPOT FOR THE VERY FIRST TIME

Relaxation is going to be key when searching for the G spot. A woman who is nervous, uncertain or feels too much pressure from her partner or herself isn't going to get aroused like she needs to be in order relax into a G spot orgasm. So have fun with it and relax. This will help your partner do the same.

Exploring Positions

The usual position for finding and stimulating the G spot with a finger or sex toy is the woman lying flat on her back with her legs spread wide open and her knees bent. Some women find that it also helps to draw their knees into their chest (thighs pressed up against the breasts) when in this position. She can also put a pillow or two under her butt/lower back to prop herself up. This often helps to locate her G spot more easily. Another useful position to try is with the woman squatting down. The position is essentially the same as the first, but instead of laying down, the woman is upright. This particular position might be challenging to maintain for long periods of time, however. This position might be helpful to use to locate the G spot and then once you have begun stimulation, the woman can move into a more comfortable laying down position.

Power Through

Your partner may feel that urge to pee that was mentioned in the previous section. This is perfectly normal and happens to most women when their G spot is stimulated. She should be prepared to power through that feeling and rest easy knowing that she will not pee on you. She may, ejaculate, and it's important that you both know the difference. It's extremely unlikely that she will pee while being stimulated here, so not to worry.

The sensations might feel really foreign at first. She might not be 100% sure if she likes it, but encourage her to give it a chance. Some women are uncertain about G spot stimulation at first because the sensations are so new and unfamiliar. If they give it a chance, many find that they enjoy it quite a bit. But it's also important to know when to accept defeat. Listen to your partner. If at any point she feels intolerable discomfort, pain, or just plain doesn't like it, it's your responsibility as a loving partner to move on.



Fingering Techniques

1. Locate the G spot using the information in the previous sections. Remember that it will be about two knuckles to one full finger length in. With the palm of your hand facing up, bend your finger and sweep it across the surface of the vaginal wall. Here you're searching for that special spot or area. It varies from woman to woman, so it might be small, it might be bigger, and it may be off to one side or the other. Explore around with your index finger until you locate it. Put pressure on it to see if you have found the right spot. Check in with your partner to gauge her reaction.
2. Remember to use lubrication. If your partner is aroused (which she should be at this point), she will have already produced some of her own natural lubrication. This is great, but women don't endlessly release lubricant, even if they are really turned on. That's why it's always helpful to have a good water-based lubricant on hand. It will make the sensations better for her.
3. Crook your finger in a come hither-like motion. Slowly, but firmly sweep your finger along the G spot with that same come hither motion. Another technique is to push or tap the G spot firmly with your finger. You can also swirl your crooked finger around the G spot firmly in circular or figure 8 motions. The pressure should be firm, but not rough. The G spot is a sensitive area, but nothing like the sensitivity of the clitoris. Your touch needs to be firm in order to get a good result.



G Spot Sex Toys

Most G spot toys these days have a distinct look compared to other sex toys. You will be able to recognize a G spot toy easily by looking for the toys that are curved inward at the tip, just like the shape you make with your finger as you make your come hither movement. This makes it a lot easier to locate and stimulate the G spot without tons of effort or work on the part of stimulator. This makes it easier for women to explore their own G spots, which can be a terrific benefit if you're having trouble finding your partner's G spot. It may be because she isn't yet comfortable with the new and strange sensations of exploring that area. Doing it on her own with a toy might be a great way to get her more comfortable with partner play.

*Different women
enjoy different
types of G spot toys*

If you don't have any experience with your partner and G spot toys, it's better to go with a less expensive toy to begin with. Different women enjoy different types of G spot toys, so before investing in something top shelf, you want to make sure that it's going to do the trick.

Toys will vary when it comes to girth (aka thickness). Generally girth isn't something that is important when it comes specifically to G spot stimulation, but it's important to consider that multiple simulations can help your partner reach an orgasm faster. Some women who are new to G spot stimulation prefer a skinnier toy that will allow them to focus all their attention on stimulating the spot.



A good G spot toy should be made of hard or firm material because the G spot needs pressure in order to be stimulated in the right way. Good G spot toys are made of glass, metal, plastic, and even wood. Other toys also come in a hard silicone that some women like.

Many of these toys come with a vibrating option, but whether or not that is useful depends on the woman. Some women find a vibrating option distracting, annoying or pointless on a G spot toy because the stimulation should be more based on pressure than something as subtle as vibrations. Yet other women say that it helps them pinpoint their G spot more easily. For beginners it will help to get a toy that has the option and then you and your partner can see for yourselves if it's worth using. The convenient thing is that you can turn the vibrator off if your partner decides it's not for her.

There are other toys, like one called the G-Ki, that allows you to adjust curve of the shaft in order to perfectly hit your partner's G spot. This is a great feature since not all women are created exactly the same. It will also allow you to adjust how much the toy is curved to put pressure on her spot.

Finally, other toys that do not have the typical G spot curve will also aid you in stimulating the G spot. Look for a "realistic" looking dildo with a very pronounced head (or penis lip). This lip around the head will work wonders on her G spot. Other ridged toys will also have a similar effect.

Stimulation is going to be similar to the fingering techniques mentioned previously. Try a sweeping motion by moving the toy slightly in and out. Don't forget to make sure that the curved tip is pressing up in the right area. You can also use your hand on the outside of her belly here for added pressure. Try moving the toy around in circles and figure 8s. And finally, you can try the tapping technique as well. Stay in communication with your partner to see what kind of stimulation works best for her.





G SPOT SEXUAL POSITIONS AND TECHNIQUES FOR HITTING THE SPOT

Once you have located and stimulated the spot with either your fingers or a sex toy, you might want to try a new technique, stimulating the G spot with your penis during sex. It's best to start out with a fingering technique because it will allow you to really master the G spot, know exactly how big her spot is, how she likes it to be stimulated, and it's exact location. Once you have that information down, there are some amazing sexual positions that will allow you to get in on the fun and do the stimulating with your penis.

Cowgirl Position - This position is called Cowgirl because the woman straddles the man like she's riding horse. The cowgirl imagery is especially helpful in this position because it will help the woman remember that she wants to lean backward slightly. Think of riding the mechanical bull. The best bull riders slightly lean back in the saddle. This is a key technique in this position because it will allow the penis to naturally rub along the front vaginal wall, hitting the G spot. The penis, when erect, naturally points upward and that really works to your advantage in this position. Take it slow and allow her to set the pace here. Because she is on top it will be easy for her to show you exactly how fast and hard she likes it. Follow her lead and take note for when you are in other positions where you have more control.

Missionary with Knees Bent - The missionary position is an old classic, but with this amped up version it's also a G spot pleaser. The woman should be positioned on her back with her knees bent and feet flat on the bed. She should prop her pelvis upward by placing a few pillows under her butt and lower back. You should kneel before her and enter her thrusting upward in order to hit the G spot. This will allow you to recreate something similar to the tapping technique using your penis instead of your crooked finger. The thrusting upward part is key to this position. Remember in each of these sexual positions that you're trying to stimulate the G spot with your penis. Keep in mind her G spot's location and your penis's natural position and inclination. With each position and technique you should be keeping this information in mind in order to provide maximum stimulation. With this position you can also try putting the woman's legs over your shoulders or folded against her body. This will allow for deeper penetration for you, but it might be too much for her. Remember to check in.

Doggy Style Position - This is a well known G spot stimulating position, but it needs to be done in the right way in order to have maximum effect. Think again about the position of your penis and the location of her G spot. The woman should be on all fours, elbows on the bed. You will enter her from behind, being careful to thrust downward toward the G spot and not upward. If you thrust



“The missionary position is an old classic, but with this amped up version it's also a G spot pleaser.”

upward you will risk hitting the cervix, which can be uncomfortable for some women. Her position plus your thrusting downward toward the spot will be key in hitting the G spot in just the right way.

The Wanton Wheelbarrow Position - Your partner needs to be a bit flexible for this one. You will both start out standing up. Your partner should be facing a chair or the bed and will slowly lean down over it until she can rest her forearms down. You will stand behind her and grab one of her ankles and pull it up near your hip. Take it slow so that she doesn't lose her balance. Once you are in position you can enter her from behind. Take it slow with this one, remembering that balance is key here. Something about one leg being up and the other down gives you a great position on her G spot as long as you're both spry enough to pull it off.

Lap Dance Position - In this position the man is seated in a comfortable cross legged position. The woman straddles you, also seated, as if she is going to give you a lap dance, facing you. She then should lower herself down over your penis. She can slowly lean back, with your hands holding her in position as she rides you and you thrust upward. Her leaning back will enhance the position and allow for the perfect stimulation of her G spot. The position also feels incredibly intimate because of the closeness of your bodies and ability to make full eye contact.

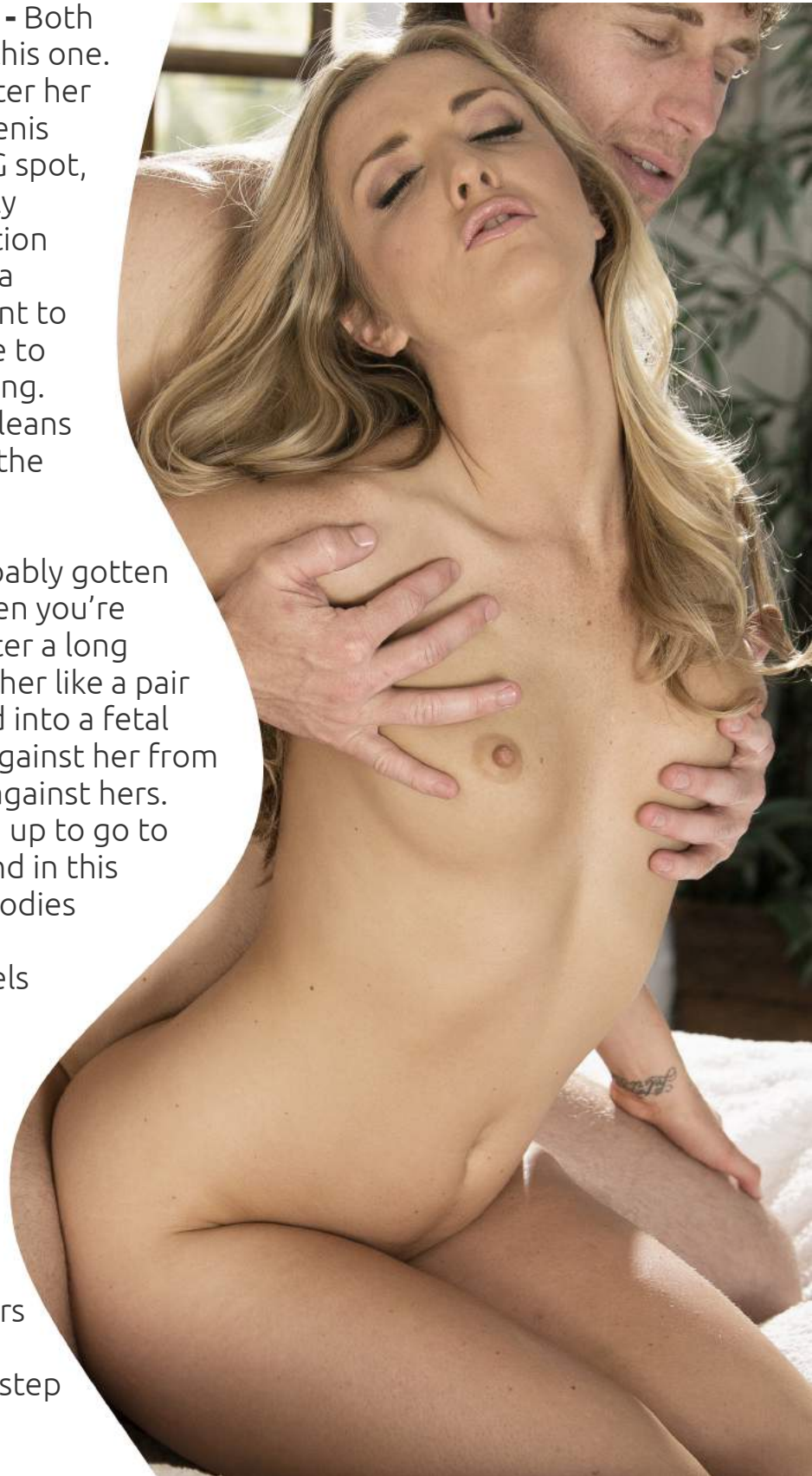


Standing from Behind Position - Both partners should be standing for this one. As you would expect, you will enter her from behind. Considering your penis position and the location of her G spot, once again, this position will really maximize the amount of stimulation you're able to provide, making it a sure thing. The woman might want to hold onto a chair or other surface to steady herself against the thrusting. Just remembering the more she leans forward, the more it will change the angle of your stimulation.

Spooning Position - You've probably gotten into this position many times when you're cuddling up with your partner after a long day. In this position, you fit together like a pair of spoons. She lays slightly curled into a fetal position and you press yourself against her from behind, fitting your whole body against hers. Yet this time, you're not cuddling up to go to sleep. You'll enter her from behind in this position and the angles of your bodies will allow for the perfect G spot stimulation. This position also feels loving and intimate because of its association with cuddling.

Stairway to Heaven Position

- This final bonus position is perfect if you really want to change it up and try something you probably haven't before. You're going to need a set of stairs in your home for this one. The woman will position herself on a step



facing upward, away from you. You should be one step below. You'll enter her from behind and the combination of the angle that the height difference creates and the backward entry will give you great G spot access. A bonus on this position is that you're also changing up the place where you have sex, which can be a huge turn on all on its own for couples who generally have sex only in the bedroom.





TAKING IT TO THE NEXT LEVEL: G SPOT STIMULATION AND BLENDED ORGASMS

Now that you're more comfortable and confident in your G spot stimulation skills, it's time to move into the final technique. Having mastered the fingering techniques and tested out some of the killer sexual positions is going to really help you out with the final G spot technique, so make sure you have gone through it all, step by step.

The final technique is adding other types of stimulation to accompany the G spot stimulation in order to really give your partner the orgasm of her life. When you think about giving and receiving pleasure, it makes sense that a variety of different sensations and techniques are likely to do a better job than one simple thing done over and over. While the G spot stimulation surely got her attention, these next techniques will keep it.

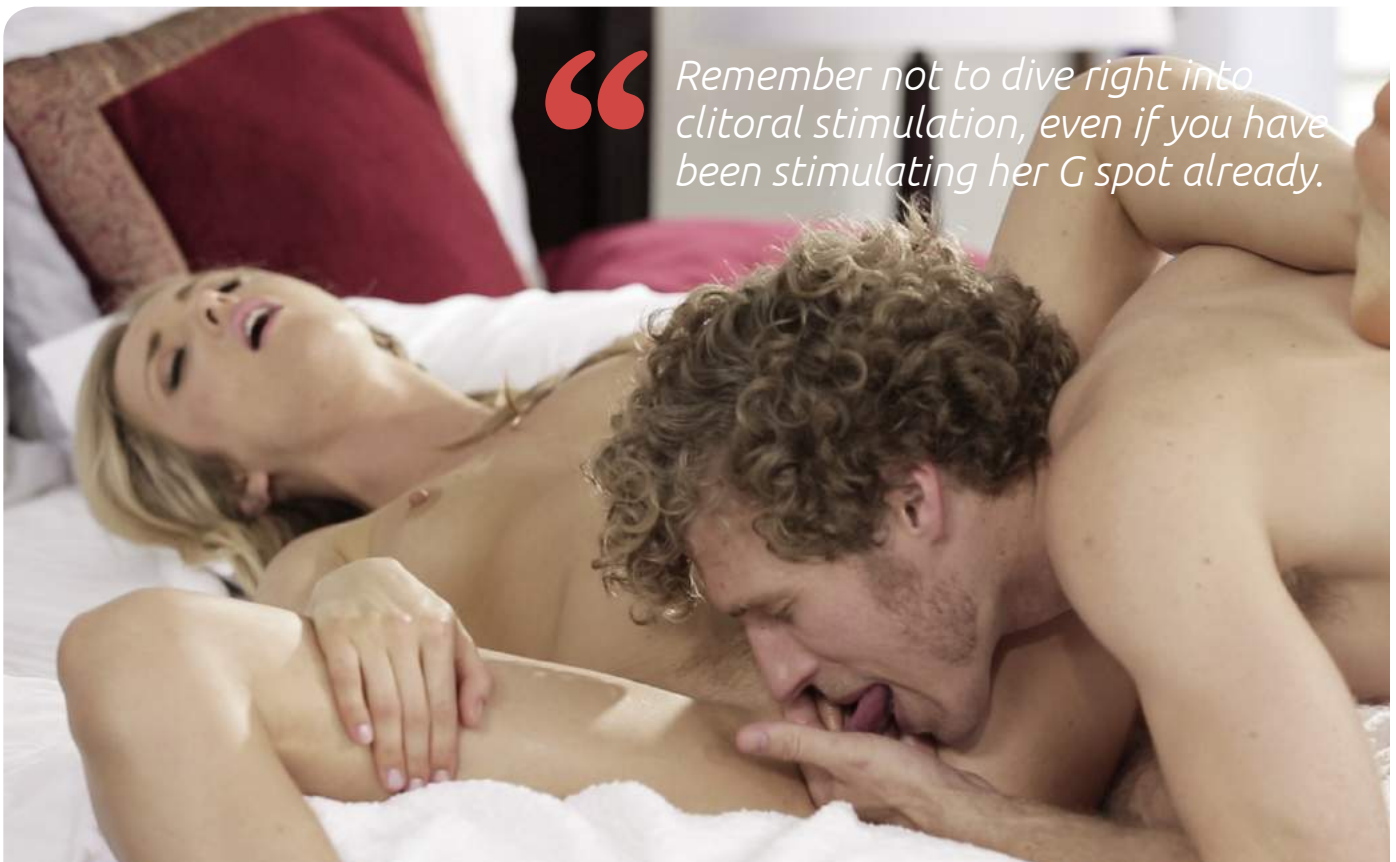
Oral Sex Combined with G Spot Stimulation

This technique is a combined G spot / oral sex technique. Some men find that it's difficult to concentrate on doing both well, so it might be something you need to practice a few times before you get them both just right. Don't worry, I'm sure she won't mind one bit.

Many couples like to start with oral sex before adding the G spot stimulation into the equation. Whether you do this is up to you. There are a few factors you might want to consider. If you're partner orgasms very quickly with one technique (either oral sex or G spot stimulation), you might want to add that technique in after doing the other kind of stimulation for a bit. You can also consider which technique needs more of your concentration to perform. Starting there and getting a good rhythm going and then adding the technique that comes more naturally is another option.

When performing oral sex, remember not to dive right into clitoral stimulation, even if you have been stimulating her G spot already. The clitoris is extremely sensitive and you need to take it slow, no matter how turned on she is. Begin by licking, kissing and sucking on the area surrounding the clitoris, paying special attention to the clitoral hood. That is the area just above the visible part of the clitoris. It's sensitive because the clitoris extends into the body and it's just under the skin at that point. As you explore her vulva, the lips, the clitoral hood and the vaginal opening with your tongue and mouth, begin to make your way up to the clitoris and gently move over it with your tongue. Don't linger for too long, but come back to this area more and more often as you explore.

Remember not to dive right into clitoral stimulation, even if you have been stimulating her G spot already.



Once you are giving a lot of clitoral stimulation with your mouth, change up the techniques that you use, varying from licking with a flat, wide tongue, a stiff rounded tongue, and then using your mouth and lips to suck and kiss as well. Once you can see that she is extremely turned on, it's the perfect time to add G spot stimulation to the equation if you haven't already. The goal is for her to have both a clitoral orgasm and a G spot orgasm at virtually the same time. This might be tricky to navigate so you might have to slow down on the oral sex while you wait for the G spot stimulation to catch up (or vice versa). Don't stop either one completely, but slow the G spot stimulation if necessary. With oral sex you can go back to your starting technique and stimulate the areas around the clitoris, visiting it briefly from time to time. When she is ready, go back to both areas and stimulate until she has orgasmed from both.

G Spot Sexual Positions and Clitoral Stimulation

One of these amazing blended orgasms can also be achieved with some of the G spot sexual positions we mentioned in the previous section. In almost all of the positions, you will be able to reach around or down and provide your partner with clitoral stimulation while you stimulate her G spot with your penis. If you're worried about being able to do both things at once, take it slow and pay close attention to each task. This will probably have the bonus effect of helping you to not orgasm too quickly because you will be concentrating so much on your technique. The Cowgirl Position is also great for beginners because she will be able to ride you and set the pace, which will allow you to concentrate fully on stimulating her clitoris.

In positions where you can't comfortably stimulate her clitoris,



you can leave it to her. She will be able to set the pace perfectly with her G spot orgasm, knowing exactly when to amp things up and when to slow it down.

Lubrication is going to be key here. You won't have the oral lubrication you get from oral sex, so you are going to want to have a great water-based lube on hand. Take the same advice from the oral sex techniques and take it slow, taking your time before really stimulating her clitoris, and simultaneously monitoring her climax.

The Four Spot Method

Yes, you guessed it, this is about to get a lot more complicated. We figured, why stop there at two stimulation points when you could up it to please four spots? Not to worry, it will take practice in order to successfully and easily pull this off, but believe me, the practice will be worth the results, and your partner is sure to enjoy the learning curve.

As always, foreplay is important leading up to trying the Four Spot Method. Just as you wouldn't go directly into the doggy style position without any warming up, you shouldn't try this technique until you're partner is very turned on either.

In order to stimulate the G spot, you will use any of the fingering techniques



“Lubricate your little finger and rub the opening of the anus with your finger.”

already mentioned that were popular with your partner (tapping, sweeping, and/or swirling). In this technique you will use your second or third finger to stimulate the G spot. If your partner likes more girth, you can use both the second and the third fingers. The fourth, or pinkie finger, will be used to stimulate the anus. Take it easy here. If your partner doesn't have a lot of experience with anal play, you might want to start out small. Lubricate your little finger and rub the opening of the anus with your finger. Slowly and gently begin to penetrate the anus just barely with the pinkie. The most sensitive part of the anus is at the opening, so you don't need to go very deep in order to get results. As she becomes more responsive to this you can penetrate her more deeply with your finger. Remember that lubrication is especially important in anal play because the anus won't provide natural lubrication like the vagina does.

The third spot is the clitoris, which you will stimulate with your mouth. Use the oral sex warm up techniques that we have already gone over in the previous section and then begin to lick up and down, sweeping your tongue over the clitoris. Don't worry about speed, she will be more interested in the many different sensations she's feeling than in making sure you are going fast enough.

The final spot is left nipple, which you will reach up and stimulate with your right hand. You can also use lubrication here, which will mimic saliva, like when you are sucking on her breasts. Stimulate all four spots at the same time until she experiences a series of intense orgasms.

The theory is that she will orgasm in several ways for several minutes if you do it correctly.

If this technique sounds too complicated to master right away, try starting with the three spots in her genital area. This will allow you to concentrate on getting the hand motions right without the distraction of another spot. You will also have the option to use both hands just on her genital area. Once you feel confident with these three spots, you can add the fourth and final spot to really blow her mind.

*"Blended orgasms
will send your
partner to absolute
pleasure heaven"*

In Closing...

We have known about the G spot for many years, but only in our recent history has it become a hot topic in the sexuality world. There are still a lot of people who have never knowingly explored this area of the female body, yet it can provide amazing pleasure for a woman. Taking the knowledge you've gained from this book you're ready to explore the pleasure of G spot orgasms with your partner. It's an exciting adventure that will surely result in getting to know your partner sexually even better than you already do. What good can come of that? Well, mind blowing sex, of course! Enjoy.



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