

DEEP *anal* PENETRATION

How to
arouse her
ANAL
ecstasy

The Bible of
BACKDOOR
Thrills



the
ANAL
ADDICTION
edition



GABRIELLE MOORE
NAKED
Better Sex. Better Life.

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BEGINNER BACKDOOR ADVENTURES

SECTION 1-FACTS & THEORY

- A. Is everyone having anal sex without you?
- B. 5 things you don't know about anal sex but should

SECTION 2-THE ANNALS OF ANAL SEX

- A. Trust the hand - anal fingering done right
 - 1. Anal foreplay your girl's way
 - 2. Anal fingering step-by-step
- B. Slippery when wet - Lubes that pave the backdoor fun
 - 1. Sensual treats to try pre-anal
 - 2. Slippery when wet step-by-step
- C. The big bang tongue - A man's guide to anal cunnilingus
 - 1. Women's number one anal sex hang-up
 - 2. The big bang tongue step-by-step

BIBLIOGRAPHY

SECTION 1 - FACTS & THEORY

Is everyone having anal sex without you?

Before we begin, I'd like to make one thing perfectly clear once and for all: I'm a big believer in one thing – we should all do whatever we want to do when it comes to sex. You want to try a boobasm? Go for it! Hell, try a trigasm if you're feeling extra lucky and you have all the knowledge you need. Play with those sex toys until they run out of batteries. Get busy in all the rooms in the house or outside if you feel like it and there are no cops around. Your right to experience whatever your heart desires when it comes to sex is something I'll always fight for.

That's one of the reasons why when I read the statistics on the rise of anal sex I was beyond myself with joy. Couples are going through the backdoor more often than ever: 40 percent of couples have tried anal sex, up from 16 percent back in 1992, and 20 percent of women in steady long-term relationships have had anal sex in the last three months, found a survey published in the Journal of Sexual Medicine, and that was in 2010. I'm pretty sure that number is even higher now.

Why is anal sex happening and happening everywhere now? One of the first reasons that come to mind might be the fact that's ever present in pornographic movies. In another study I read, researchers watched the 50 most popular porn flicks and found 356 depictions, in 55 percent of the scenes, of men and women engaging in anal sex. But that's not necessarily a good thing, because it means that most couples take their information from here, and oh man how wrong that information is most of the times!

That's why I was also not surprised when I heard that, even though women are curious and want to try it, it's also a subject of big distress and fear for most of them. This happens because anal sex has always been surrounded by a culture of coercion – at least that's what a British study from 2014 found out. “Even in otherwise seemingly communicative and caring couples, some men seem to push to have anal sex with their reluctant partner despite believing it is likely to hurt her”, says Debby Herbenick, author of *Sex Made Easy: Your Awkward Questions Answered For Better, Smarter, Amazing Sex*.

So there's no wonder so many women are on the fence about it. Truth be told, anal sex can be one of three things: terrifying, terrible, or terrific. But only if you treat the whole experience with the respect and care it deserves. Because if you don't, a lot of things can go wrong. “The rectal epithelial tissue is thinner, especially in comparison with vaginal tissue. If you're not careful about how you perform, and especially if you don't use lube, there could be

local trauma”, says Joel D Block, author of *Sex Comes First: 15 Ways to Help Your Relationship Without Leaving Your Bedroom*. If you try to do it the way it’s done in most pornographic movies, it will be like learning to shoot a gun from watching Steven Segal movies: somebody will eventually get hurt.


This is actually the number one reason why a great deal of women shy away from giving anal a try. Maybe they’ve heard horror stories and that’s why they’re not not even remotely interested in letting a man go up there, or perhaps they simply don’t know where and how to begin and don’t want to risk it. But the truth is there are reassuring, pleasurable ways to go about anal sex and the act can be utterly glorious if you know what you’re doing and you take preparation seriously.

I know what you’re thinking. Why is this so high maintenance? After all, in theory all you have to do is put your penis in your partner’s anus. Well, let me count the ways in which things can go wrong if you venture to backdoor territory unprepared. Because, in all honesty, things don’t always go smoothly, literally and figuratively. If you’re not choosing your moves carefully, you may end up hurting your partner or making the experience so uncomfortable for her that she doesn’t want to open that door a second time. And can you really blame her? That’s why foreplay is extra important, if not mandatory, when you’re having anal sex – you have



to make sure that the anus is properly loved and cared for! For more juicy tips on making foreplay the best sexual appetizer a woman could ask for, check out my program on the matter, Turn Her On Faster - <http://www.turnheronfaster.com/>

I know that “preparing the anus” sounds like a vibe-killer, but there are ways to make anal foreplay hot so the rest of the experience is more relaxed and enjoyable, too. One non-negotiable anal sex foreplay step? Talking about boundaries. How much butt stuff you and your partner are comfortable with is totally personal, but once you feel like you’re both on the same page, then you can experiment. If you feel you’re ready but you can sense your partner is less so, never try to do it and hope she’ll catch on your enthusiasm and passion later on. She won’t. You’ll only manage to put her off for good and ruin your chances of her ever wanting to try it again.



But the most important thing is to start small (with fingers, butt plugs, or anal beads and then moving up to the penis) and use plenty of lube, since the anus isn’t self-lubricating.

Aside from skipping the necessary prep work, forgetting to use lube is one of the main reasons why anal sex can be unpleasant for some women. Thicker lubes are best for anal sex, as anal walls are thinner than vaginal walls, and thus require a lube that can keep them nice and slippery to reduce the chances of cuts and tears inside the rectum.

Also, anal sex is considered particularly risky in terms of STI transmission. “Abrasions and fissures increase your partner’s risk for contracting an STI, especially HPV which is linked to anal cancers, not to mention any other STI that just needs a small slice of open skin to enter: HIV, gonorrhea, herpes, hepatitis”, says Clive Peters, author of *Exploring Sex, Love and Lust*. Therefore, compared to vaginal or oral sex, anal sex can really do some damage if it’s done wrong, so condom use is key, and because of that, it’s important to make sure to use a lubricant that’s latex-friendly. Usually, a silicone-based lube is your best bet for anal play because the rectum absorbs water rapidly, but if you’re using a silicone toy for anal stimulation, you’re better off using a water-based lube – just make sure to use a lot. Thankfully, there are lubes for every type of butt fun and we’ll go into extensive detail about them later on, so make sure to read this through and through.

Overall, all you need is a step-b-step guide in order to have comfortable, communicative, and mutually satisfying anal sex, and you’ve come to the right place because this is exactly what I have in store for you!



5 things you don't know about anal sex but should

This is my ultimate anal manual: a Q and A almanac that once and for all clears up your burning anal concerns. I cover anatomy confusion, reach-your-anal-peak mysteries, and what you must know to really make a woman shiver when you pick door number two. As a guru on getting it on, I am constantly fielding questions on a huge range of sex subjects. But lately I've received loads of inquiries asking me to solve some particularly thorny anal mysteries. And since getting a handle on this topic is central to a scorching lust life, I couldn't let them unanswered. Here are 5 of the most puzzling anal sex questions and the correct answer to each and every one of them. Even if you consider yourself an anal expert, I suggest checking them out anyway. You never know what steamy tip or torrid twist will make your next night of anal a lot hotter.

“How safe is anal sex really?”

As I mentioned earlier, anal sex puts your partner at a higher risk of STDs – including HIV – because the tissues of the anus tear more easily, allowing any infection you may have to invade your partner's system. But anal sex can be made safer if you take the right precautions. First, always wear a latex condom.

Then, use plenty of water based lubrication, which will reduce the risk of tearing and make it easier for you to enter your partner. Go slowly and gently – anal sex may hurt a bit at first, so easy into it. But lingering discomfort is a sign you both should stop.

“I’ve never had an anal orgasm. Where do I start?”

Women (and men!) aren’t born knowing how to reach their anal peak – they learn by trying. To begin, take a hot bath together, which will clear your partner’s head and ease her muscles. Once she’s relaxed in the tub, wake her senses by running your hands over her breasts, belly and thighs. Next, begin to caress her clitoris or the area around it – make figure eights with one fingertip, then try up-and-down strokes with three fingers. Go slow, concentrating on your partner’s breath. Rather than focus on moving as fast as you can to the anus, try to help her get lost in the pleasure. “Soon, you’ll notice that the muscles of her vagina are contracting, which means she’s getting closer”, says Pepper Schwartz, author of *Everything You Know About Love and Sex Is Wrong*. Now is the time to bring the anus into the action. Use the same movements you used on her clitoris, making sure you’ve lubed them up first (pick a lube that doesn’t dissolve in water). Once you start slowly inserting one finger, use the warm water flow from the faucet to arouse her clitoris. The constant stream, paired with your anal fingering, will cause a gradual buildup of erotic excitement. If she doesn’t have an anal big bang this time, don’t get upset – it takes practice. Next time, switch things up a bit: For example, stroke her in bed as she lies on her stomach or on the couch while watching a sexy late-night flick. The more you play around, the easier it will be to reach that anal pinnacle.

“How can I orgasm with my guy during anal sex?”

The secret to climaxing during anal penetration is showering your partner’s clitoris with attention during foreplay and while knocking boots anally. So for your next sex session, stroke her nipples and pleasure spot in slow circles while you lick and nip and her neck. Then inch southward for some truly passion-building oral activity. Don’t rush – the point is to wait until she’s practically on the brink of kingdom come. Once she is, get into an anal position that also provides prime access to her clitoris. Once orgasmic option: spooning, aka sex on your sides with you behind your partner. Like missionary, you’re close enough to kiss and cuddle, yet you can also play with her bliss button. Woman-on-top also lets you handle her hot dot. Pair your slow anal penetration rhythm with your clitoris touches and you will be sparking an explosive outcome.

“He’s so big – how can I get my man’s member inside my butt?”

Relax – it’s unlikely that your penis is too colossal to fit inside your partner’s butt. You just needs to make sure she’s totally turned on before attempting anal intercourse. “The more aroused she is, the easier it gets for her to loosen up and take you in”, says Yvonne K. Fulbright,

author of *The Hot Guide to Safer Sex*. Once her body is primed, try anal positions that allow you to go deep, like doggie-style with your partner's legs spread apart or missionary with a pillow propped under her hips. As soon as you are all the way inside her anus, move slowly so her anal muscles get used to how your penis feels inside her. With a little patience and creativity, your seemingly mismatched passion parts can become a perfect fit.

“What annalingus technique will wow my partner?”

It's all about licking and sucking. With that in mind, start with playful tongue action. Alternate quick flicks to the anal opening with long licks up and down her butt cheeks. As your partner gets worked up, swirl your wet tongue around the anal opening, then flick it where the anus meets the vagina – that area is nerve packed and you can't overlook it. Now, cover your teeth with your lips and slide your mouth up and down her vaginal and anal area while inserting a lubed up finger inside her anus. With your other hand, gently fondle her breasts, butt and thighs. Then make this grand-finale move: suck her clitoris tighter and insert another finger into her anus, penetrating her with shorter, steadier strokes. The tightness of the fingers plus the wetness on her clitoris will make her explode.

“Is it safe to bring toys to the back door?”

That depends on the toy. You want something with a flared base and a big handle, loop or ring that's not going to get lost in there. Because yes, you can really lose stuff up in the butt. The anus connects to the rectum which connects to the large intestine – which is about five feet long. Unlike the vagina, which dead-ends at the cervix, when you put something in your butt, it can keep right on going. What that means is that you need to be very picky about what you decide to put up there. So stick with things marketed for sexy times, not household improvised items that double as sex toys. (It happens.) A toy can be a great warm-up for the main event; you'll want to use something that's easy to wash and will stimulate you in the right way. Also, avoid low-grade materials that may be porous or irritate the anal canal. Always buy body-safe, latex-free and phthalate-free products. There are so many fun toys on the market – shop around and find the perfect one for you and your partner.



SECTION 2 - THE ANNALS OF ANAL SEX

Anal sex is one of the most versatile sex act. Unlike vaginal sex, anal sex doesn't get the reputation it deserves. One of the wonders of anal sex is that it can provide out of this world stimulation, unlike anything you've felt before, and it can bring a whole new dimension to your sex life (literally). I explain how to do it and how to get the most out of your backdoor adventures.

TECHNIQUE 1: Trust the hand – Anal fingering done right.

If you and your partner are down, butt fun—when approached correctly, safely and consensually – can be an erotic experiment with a new erogenous zone. But you have to start booty sex with the basics so that you can gradually amplify the pleasure it can give you. Anal fingering is the first step that you should take in order to loosen your partner up and get her accustomed to the experience.

Anal foreplay your girl's way

It may take a little more than a couple of gropes here and there to prep your woman for anal sex, and it's easy to understand why. Women don't want a thrustathon, especially when it comes to anal sex. They crave lots of teasing and tantalizing to get them ready for the mighty back door. Plus, if you spend time engaging in pre anal play, you'll pave the way for more pleasure than ever. "When a woman is turned on before anal sex in the right way, it not only feels good, but her body is also more receptive and her orgasm more intense", says Gloria Brame, author of *Different Loving: The World of Sexual Dominance and Submission*. Here, four foreplay-for-anal-sex maneuvers that will tantalize your partner.

Pre-anal move 1

Start small

Your partner's bum is rich in nerve endings, so for your first try at things, you don't even need go in — just hit the nearby real estate. Lie her on her back for a good dose of cunnilingus. When she is super turned on, gently press a vibrator to the area between her vaginal opening and her butt. Keep sucking and stroking, while experimenting with vibe patterns and pressure and watching how she reacts (99 percent chance that reaction will be: "Holy mother of God! I'm coming!"). Another option that works great for pre-game is a sensual booty massage.

Just because your ultimate goal is the butthole, doesn't mean you should totally ghost your partner's butt cheeks. "Using lube, place your thumbs in the creases where the legs meet her butt cheeks and glide your thumbs along the crease from the inner thigh area to the outer side. Lift and repeat. Then, put your palms together in prayer position, placing them on her tailbone and gliding up and down her anal opening", says Sadie Allison, author of *Tickle My Tush - Mild to Wild Analplay Adventures for Everybody*.

Pre-anal move 2

Use your breath

Relax, you can leave the tantric breathing to Sting. But there's something to be said for using your mouth to work up your woman. Start by letting your parted lips linger somewhere on her body, like her stomach or breasts, then slowly exhale. "The rush of hot air will create a temperature change in her skin and heighten arousal", says Ava Cadell, author of *The Sexy Little Book of Oral Pleasure*. Take a long, wet lick up the back of her neck, followed by a warm breath. Or go really fast, alternating between licking and cool blowing on her nipples. It's really a damn good stimulation bonanza. After a couple of heated rounds like this, your partner is going to want to go climb you like a crazed monkey. So now's your time to attach: Work your way back, pucker up and blast a circle of hot air around the anal opening. This will make her arousal last longer.



Pre-anal move 3

Go slow and savor

Anal sex takes patience, and you really do have to work your way up to inserting your penis or another object inside your partner's anus. There shouldn't be any rapid-fire movement immediately. Vigorous jamming or fingers anywhere should not happen immediately. So much of sex is fast – especially in porn – but anal play has to be prepped. Make sure you are moving at a speed that your partner is comfortable with, and ask her to tell you if you need to slow things down. Slow insertion, along with communication, will help to set everyone at ease and help you know what feels good and what does not. In other words, don't rush it, and try to savor the moments. A way to slow yourself down is to make a point in varying up positions. Because no, not all butt stuff needs to be done doggy style. There are a variety of positions to try, like your partner lying on her back with her hips elevated, or sitting on you in reverse cowgirl. Move around until you find one that makes you both feel most at ease. For more examples of out of this world pleasurable sex positions, check out my program on the matter, *Orgasmic Sex Positions* - <http://www.orgasmicsexpositions.com/>

Pre-anal move 4

Tantalize with the right touches

Anal sex feels best when there's some additional stimulation going on. Vaginal, clitoral, nipple-centric – whichever feels best for you. Although the anus is supposed to be the star of the show and while some women only need butt play à la carte, most women can't come from anal stimulation alone and you need to focus on other parts too.



“The anal part is something that’s an accent. It adds to the overall experience,” says Ian Kerner, author of *She Comes First: The Thinking Man’s Guide to Pleasuring a Woman*. Provide stimulation in other ways, by using your other hand or your mouth on her genitals, or you could use a sex toy (like a vibrator) while you also play with her anus. Example: Lie on your sides facing each other like an X-rated yin and yang symbol, and toy with her front-junk while experimenting with a (well-lubed!) finger or two up the bum when things start getting serious. It’s a win-win situation, because your partner’s orgasm might be even stronger with a more holistic approach to stimulation, and she will be more relaxed when it comes time for anal penetration.

Anal foreplay step-by-step

Before you venture into the great bum-known, there are three things you should pay special attention to. The first one is hygiene: trim your nails and keep them clean and tidy and go to the bathroom and wash your hands before placing them inside your partner. Second is comfort: as we mentioned earlier, unlike her vagina, her bum isn’t self-lubricating, so it’s imperative that you use lube to avoid painful friction. Last but not least: relaxation. If your partner is too anxious, her sphincter muscles can tense up (ouch). So make sure you go slow and really turn her on before attempting gentle finger thrusts.



► First and foremost, talk about it. As with all type of sexual activity, anal sex is something that should be discussed beforehand. Ask your partner to tell you her fears and expectations and make sure you're both on the same page about things like speed, depth, etc. Trust me, this is one area in which you do NOT want any surprises.

► Now that you've talked it out, start by using your hands to enhance every foreplay move you make. Keeping your mitts in on the action can mean the difference between a regular roll in the hay and a burn-down-the-barn lust fest. Kiss, caress and gently pinch your partner's breasts and nipples or run your fingers through her pubic hair, letting your digits wander between her legs and on her inner thighs to create a state of arousal and help intensify the pleasure that's originating in her erogenous zones.

► Next, give your partner a relaxing butt massage. Knead the fleshy cheeks with long, powerful moves and alternate with gentle licks. Once she's ready for you to inch closer, show her perineum some love. Knead this outer spot between her vaginal opening and anus to stimulate all her orgasmic hot spots (pleasure here radiates in her entire vaginal area). You can also try giving her a clitoral orgasm beforehand – this never hurts because this way you are making sure she is highly aroused – thus lessening the likelihood of a difficult entry - before you're even near her anal area. "The number one mistake people make is rushing. The more aroused your partner is, the more relaxed her sphincter muscles will be, and that's going to make for a hotter and easier experience", says Tristan Taormino, author of *The Ultimate Guide to Anal Sex for Women*.

► Next, tease the anal opening. But slowly! Anal sex should be approached like getting into a really hot bath tub. First you test the waters with gentle pressure, rubbing your lubed-up fingers slowly up and down the opening to the anus or around it in a circular motion. Experiment with the tip of your fingers by tracing the alphabet either with barely-there movements or a firmer pressure. Tell your partner to warn you to stop whenever she feels something's not right. When this happens, go back to the previous steps, get her in the mood again, and then come back to your butt routine.

► Now break out your DJ-ing skills and take two fingers (your index and middle) and flatten them like a DJ would on a turntable. Then, gently use your fingers to rub your partner's anus in slow motions, increasing speed and intensity gradually.

► Before inching your way in (I know you're dying to!), do this one last hot exercise. Place the heel of your palm against the opening, press up, and then rapidly move your hand left to right to arouse her perineum and anal opening at the same time.

- ▶ Now that she's ready, insert the tip of one finger, and slowly move it in and out. After a few seconds, you may be able to slide in just a wee bit more. Wiggle, and repeat. The rule of thumb here? Slow and wet. Dry, fast, and furious anal fingering does not feel pleasant. But wet, built-up, and conscious use of fingers on the anus? Oh yeah.
- ▶ When your partner is ready (the best way to tell is to ask her), and the anus is wet and opening readily with one finger, move on to two fingers. Using your index and middle finger, stroke your partner's anterior anal wall (the front wall of the anus). While in-and-out motions (like the kind a penis does) can feel wonderful, you can also stop inside for a bit and try out different motions.
- ▶ To help her orgasm, match your fingering motions with the DJ technique mentioned earlier – you can use it either on her perineum or her clitoris, for an explosive finish. Or you can try using your other hand to reach up to caress her breasts or pinch her nipples (depending on what she's into).

TECHNIQUE 2: Slippery when wet – Lubes that pave the backdoor fun

In the first technique, you learned the ins and outs of anal fingering, but now it's time to push the envelope a little further with the help of the main ingredient in every anal scenario: lube. This is the one thing that can seriously up your partner's odds of having an anal climax, making every aspect of anal sex more satisfying.

Sensual treats to try pre-anal

A sexy smile, good hands, rhythmic hips – no doubt you have what it takes to get your partner off. But there's one more thing that can seriously up your partner's odds of climaxing. Experts agree that lube can make every aspect of sex more satisfying. "With a little extra lube, every touch and thrust will feel smoother and more pleasurable", says Eric Garrison, author of *Mastering Multiple-Position Sex*. And because she's wetter, you will feel more confident, which will inspire you to try new moves and positions. That's just the beginning. Here, find out why this liquid accessory should always be within reach of your bed, especially if you're planning on having anal sex.

It has orgasm boosting potential

When it comes to vaginal sex, your partner's body provides enough natural lubricant to keep her slick from the moment you slide your hand between her legs to the last frenzied moment of intercourse. In the case of anal, that's not possible because the anus is not self-lubricating.

“Despite this fact, there’s a myth out there that says if a woman is completely aroused, she’ll be ready for anal no matter what. But the fact is, when it comes to anal, there’s just no going there without lube, unless you want to face desert-like conditions, which means that penetration will – ouch – chafe”,

says Debra Macleod, author of *Lube Jobs: A Woman’s Guide to Great Maintenance*. Adding lube doesn’t just prevent anal sex from hurting; it also helps the two of you maintain the steady rhythm most women need to orgasm. When she’s wet, you can thrust continuously, and it’s easy for you to vary the speed. The extra stimulation will help build sexual tension and bring her to climax. Another bonus: lube can free your partner’s mind to focus on the sex at hand. Worrying about her butt hurting to have good anal sex is pretty much guaranteed to backfire. Using a lube can help relieve that anxiety so you can enjoy the pleasure of anal penetration with an eased mind. Plus, you will be less nervous about hurting her too, which is always good.

Also, lube can introduce delightful new feelings during sex. “Some women use a lubricant because they have issues with dryness, but many other women use it simply because it feels differently, it feels better”, says Sari Locker, author of *The Complete Idiot’s Guide to Amazing Sex*.

It will be your new best friend too

Think about the hottest days of summer, when you’re walking around and your thighs stick together – that’s pretty much what it feels like when you try to enter her anally without lube. And psychologically, this can have a negative and traumatizing effect on your libido: while you may logically know that the anus doesn’t self-lubricate and that dryness has nothing to do with your sexual prowess, subconsciously, you may still think you’re not good enough in bed to arouse her. But lube lets you forget about that fear and focus on how good everything feels.



Sexy ways to use it

First, pick your potion. Water-based lubes feel more natural and less gooeey, whereas silicone-based formulas last longer and are water-resistant, making them great for shower sex. If you use silicone-based lube, just be sure to warn your partner to wash with soap and warm water afterward, as silicone is more likely to stick to her body, which (if she doesn't wash it completely) could attract bacteria and cause an infection. Warming lubes can boost arousal by increasing blood flow to her anus, and freezable lubes work like an ice cube at first, then melt – perfect for hot nights. Whichever you pick, be sure to keep it nearby so you don't have to stop and hunt for it. And now for the fun stuff:

1. Use it when you finger her anally. If you have dry hands, no need to use a moisturizing lotion that could contain unwanted chemicals, especially inside your partner's anus. Just apply a few drops to your fingers before touching your lady for a smoother, more arousing feel.

2. Use it with a vibrator. Imagine the electrifying pulse of your partner's favorite butt toy hitting all the right spots. Now imagine using that same toy to gently glide inside her anus with the same power, but a totally different, more fluid sensation. A dab of lube on a sex toy, especially if that sex toy is used up the butt, is a total game-changer. Just be careful: If your sex toy is made of silicone, you'll definitely want to use a water-based lube, since silicone lubes can deteriorate soft rubber.



3. Use it during vaginal intercourse, obviously. There's no wrong way to use lube during intercourse. You can apply it directly to your partner's body, or to the penis or condom itself. My personal rule of thumb is to start with a dime-size dollop and work up from there. Sure, you may encounter a point at which it's too much (you're slipping everywhere, it's dripping excessively on the sheets), but that's easily remedied with a paper towel. You don't want to reduce all the friction, but that threshold is personal for everyone and you'll know it when you feel it.

4. Use it inside the condom. First off, no guy should ever whine about how using a condom "ruins sex." Buck up, my man. But if your partner is looking for more ways to increase feeling while being protected, I have a suggestion. Many guys complain that a condom diminishes the sensation. Adding a little lube ups the sensitivity he feels inside the latex. If you put a drop or two inside the rubber before you unroll it, that might unlock a world of feeling, and it should be certainly be enough to shut you up.

5. Use it during anal intercourse (also obviously).

While you might hit a limit of "yeah, too much" during vaginal intercourse, that ceiling will be much higher with anal sex, because the booty does not create its own lubricant like a vagina does, as I've tirelessly told you before. **LOAD IT ON THERE!** Too much is never enough with butt stuff.



6. Use it during annalingus. This might sound counterintuitive, but it's true! "Men often use spit, but it can be hard to muster up enough. A flavored lube provides enough wetness that your jaw won't get as tired", says Gina Ogden, author of *The Return of Desire*. So there you have it.

7. Use it for a sexy massage. Since any good-quality lube is body-safe, why not try it during nonsexual foreplay? Using it to aid a back massage can take things from relaxing to "holy hell your touch is electrifying, can we please have sex?" For more information on the sometimes forgotten but oh-so-amazing art of erotic massage, check out my program on the matter, *Erotic Massage for Better Sex* - <http://www.eroticmassage mastery.com>

Slippery when wet step-by-step

In the case of vaginal sex, your partner's body provides enough natural lubricant to keep her slick from the moment you slide your hand between her legs to the last frenzied moment of intercourse. Unfortunately, as I mentioned in the introduction of this book, this isn't the case with anal sex. The anus doesn't produce lubrication and if you don't use lube, penetration will – ouch – chafe! But it's not enough to squirt dollops of lube everywhere and hope this is all you need to make every touch and thrust feel smoother and more pleasurable. There are specific ways that this liquid accessory should be used when it comes to the backdoor and you're going to learn each and every one of them right now.

► Start by incorporating lube into anal foreplay. Anytime your handling her anus, lube can make things wetter and better. Place a pea-size drop on your fingers before you rub her anal opening.



Since that spot is made up of delicate skin, a smoother touch will ensure that it doesn't get irritated. You can do the same for her clitoris – put a tiny dollop in your palm before rhythmically stroking her. She'll go wild if you alternate quick, short motions with languid, longer ones. As her erotic anticipation builds, continue the moves down her inner thighs, then moving up to her butt cheeks, taking your fingers up and down one cheek and then the other and intensifying the pressure that you're applying.

► Press your moist fingertips into the fleshiest part of her cheeks, kneading the skin, then take your touch to the next level by tapping her flesh or massaging the dimple-like indentation where her back meets her booty. Pro tip: Never take your hands off her body. Removing one hand for just a moment disrupts the soothing and slippery skin-on-skin contact. When you caress her continually, your touch feels fluid on her hot spots and she's lulled into an erotic trance.

► You can also thrill her even more by lubing and massaging two areas simultaneously. For example, while circling her anus with one lubed up hand, use the other to trace wider circles around her belly button, pubic pound and then the base of her vaginal lips. Or draw squiggly lines down each side of her torso until both of your hands meet at her anus. By covering a huge swatch of skin at the same time, you'll send surges of erotic current from her spine to her butt.

► To strike an even hotter bliss-inducing cord, put some lube on your lips and delicately flick her clitoris in a steady pulsing motions, so you're almost fluttering your lips against it. While you're doing that, use the same tapping motion on her anus with lubed up knuckles, almost penetrating her. This will trigger a chain reaction of heat and pleasure... making her come in a turbocharged manner. Warning: Using too much lube can reduce friction to the point where you barely feel each other, so be conservative – you can always add more if need be.



TECHNIQUE 3: The big bang tongue – A man's guide to anal cunnilingus

Oral sex can be fun and intimate, and it can lead to some of the most intense orgasms, so why not use it to enrich your anal experience? Considering the vast majority of women require oral sex to achieve orgasm, it's worth including anal cunnilingus into your repertoire because it can make all the difference in making the anal experience a pleasurable and orgasmic one for your woman.

5 anal sex problems even hot couples face

Even if you've had anal sex before with your partner, that doesn't mean the experience was as good as it can possibly be. The most common reason: Couples don't communicate with each other their dissatisfaction in the sack. "Embarrassment and a fear that something's wrong with them keep most people from bringing up complaints. But you can't solve a problem if you won't even acknowledge you have it", says Yvonne K. Fulbright, author of *Touch Me There!* The thing is, sexual snags, even ones related to anal sex, are usually easy to fix... first they have to be addressed. It doesn't mean that you need to have lengthy, uncomfortable conversations



either – there are other ways to impart your needs. I have identified the five most common anal crises people face and I'm offering my best advice on how to deal with them.

You're not pleasing her... but you think you are

Oh, you try, but if you're still not hitting her high notes – because you're too fast, too slow, or too far off the mark – it's time you talked about it. Probably, it isn't that you're bad in bed; it's that your partner hasn't let you know what you're doing right or wrong. You tend to stick with techniques that worked with other women, so unless she tells you otherwise, you assume she likes it too. It's obvious she'll never clearly announce "Hey, sweetie, those moans of pleasure? Fake!", so you need to be the one to broach the issue delicately. One way is to turn it into a game: tell her you want to prove to her that you can tease all her hot spots in under an hour and ask her to create a map of where these hot spots are and how they should be teased to make it easier for you to reach all of them in due time. Or ask her to use you as a puppet to satisfy all her carnal cravings. She should take your hands and bring them to her hot spots herself, then guide your fingers, and pick the rhythm, pace and technique. Another option would be to stop mid-sex, when you feel you've hit a good note, and tell her, "Wow! That felt great for you too? What did I do right?" When she explains and gives instructions, store them and use them the next time to prove to her that you listened. This will make her want to share more information with you.



Your libido is higher than hers

The occasional “I’m not up for it” night happens. But some couples suffer from completely disparate sex drives. “A large number of women have lower libidos than their partners do but can’t admit it”, says Bob Berkowitz, author of *What Men Won’t Tell You But Women Need To Know*. First step: Rule out physical conditions. Certain medications (such as antidepressants) and health issues (such as high blood pressure) can dampen a woman’s libido. If your partner is healthy, she might just be overloaded. Women react to stress in two ways – they either become hypersexual because it’s the only thing that relieves their anxiety or they don’t feel like having sex at all. So if she has a lot of work right now, cut her some slack and wait for things to settle. However, if it’s been like this from the very beginning, then you and your partner need to figure out why you’re at different speeds and try and fix it as soon as possible. Some form of compromise might be needed here, so try and meet her in the middle.

You have technical difficulties

When your machinery malfunctions, the last thing you want to do is talk about it. But here’s a bit of reassurance: Erectile issues – from premature ejaculation to losing erections to not being able to come – are common. Sexual performance issues are psychological or physiological. You might have a fear of intimacy or a troubled sexual past, but more

often than not, stress, poor diet, or lack of exercise is to blame. These kinds of temporary factors fade over time. However, if the problems are ongoing, consider seeing a sex therapist. In the meantime, the next time something arises – or rather, doesn’t – don’t freak. Instead, keep the momentum going. A lot of couples think that once the erection disappears, everything has to stop, but you can still pleasure her manually or orally. Seeing that you’re capable of turning your partner on in other ways will make you feel better about the situation – plus, the less attention (read: pressure) you place on your penis, the more



likely it is to spring back into action. For more information on how to overcome problems regarding your erection, check out my program on the matter, Last Longer Tonight - <http://www.lastlongertonight.info>. If she is the one having problems, like vaginal dryness, tightness, or an inability to climax, she might want to see a doctor. There are a number of hormonal and reproductive health issues – yeast infection, urinary-tract infections, vaginitis – that could be the source of the issue. Her problem can also be mental. A few possible roadblocks: performance anxiety, body-confidence issues, or a lack of interest in getting it on with you. The solution might be seeing a couples' therapist – most sexual issues can be fixed.

You've gotten into a rut

No, sex is never going to be like it was in the beginning. That's because when couples first start dating, they can't wait to try out every position and tongue trick in the book. A few years later, most long term couples have figured out which buttons to push to make their partners feel good, so they stick with what works. They may be having orgasms, but relying on the same moves can make most couples lazy about exploring. Without indicating that your sex life is putting you to sleep, suggest that you try to revive that once-adventurous attitude. Excitement breeds excitement, so anything new will get you inspired. That might mean having sex in different rooms, or adding a new position into the rotation. Anything that shakes up your usual routine, raises your endorphin levels, and gets the relationship adrenaline running on high again is a powerful aphrodisiac.



The big bang tongue step-by-step

I know that going down on someone's butt can be particularly intimidating. But if you're attracted to the idea, eating someone's anus can be one of the hottest things in the entire universe. And that doesn't even include how amazing it will be for your partner, who's on the receiving end – in my experience, it can be better than getting a foot massage while eating homemade macaroni and cheese.

► Before you go to backdoor town with your mouth, you might want to do some necessary preparations.

“Many women's fear of anal sex stems from a fear what goes on back there (naturally) and how that's going to play into the action”,

says Rachel Hills, author of *The Sex Myth: The Gap Between Our Fantasies and Reality*. To help her cleanse herself (literally) of such mental roadblocks, first take a nice, steamy shower together and use soap and water to remove any traces of stool. For extra safety, you partner can also use an enema or two before washing. You can also use a safer sex barrier, like a dental dam, to be extra safe.

- ▶ For the most part, it's best to start with some foreplay before jumping into tongue-to-butt action so that your partner is turned on and relaxed. Rimming is a very up close and personal experience, and some women feel insecure about the look or smell of their anus – even though they have no reason to. So make out a bit. Talk dirty. Kiss, pinch and lightly use your teeth on your partner's nipples. Begin rubbing her clitoris with your fingers and insert a finger or two in her vagina to make her hot. Pay close attention to the sounds and facial expression your partner makes and when you can tell she's really turned on and ready, move your face down to anus town.
- ▶ Start licking the anal opening nice and slow, and change speed and intensity by taking stock of your partner's body language and expressions of pleasure. Try upward licks, lifting from the base of the tongue and gliding upwards along the anal opening. Or try the Tongue Twister, in which you twirl your tongue in circular motions.
- ▶ Another move that works is the Slurpee, which is when you press your lips around her anal opening in an oval and thrust your tongue flat against it. You should slurp away as though you're sucking on a bottle, allowing your natural sounds to emanate freely. For more intense and climactic pressure, stick your tongue inside the anal opening, mimicking the thrusting motions your penis would do. To help her relax, while your tongue is shoved in her butt go back to stimulating her clitoris with one finger.
- ▶ But don't forget about the rest of her body. To remind your partner that this is an intimate experience and you're present in the moment and willing to give her the time of her life, stroke the inside of her thighs and reach up to place a hand on her stomach, thighs or breasts. If you and your partner are into rowdier play, try grabbing her thighs and pulling her legs over your shoulder while you penetrate her butt with your tongue.
- ▶ As you're speeding up your tongue motions, you can move into more adventurous rimming positions. One option is Face Sitting, which is when you lie on your back and your partner straddles your face with her back towards you for better access to her butt. You can also try having your partner bend over in doggy style.
- ▶ When you feel your partner is on the brink of orgasm, push your tongue deep while also shoving one or two fingers in her vagina and coordinating your movements. Alternate between steady, rhythmic motion and then going fairly slow to prolong the ecstasy and make the climax more powerful and intense. This type of double stimulation, with the right consistency, will most definitely finish the job in a matter of seconds.

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