

SEASON

2

GREAT SEX OVER 40
EDITION

TRICKS AND
POSITIONS FOR
GIVING HER DEEP
PLEASURE, NO
MATTER WHAT SIZE
YOU ARE.



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GABRIELLE MOORE'S
NAKED



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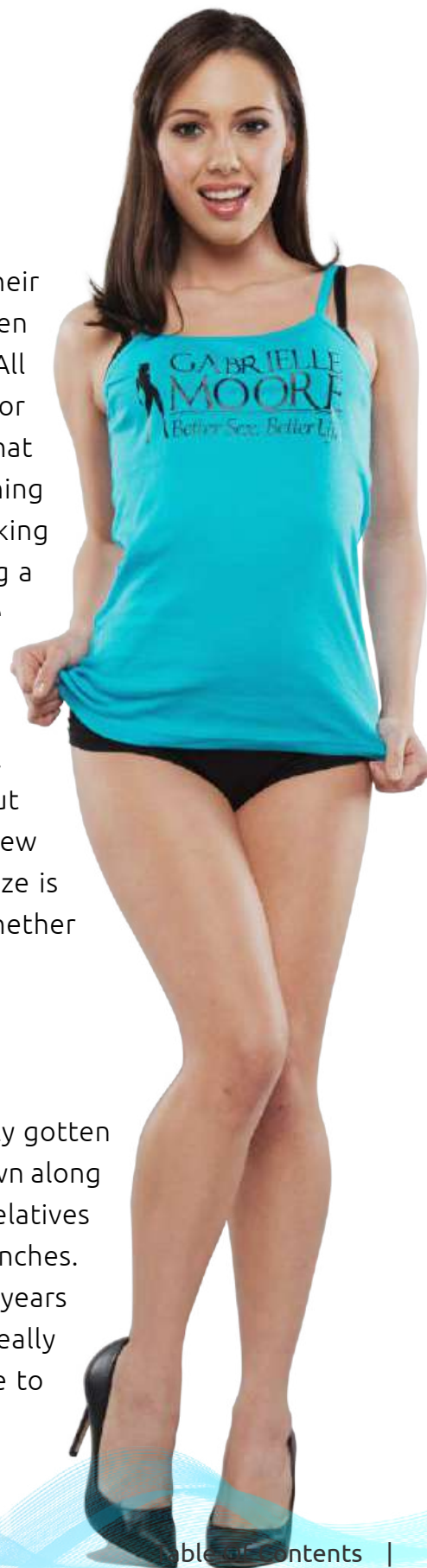
Facts & Theory

If there is one concern out there that worries men about their sexuality more than any other thing, it's penis size. Why do men worry about their size so much? There are two main reasons. All we ever hear about is how important penis size is. Whether or not that is true, the media certainly does its part to reinforce that belief. Men also worry about this issue because it's not something that they can easily change. Your size is your size. Without taking drastic measures, you can't change it. So, that ends up leaving a man feeling like there is nothing that he can do to about it if he feels his size is inadequate.

Well, I have good news for you. It's simply NOT true that there is nothing that you can do if you're not satisfied with your size. There is a lot that you can do and I'm going to teach you all about it in this eBook. On top of that, I'm going to give you a whole new outlook on all of the hype out there that swears that penis size is SO important to women. It's time to learn the truth about whether or not size really matters.

The History of Penis Size

Over the history of evolution men's penises have consistently gotten bigger and bigger over time. You might not think yours has grown along with the rest of mankind, but you're wrong. Our closest ape relatives are the chimpanzee, who has an average penis size of about 3 inches. The gorilla measures in at about 1.5 inches. So, while millions of years separate us from our primate relatives, the male penis has really come a long way during that time. Some believe it might have to



do with a human woman's preference for larger penises that have caused us to evolve in this way.

Even throughout our more recent history big penises haven't always been the most sought after. This just goes to show that often what we find physically attractive has to do with the trends and the culture of the time and place, not necessarily what is the best. In ancient Greece and Rome, the best men were those with small, uncircumcised penises. They were seen as being the most civilized, whereas the men with big penises were depicted as lustful, ridiculous objects. Even

one Greek God who had an enormous penis was actually meant to be impotent, so that just goes to show how important they felt big penises were (Thorpe).

Ancient India also had a lot to say about penis size. When it comes to sexuality, India is best known for the famous text, the Kama Sutra. Most people know this book as the book of sexual positions, but it's actually much, much more than that. The Kama Sutra talks about many aspects of the male/female relationship, including having compatibility in your genital size with your partner. There is never any mention of which size is "best" for having a good sexual relationship because that is not what is important, according to this renowned text. What is important is that a man with smaller genitals is paired with a woman with smaller genitals, a man with medium sized genitals is paired with a woman with medium sized genitals, and large men with large women. The key is that your size is compatible with your partner. Therefore,



large men are never seen as being more sexually endowed than smaller men. A lot of men probably don't know that women also have different sized vaginas, so logically, as the Kama Sutra states, each person needs to find a sexual partner that is compatible with their genital size.

“That’s why the media uses scare tactics to make you believe that you will never be good enough.”

How do you know what size vagina your partner has? You can't see the size of the vagina, as it is internal, unlike the penis that is out there for all to see. Your only option is to see if it's a good fit when you have sex. For men and women who are mismatched, there will either be discomfort because the man is too big for the woman (this might be because the woman is small or because the man is big, or both) or less sensation because the woman is either too big or the man is too small, or both. Keep in mind that this doesn't mean that either person is the wrong size, in keeping with Kama Sutra, it just means that the person is mismatched with their partner when it comes to genital size. Don't worry, even if you are mismatched with your partner, this book is going to teach you how to fix that and have great sex anyway.

The Big Penis Myth

If you were only to listen to what you heard from the media and saw in pornography, you would definitely believe that the only thing ALL women want is a huge penis. That's all that matters and if you don't have it then you will never be a good lover.

Okay, take a deep breath. That is NOT TRUE. Do you know why the media continues to perpetuate this? Because it sells. Making people worried or scared that they aren't good enough actually sells books, magazines, and makes people watch videos, TV programs and movies. If you have men who are confident in their bodies and abilities then they are less interested in following this kind of media. That's why the media uses scare tactics to make you believe that you will never be good enough. As long as you believe that, you'll keep seeking out help from books, the internet and more. I would like to change that. I want you to know that you are perfect just as you are. Men (and women) come in all shapes and sizes. One type is not necessarily better than another.

I'm going to tell you something that a lot of women know about, but not many men. Guys with really big penises are often at a big disadvantage. You're probably thinking I'm crazy. Most guys who worry their penises aren't big enough spend a lot of time wishing they were bigger. They think it would solve all their sexual woes, so hearing that guys with big cocks are at a disadvantage in the bedroom probably sounds pretty crazy to you. But let me explain why this statement is true.

Guys with big penises think they don't have to try.

There is a lot of research out there that says that the majority of women don't orgasm from penetrative sex alone, so having a big penis isn't the only thing that matters to women. Unfortunately, that same hype about penis size makes men with big penises think that they have it made. Some of these men think the only thing they have to do in bed is show up with their big wang and that's enough. But ask any woman out there and I guarantee you that she will tell you that she needs more than that. In contrast, men with smaller penises are eager to please their partners in all kinds of ways because they feel that their size is not enough. One thing all men need to learn is that you size isn't enough, no matter if your penis is 3 inches long fully erect or 8 inches long. If you want to really please a woman the right way, you need more than your penis! In this book, we're going to talk all about everything you need to be an incredible lover, no matter how big or small you are.



So, Does Size Matter?

Yes. I'm not going to lie to you. I'm not going to tell you that there are no women out there that care about penis size. Size does play a factor in sex, but it's not the most important thing and not all women want a guy with a huge penis. What women really want is a guy who can satisfy her in every way in bed and as I've already explained, a big penis alone isn't enough to get the job done.

A Few Interesting Facts About the Penis

- There are two kinds. You might think size is important, even when the penis is flaccid, but that's actually not a good indication of size. One kind is a "grower," a penis that is smaller when flaccid, but grows significantly when erect. The other kind is a "shower," one that is similar in size when it is flaccid to when it is hard. It is estimated that 79% of men have growers and about 21% have showers.
- The average erect penis is between 5 and 6 inches long and the average flaccid penis is about 3.5 inches.
- If there was ever a good reason to quit smoking, this is it. Smoking can actually make your pe-



The average erect penis is between 5 and 6 inches long

nis up to 1 cm smaller. Smoking calcifies blood vessels, which can harm circulation, which is essential to having good and strong erections.

- Having regular erections is important to penis health, which is why your body will make you have erections even when you're not necessarily sexually excited (like during sleep and first thing in the morning). Not having regular erections can lead to damage in the penile tissue, which can shrink the penis 1 to 2 cm.
- The average penis size in the United States is 5.1 inches.
- Eighty-five percent of women are satisfied with the size of their partner's penis. Only 55% of men are satisfied with their size. Ninety percent of women prefer a thick penis to a long one, when it comes to size.
- According to the condom manufacturers who make them, only a mere 6% of the world's population actually needs an extra-large sized condom.
- Penis size is only one thing that SOME women rate as being important to them. Some women prefer a bigger penis, while others do not. Other women say that they don't care one way or another about penis size.

(Random Facts).



A Reality Check

It's time to get a serious reality check. We've talked about some of the interesting facts related to penis size out there. One of those facts is about how big the average penis really is. One study

“85% percent is a huge number of women who have no complaints about their partner's size”

found that the average penis size was just over 5 inches. This conclusion was a result of measuring more than 15,000 erect penises from men of all races and ages. Okay, let's think about that. A lot of men think that every guy out there has a giant penis and that he is the only one with a less than average penis. Average actually means that most guys measure about that size, but there are some that are bigger and others that are smaller. No matter what your size is, you are not the only one.

The other statistic that is especially interesting is that 85% of women are satisfied with their partner's size, while only 55% of men are satisfied with their size. Eighty-five percent is a huge number of women who have no complaints about their partner's size. When I see that only 55% of men are happy with their size, it's clear to me that they are being manipulated by the negative messages out there concerning penis size. Why does a man want to be bigger? One would assume that it is to better please their partner, but if 85% of women are satisfied, why aren't 85% of men also satisfied with their size? It's because they still believe that a big penis is all that women want. It's not!

I would venture to say that the remaining 15% might not be satisfied with their partner's size because their partner needs to learn how to use their size to their best advantage. That is what this book will help you do. Whether your partner is satisfied with your size or not, this book will help you become an incredible lover.

Another statistic I want to point out is that only 6% of men actually need extra large condoms. Why do condom manufacturers make these if so few men need them? Because they sell! Men want to believe that they have such a big penis that they need a bigger condom and it makes them feel good to buy them, but most don't actually need them.

Finally, let's consider the woman's perspective yet again. Supposedly all of this concern about

penis size is about what women prefer and want, yet many women don't actually prefer a big penis and many say that it isn't something that is important to them.

Two Types of Size

“The vagina is very elastic so it can stretch to up to 200% to accommodate larger penises

Penis size is not just about length, but it's also about something called girth, which is the thickness or circumference of the penis. Most men actually are referring to length when they think about their size not being sufficient, but studies find that girth is actually more important to most women than length. Most women prefer a thicker penis than a longer penis. This is because there are a lot of nerve endings at the entrance to the vagina and in the bottom part of the vagina and less at the top. A thicker penis will rub and stimulate those areas upon entry.

There is a point where even a woman who likes a bigger penis feels that it is just too big. Did you know that the average vagina is actually only 3-4 inches long? The vagina is very elastic so it can stretch to up to 200% to accommodate larger penises if necessary, but if you're on the smaller side 3 to 4 inches might be all the space you need (Rankin). Some women who are with large guys experience pain or discomfort if their partners are very long because the penis can bump the cervix during sex.

What Women Really Want

If you think that all women care about is penis size or other physical traits when it comes to sex then you don't know women very well at all! When it comes to physical traits, penis size isn't even the most important thing to many women. Broad shoulders and height have also been listed as some of the top physical features, but what women are really interested in is something different altogether, something you have total control over.

Sure, sexual skill is important when it comes to good sex and that is something we are going to

talk about at length in this book, but one thing women want that men usually don't even consider is an emotional connection. Women, unlike some men, really need to be connected to their partner in order to get the most out of their sexual relationship. The best thing you can do if you want to be a fantastic lover is learn to be a fantastic partner. Listen to her when you tells you about her life and her needs and desires. Make sure you create intimacy in the relationship by communicating, being affectionate, and considerate. An emotional connection with a person will always be more important than any physical trait. If a woman doesn't love you for exactly how you are, then she probably isn't worth being with.

All that being said, this book is going to focus on how to maximize the penis size that you have and use it to its full advantage. You don't need to be huge to hugely satisfy your partner. There are many different ways that a man with a less than average sized penis can be the best lover his partner has ever had. Want to know more? Let's get started.

Section 2

Huge to hugely satisfy your partner

PART 01 THE PERFECT POSITION IS KEY

Just as the Kama Sutra said, there are certain couples that are better suited for each other sexually and some that might not be as well suited, but luckily they didn't just leave it at that. If you and your partner seem like you're not well matched as far as your genital size goes, that doesn't mean that you're doomed to a life of mediocre sex. In fact, the Kama Sutra instructed that mismatched couples needed to stick to certain positions in order to maximize their pleasure and avoid other positions that wouldn't feel as good. I have found the same thing to be true in my work with couples over the years. One position might be amazing for one couple and completely dissatisfying for another. That is why it's essential to find the sexual positions that maximize your size and maximize the pleasure for both of you.

Before we get into positions, it's absolutely essential that you don't just focus on thrusting away during penetrative sex, no matter how good the position is for both of you. Only 30% of women have orgasmed from penetration alone. That means that there is A LOT more to sex than your penis going inside her. We're going to get into some of the other factors involved in making sex really amazing for her in the next chapter of the book, but I felt it was important to mention this just in case you don't read

through the whole thing (which you really need to do to become the best she's ever had, regardless of size!). These positions are just one of the things you are going to do to rock her world. As I mentioned before, a lot of well-endowed men think that all they need to do is stick their big cock inside a woman and they will go crazy, but research proves that is not true. Men who are not as well-endowed usually become amazing lovers because they do many different things to please their partners in bed. That is the kind of lover this book is going to teach you to be. Let's start with the best positions you can do.

Many of these position both you and your partner's body in such a way that you are able to go deep inside her and her vagina is able to feel tighter and smaller. Here are the positions you should be focusing on:

The Butterfly Position - In this position the woman lies down on her back with her butt hanging off the edge of the bed (or table/other surface). You should get between her legs standing up on the floor in front of her. You can then lift up her legs and sling them over your shoulders. This allows you to go nice and deep inside her vagina. To really take this position to the next level, you need to lift up her pelvis into the air as you're thrusting inside her. This can be tiring, so another option is to prop a pillow or two under her butt to get a nice, deep angle. You can also grab onto your partner's ankles to make her even tighter around the penis.

The X Games - The next position is somewhat similar to the Butterfly Position, but with some important differences. Just like the Butterfly, the woman lies down on the edge of the bed or some other surface and the man gets into position standing between her legs. He'll penetrate her again with her legs up in the air, but this time the woman should cross her outstretched legs into the form of an



X so that each leg will rest on the opposite shoulder of her partner. The man can grab onto her ankles in order to comfortably hold her legs in the proper position. This position actually constricts the size of the vagina and makes her much tighter so that the sensation is really heightened for both of you.

Tight Doggy Style Position - Doggy Style on its own is a great position to go deep and feel a nice tight fit inside your partner. To do Doggy Style, the woman should get on all fours. The man enters her from behind. In the traditional form of Doggy Style, the woman's legs are open and the man kneels with his legs between hers. The way to do Tight Doggy Style is to change the position of your legs. The woman will keep her legs closed and the man will kneel down with his legs on either side of hers. The effect that this has is that it tightens the woman's vagina even more and makes this already amazing position even better.



The Hound - This is another variation on Doggy Style that can be really amazing. A slight modification in this position takes it to the next level. The woman, who is on all fours, will lower down onto her forearms and arch her back to make her butt go high up into the air. She should thrust back in time with her partner's thrusting forward.

Standing Doggy Style - Another version to try if you love Doggy and it really works for you and your partner is Standing Doggy Style. It's fun to have different variations of Doggy if that position feels great and you want to keep things interesting. Instead of being on all fours, the woman here is standing and leaning over



something with her arms supporting her body. This could be the bed, a table, the arm of the couch or whatever is convenient. Remember that she should keep her legs closed to keep the vagina nice and tight and you will penetrate her from behind.

The Splitter - In this position the woman should lie down flat on her back. The man will straddle just one of her outstretched legs. Once he is in position the woman should lift her other leg up (the one that is not being straddled) and rest it on his shoulder. He will be able to thrust and really go deep from this angle.



Legs Up in the Air - In this position the woman will also have her legs up over the man's shoulders. In general this is a great way to tighten up the vagina so that when you penetrate her she is guaranteed to feel every bit of you go in and out. With the Legs Up in the Air position, the woman will be lying on her back again. The man will kneel in front of her in between her legs. Once he has penetrated her, she can lift her legs up and rest them against his shoulders. To really kick this position into high gear, the woman should lift her pelvis up and her legs even higher so that they get as close to her body as possible. This requires a decent amount of flexibility for the woman,

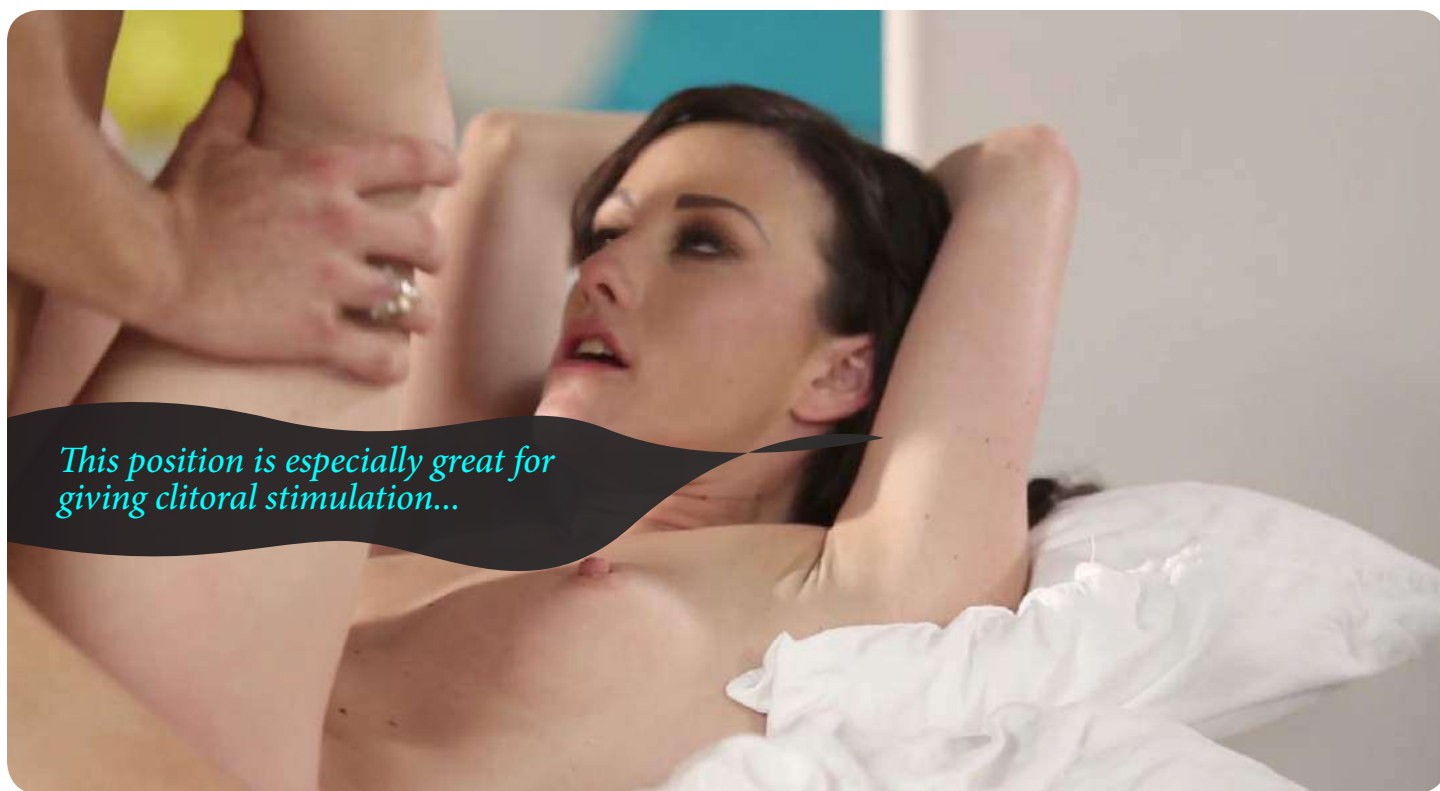
so if she isn't that flexible or comfortable in this position she can either just rest her legs on your chest and not try to lift her legs more, or she can bend her legs at the knees, which should allow her to lift up even higher.

Assisted Doggy Style - Some couples have a hard time finding a comfortable position when it comes to Doggy Style and that's where the assisted version of this position really comes in handy. The woman should get on all fours, but leaning over the arm or the back of the sofa, so that she is comfortable and fully supported by it. The man will then penetrate her from behind as always, but don't forget to use the Tight Doggy Style technique and make sure his legs are on the outside and hers are close tightly to clasp around the penis.

Woman on Top - This classic position is a great one for men and women with any genital size because the woman on top allows the woman to really control the depth, speed and motion of the thrusting in a way that other positions don't allow. With this position she can take all of you inside her and go as deep as she wants to. She can also play around with the angle of penetration to see what feels best for both of you. Have her try leaning slightly backward for extra tightness and friction. You can place your hands on the small of her back to give extra lower back support. Don't be afraid to thrust upward with the motion of her body in order to get maximum depth. Another great modification of the Woman on Top position is to have her turn around and face in the other direction. This gives another especially sensitive and tight feel to penetration.



Modified Missionary Position - This position is especially great for giving clitoral stimulation, as you will get some pubic bone rubbing here. It's similar to the regular missionary position, but this time you will position yourself slightly above her so that your head is actually higher than hers as opposed to right in front of hers. You should take it up a notch by having your partner grab onto the headboard and bracing herself with her arms. This will make her vagina tighten up around you. If she can't get ahold of the headboard, try to tie some scarves around the headboard for her to pull on. It really makes a big difference in how tight she feels!



This position is especially great for giving clitoral stimulation...

The Sphinx Position - This is a sexy from-behind position that feels amazing. Your partner will lie on her stomach with her weight on her forearms and one leg outstretched behind her. The other leg should be bent at the knee and then stretched out to the side. Her back will be arched in this position, so make sure that feels comfortable for her. You will be on top of her from behind holding yourself up with your arms on either side of her body. The pressure of your body on her pelvis feels amazing for her and you'll be able to get really deep from this angle.

The Sexy Spooning Position - This is an especially nice position for those times when you and your partner want a loving and intimate position. Get onto your sides in a spooning position with the

man on the outside (For those who don't know what I mean by "spooning," the woman will be on her side in the fetal position with her knees bent and close to her body and you will press your whole body against hers like two spoons fitting together). You will penetrate her from behind, but the position of her body will actually narrow the vaginal canal, which makes her feel really tight. Slow and deep thrusting is essential in this position, as it can be easy to slip out if you try to go too fast.

The Slide - This position is similar to the missionary position except the woman is on top instead of the man. You will lie flat on your back with your legs outstretched and your partner will be lying on top of you with her legs outstretched and closed. You'll penetrate her and she should begin to slide slowly up and down on your body. This is another position that requires slow and steady movement (this time it's her turn to do the work!). With her legs closed she will feel much tighter and this will also feel amazing because her clitoris will get a lot of stimulation from the movement of your bodies.

The Dolphin - This is one of the most acrobatic of the positions on the list, so it might not be for everyone. If it seems too hard, try it out for when you are close to finishing to really take things to the next level at the end. The woman, who is on her back, will make a bridge-like position by pushing her thighs and hips towards the ceiling while supporting herself from her shoulders. Her feet will be planted on the bed as well. You will be in a kneeling position in between her legs. Hold onto her butt and hips to help her hold this tricky position as you thrust in and out. This is a great



position for long, slow thrusts so that she feels every bit of you massaging the walls of her vagina.

The Reclining Lotus - The woman here lies on her back with her legs bent and knees drawn into her chest. You will get on top and penetrate her, allowing her to rest feet on your hips. Her position actually shortens the vaginal canal so it makes it feel like you are totally filling her up no matter what your size is!

There are also positions that you should avoid because instead of feeling tighter, these positions actually open up the vagina and make more room for your penis. Generally anything where her legs are really spread out and open wide is also opening up her vagina more. You want a tighter feel, so you want positions where the vagina will be shortened or constricted.

You might be feeling a little overwhelmed by the amount of positions I've shared with you, but that's actually a good thing. You have a lot of really great options to try. It's possible that not all of these positions will be comfortable or enjoyable for you and your partner, so try each one out and see which ones are your favorites and which ones give you both the maximum amount of pleasure. If you want to learn about even more exciting and sexy positions, check out my eBook, *Orgasmic Sex Positions* here: <http://www.orgasmicsexpositions.com/>.

Sometimes it can be a lot easier to do a position after you have seen it in person. That's why I'm especially excited to share the video version of BIGGER & DEEPER with you. If you're not sure how a position looks in real life, one of our gorgeous Gabrielle Moore girls will be more than happy to show you how it's done.

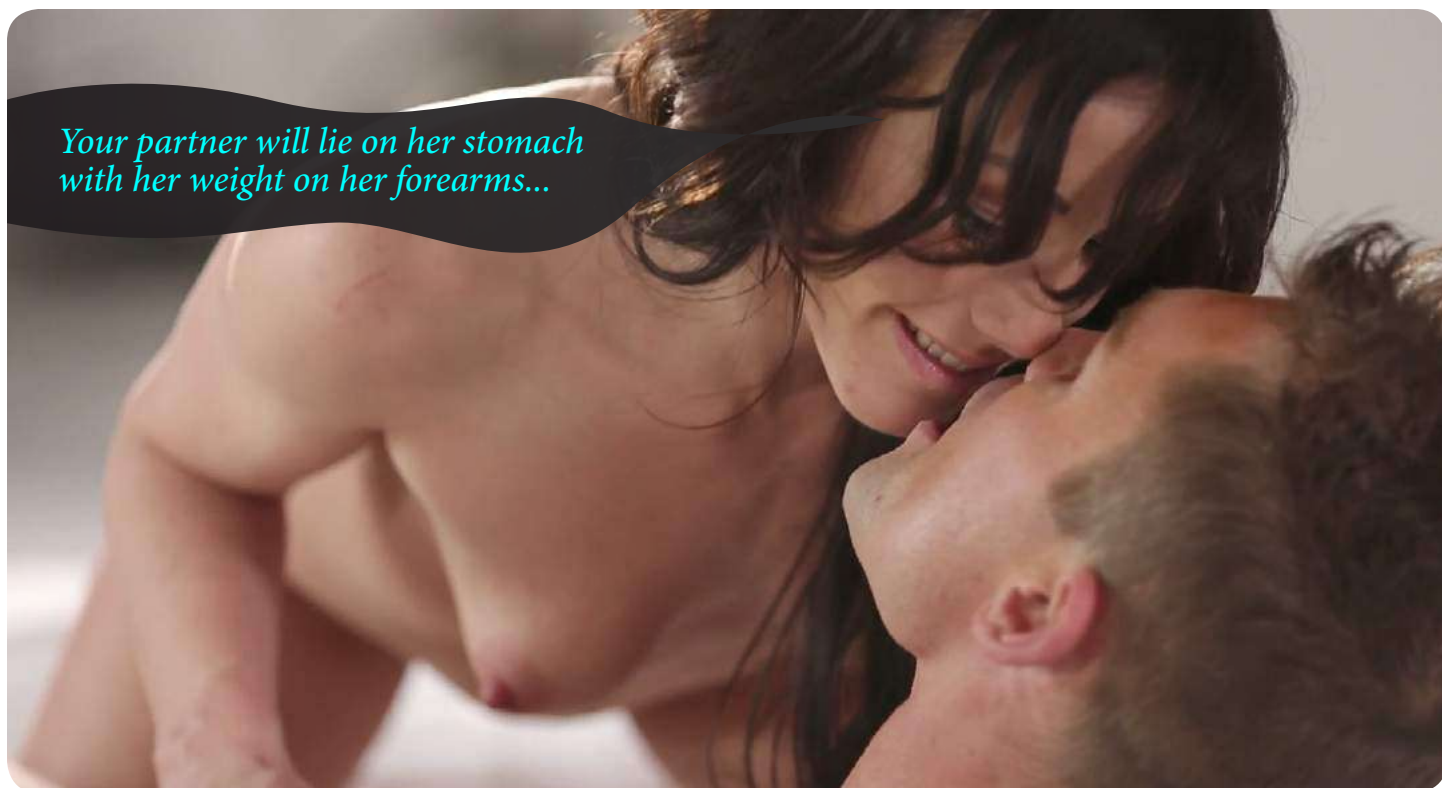
PART 02 "IT'S THE MOTION OF THE OCEAN, NOT THE SIZE OF THE BOAT"

This is a common saying when it comes to penis size: "It's the motion of the ocean, not the size of the boat." What does it mean? Simply put, it means that the size of your penis is not the most important thing, it's how you move your body that really makes the difference. A man with a big penis can be a terrible lover if all he does is thrust in and out. Just having a penis and putting it inside her is not enough to satisfy a woman, no matter what your size is. The previous section gave you the necessary information to know what positions are the best for maximizing your size. Using those positions your length and girth will feel bigger than it actually is because of the position

that it enters her body. However, we also know that a whopping 70% of women don't orgasm from penetration alone, so you need to know what else to do to make sure she is enjoying sex to the fullest. You need to know how to move your body and touch her during intercourse in order to make her experience really amazing. The following techniques will make you a true master of intercourse.

Swivel those hips - Many times a man simply moves his penis in and out of the woman's vagina, which sometimes can be okay, but there are a lot of different ways to thrust. Once you're inside her, move your hips around as if you're dancing instead of just thrusting in and out. You can try thrusting upward, lifting your pelvis up as you thrust inside her. You can also try moving your hips around in a circular motion. Try putting yourself completely inside her and when you're deep inside, begin to move your hips around in a circle. This will make your penis move around and stimulate the walls of her vagina. If you do this slowly, your partner can tell you which areas feel the best when you stimulate them with your penis and you can change your movements accordingly. Different hip movements will feel good in different positions, so try out different things depending on your position. Once you get to know which movements work best in which position, it will start to become second nature to you.

*Your partner will lie on her stomach
with her weight on her forearms...*



Grinding - For most women, clitoral stimulation during sex is an absolute MUST. Even those women that are able to orgasm from penetration alone also enjoy clitoral stimulation during sex because it provides another way for her to have a different kind of orgasm. For those women who don't have vaginal orgasms, clitoral orgasms are their only way to orgasm and are very important. One way to provide stimulation is manually (which will discuss next), but first we're going to talk about grinding. If you and/or your partner can grind your pelvic bone into her clit during sex, this provides

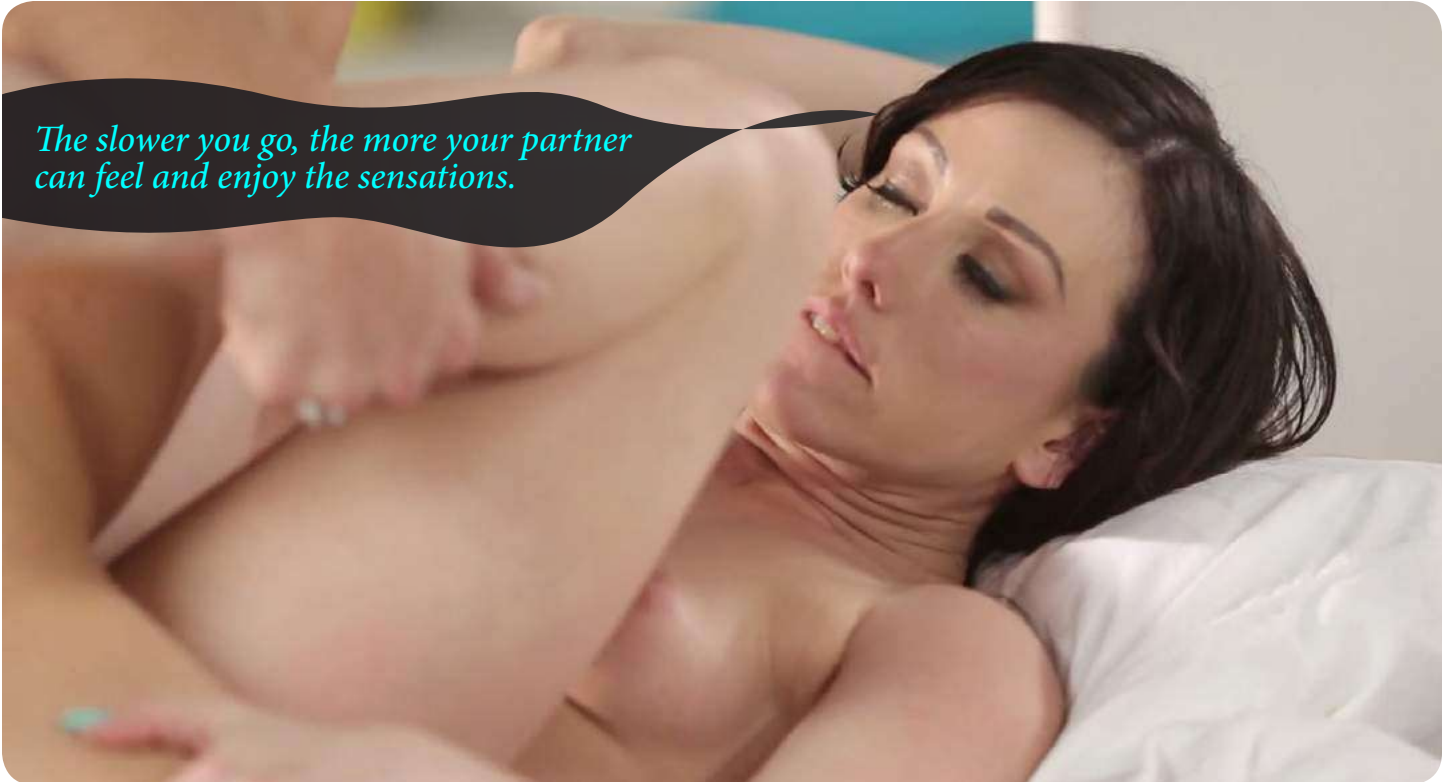


really incredible stimulation. It's great because it's timed really well with your thrusts and when you are completely inside her you can also grind your hips around to rub her clit with your pelvis. Certain positions work best with grinding and others won't work at all because you won't have the right access to her clitoris. You want a position where your pelvis bone is coming into contact with her clit. Out of the positions we discussed in the previous chapter, Woman on Top, Modified Missionary Position, The Slide, and The Reclining Lotus are the four positions you can and SHOULD use grinding with. The other positions will not work with this movement technique.

Stimulate her clitoris - Just because you can't grind doesn't mean her clitoris should be ignored. In fact, never, ever ignore the clit! If you can't grind, you can use your hand to stimulate her. The

clitoris is an extremely sensitive body part that is full of nerve endings. This makes it an amazing part of the woman's body, but it also needs to be handled with care. One important thing to do when stimulating the clit is to use lubrication. Get a great water or silicone-based lube from your local sex shop or drugstore. Squirt a small amount onto your fingers or directly on her clitoris and vulva. Begin stimulating her clit by very gently and light running your fingers around the clitoris. It's so sensitive that you don't need to touch it directly right away. If you touch it too hard it could be very uncomfortable or even painful. Try running a finger along either side of the clit and moving your finger over the top of the clit. Make an upside down U with your finger as you trace around it. As she gets more and more excited you can begin running your finger directly over her clit as well. Try out different movements and see what she likes best. You can run your finger up and down over the length of the clit, from side to side, or even in a circular motion. Always be careful not to be too rough. If you're not sure if you're stimulating her the right amount you can always ask her.

Good vibrations - Sometimes it can be difficult to stimulate your partner's clitoris with your hand from certain positions and that's when a small vibrator can be an amazing assistant to help you out. You don't need anything big, just a little vibrating bullet will do the trick. Your best option is a vibrator that has various strengths and speeds for the vibration. Some women like a stronger



The slower you go, the more your partner can feel and enjoy the sensations.

vibration where others might want something very gentle.

As I mentioned above, start very gently (on the lowest setting) and don't put the vibrator directly on her clit right away. Start on the surrounding areas and work your way in once she is really turned on. Another great toy is a vibrating cock ring. This is a ring that fits around your penis and vibrates. You put it on during sex and it will automatically provide vibration in the right area. It will also let you enjoy some vibration, which a lot of guys really enjoy.

One more thing - One last comment about clitoral stimulation during sex. Some women will take the initiative and stimulate themselves during sex. This can be great, especially when the position you're in makes it especially difficult to reach her clit. Don't be threatened by this, enjoy it! It's sexy to see how she knows her body and you can probably learn a few things about how she likes to be touched!

Slow it down - A lot of men mistakenly think that women want fast and furious sex. This can especially happen to guys who feel they are not big enough. Instead of going slow, they pound and pump into their partner as fast as possible, thinking that this will increase her stimulation and be better for her, but it actually doesn't usually work that way. The slower you go, the more your partner can feel and enjoy the sensations. If you pound away, it can be numbing. If you go at a nice steady rate, she can really feel it.



Pull it out - One move that a lot of women I know really love it when their partner pulls his penis out and rubs the head up and down her vulva, stimulating her clitoris and then popping it back into her vagina. This feels really amazing and can be done over and over again. First, the sensitive skin on skin contact of the head of your penis on her clitoris is incredible. Then when you continually pull all the way out of her vagina and then reinsert yourself, you are stimulating all of the sensitive nerve endings at the opening and beginning part of the vagina over and over again.

Toys to maximize size - There are sex toys out there that can be used to increase your size as well.

▮ The first one, **the cock ring**, we already mentioned above. The first benefit is that you can purchase a vibrating one that will stimulate her genitals. Other benefit is that the ring is meant to slightly restrict blood flow through the penis and this has two benefits for you. One benefit is that it can prolong sex and keep you from coming too quickly. The other benefit is that it can give you a big-



ger, harder erection. If you want to know more about lasting longer in bed and beating premature ejaculation, you must read my eBook, Last Longer Tonight, you can find it here: <http://www.lastlongertonight.info>.

▮ **The penis pump** is another common toy to help increase a man's size. Men can use this pump to instantly increase his size and over time it will also have a semi-permanent effect on his penis size.

Penis pumps are actually good for your penile health as they improve blood flow to the area.

/// **Penis extenders** can add several inches to the length to your penis. It is a cap that fits over the head of your penis. The best ones are made of really realistic material so that it feels really similar to your actually penis once inside her.

/// **The penis sleeve** is a sheath that the penis fits into, like a condom, and it adds girth to your penis. Some have nubs or other textures to provide extra stimulation to the inside of her vagina.

The best G spot stimulator - If you've ever seen a G spot sex toy you know they are not huge dildos that fill up a woman's vagina, but smaller curved toys that are made to tap and rub on a woman's G spot. This special spot is located just two knuckles length into her vagina on the interior front wall (the one just on the other side of her tummy). It's not very far in, so a lot of well-endowed men are actually at a disadvantage when it comes to stimulating this area with their penis. A guy with less length and the right sexual position can a real advantage when it comes to G spot stimulation. Positions like the Butterfly and any of the position where her legs are over your shoulders, like Legs Up in the Air are great positions for really exploring G spot stimulation. If you want to know more about G spot stimulation, check out my eBook, Mastering Her G Spot here: <http://www.masteringhergspot.com/>.

What about her? This eBook is for you and what you can do to make your size and your partner's size match so that you both feel the maximum amount of stimulation. However, I have to share one technique that your partner can do in order to increase both of your pleasure. The stronger her vagina is, the tighter she will be and the more she will be able to "hug" your penis when you're inside her. The way she can get a stronger vagina is by doing Kegel exercises on a daily basis. This will increase pleasure for both of you.

If you prefer to see any of these techniques live and in the flesh, don't forget to check out the video version of BIGGER & DEEPER

PART 03 COME ON NOW, TOUCH ME, BABE!

The best feedback that I get from women who have been with smaller-endowed men has been that they are much more attentive lovers than guys with big penises. They are inventive, finding new and creative ways to get their partners off. They also don't just have vaginal sex all the time,

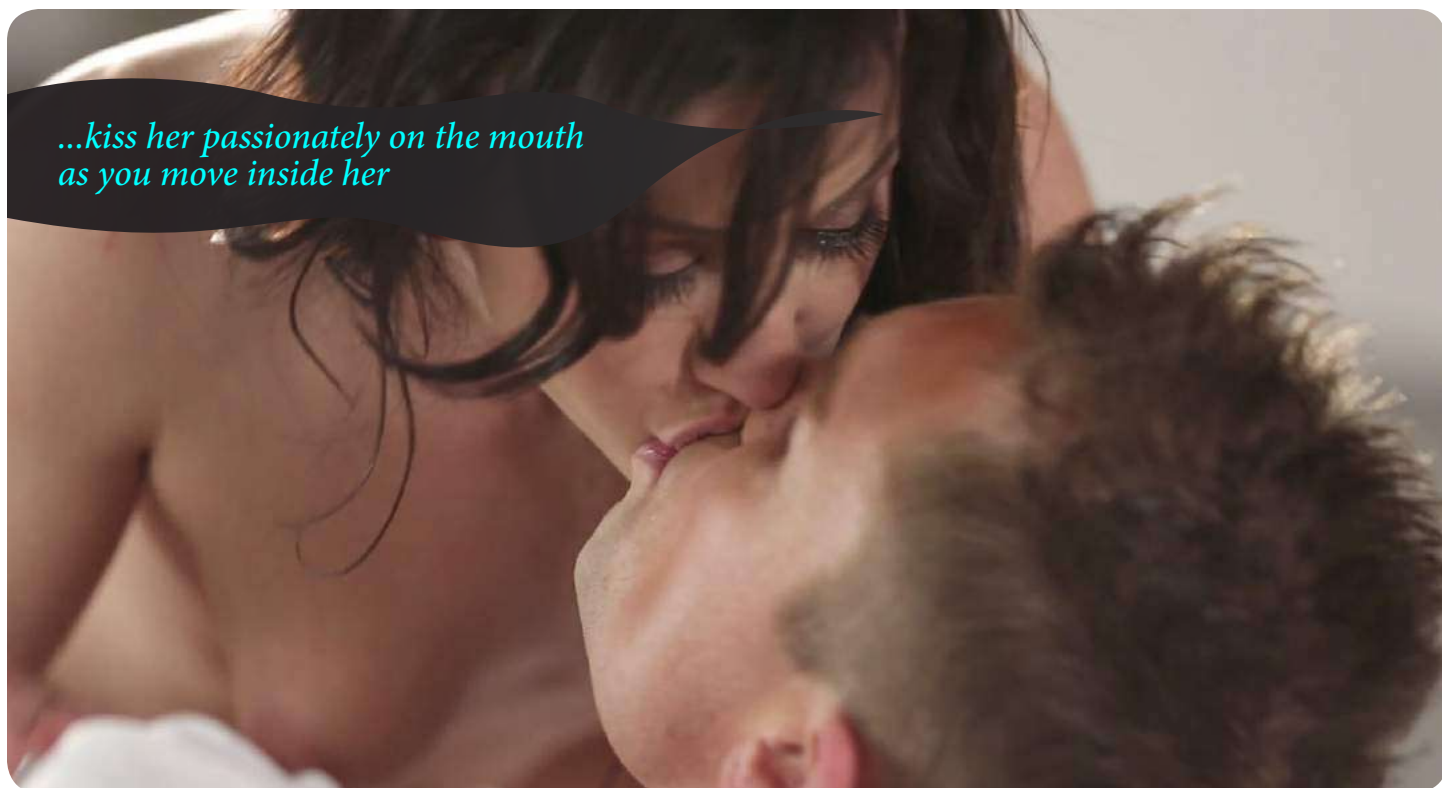
they master other forms of sex. I've met women who have said that the smallest guys they have been with have been the best, most attentive lovers, hands down. However, you don't become an incredible lover without learning the techniques and dedicating yourself to mastering them. This final section is going to cover how to please your woman in every possible sexy way.

During sex...

Before we branch off from penetrative sex, I want to talk a little bit more about how to touch her and please her when you're deep inside her. Yes, it's even more involved than having the right position and the right movements. This is the last puzzle piece to totally rocking her world when you're riding her like a cowboy.

Kissing - This is such an obvious one that many men often forget to use it, especially once they're finally inside their partner, but a deep, passionate kiss can really send waves of pleasure throughout her body when you're already moving together as one. When it's possible, kiss her passionately on the mouth as you move inside her. Run your fingers through her hair and move them over her body. This kind of passion really shows how you feel and will make her feel sexy, attractive and desired by you. A lot of the positions I told you about previously don't allow for a lot of mouth to

*...kiss her passionately on the mouth
as you move inside her*



mouth kissing, but that doesn't mean that you can't use your mouth. Kiss her on other areas of her body, paying close attention to erogenous zones like the back of her neck, her back, and her breasts. Make sure kissing also involves licking and sucking as well!

Use your hands - The more you touch her and move your hands over her body, the more you will stimulate her. If a guy just concentrates on a woman's genitals, she might end up just feeling a hole that he is trying to fill. Don't forget about all the gorgeous curves and parts of her body that you just love touching and stroking. Grab onto her hips and massage her ass as you pump into her. Rub the small of her back, which is one of the unknown erogenous zones on a woman. Stroke and squeeze her breasts. Play with her nipples, sucking, licking and nibbling on them when you can, and stimulating them with your hands if your mouth doesn't reach.

*Play with her nipples, sucking, licking
and nibbling on them...*



Incorporate anal play - Some women really enjoy a finger in the anus during sex and a lot of the from-behind positions I've shared with you give you perfect access to this sexy spot. Again, lubrication is absolutely necessary here, so grab that bottle of lube I mentioned earlier before inserting anything in there. One option is to use your finger to finger her butt as you have sex from behind. Put a good amount of lube directly on her anus and begin rubbing and stimulating the

area with your finger before inserting it. The anus also has a lot of really sensitive nerve endings at the opening, so preparing her for insertion in this way can be really pleasing. After a little bit of this begin slowly fingering her, first just inserting a little bit of your finger. Check in with your partner, some women don't need deep fingering when it comes to the butt, sometimes the tip of the finger combined with your penis inside her and clitoral stimulation is enough to give her a really powerful orgasm.



Other kinds of sex...

One thing that drives me crazy is that some people think that "sex" is just penetrative vaginal intercourse when actually sex is a lot more than that. Sex is fingering, foreplay, oral sex, anal sex, and so much more. If you're only having one kind of sex then you are really missing out. Having the same kind of sex all the time is like eating oatmeal for breakfast every single morning of your life. You might like oatmeal, but variety is the spice of life! If you want your sex life to be the best it can be, you need to be having all kinds of sex.

Oral Sex

Oral sex is one of my all time favorite sex acts. It's the one of the best things that you can do for your partner that focuses all of the pleasure on them and them alone. I don't care how big or small you are; you NEED to be good at giving oral sex.

Oral sex involves using your mouth to stimulate your partner's vulva, clitoris, and vagina. The main event of oral sex is usually clitoral stimulation with your mouth. Here's what you need to know to be amazing at oral sex:

/// **As we discussed before, the clitoris is extremely sensitive.** Just as you did when you stimulated her with your hand or a toy, you want to lick and suck the area surrounding her clit before moving in. You can do similar motions as what we discussed previously with your tongue. Also try running your tongue up and down the length of her labia minora (inner lips), which are also ripe with nerve endings.

/// **Teasing is the best when it comes to good oral sex.** Teasing and stimulating ever so lightly with the tongue will feel amazing. There are a lot of guys who are too rough on the clitoris even when they think they're giving a light touch. Teasing actually builds up to a much more powerful orgasm.



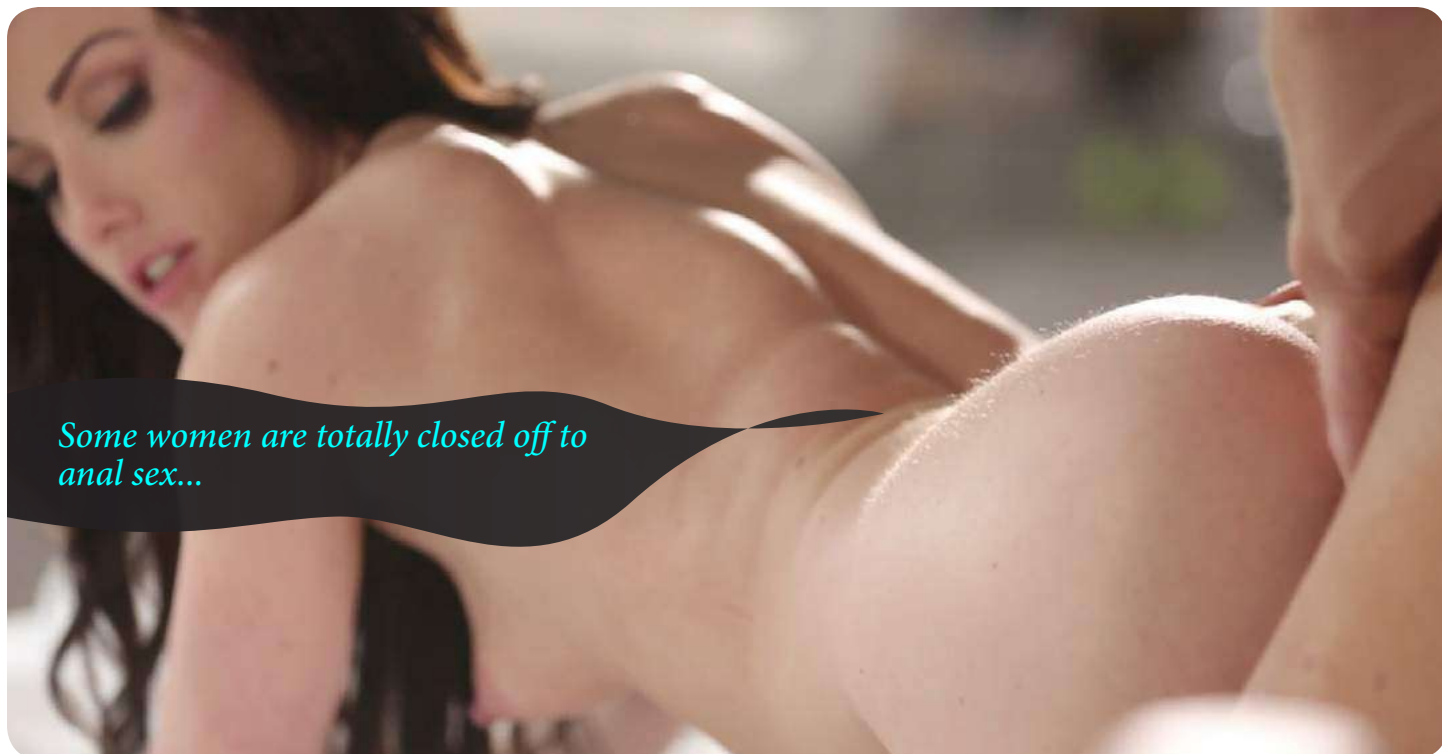
A big part of being great at oral sex is learning what your partner loves.

- /// **Get feedback from her and pay attention to her body language.** She will tell you with how she is moving if she wants more of something or if she doesn't like it. If you're really not sure, you need to ask. Say something like, "do you like that?" or "Show me how you like me to do it."
- /// **Just as you did with your fingers, try different movements and speeds.** Move your tongue up and down, from side to side, or in circles.
- /// **Definitely incorporate fingering once she is really into it.** You can even insert a finger or two in her vagina and another in her anus for a lot of stimulation.

Good oral sex is truly an art form. You can and should be a master if you really want to be an amazing lover. A big part of being great at oral sex is learning what your partner loves. Every woman is different and enjoys different kinds of stimulation. Study her like a book and learn how to drive her wild. If you want to know more about how to be an oral sex master, check out my book, *Hot Licks*, by clicking on <http://www.hotlicksprogram.com>.

Anal Sex

I have more good news for you. If you thought that being smaller had no benefits at all, you're wrong! Most women wouldn't dream of letting a huge guy put his penis in her butt, but if you're smaller or

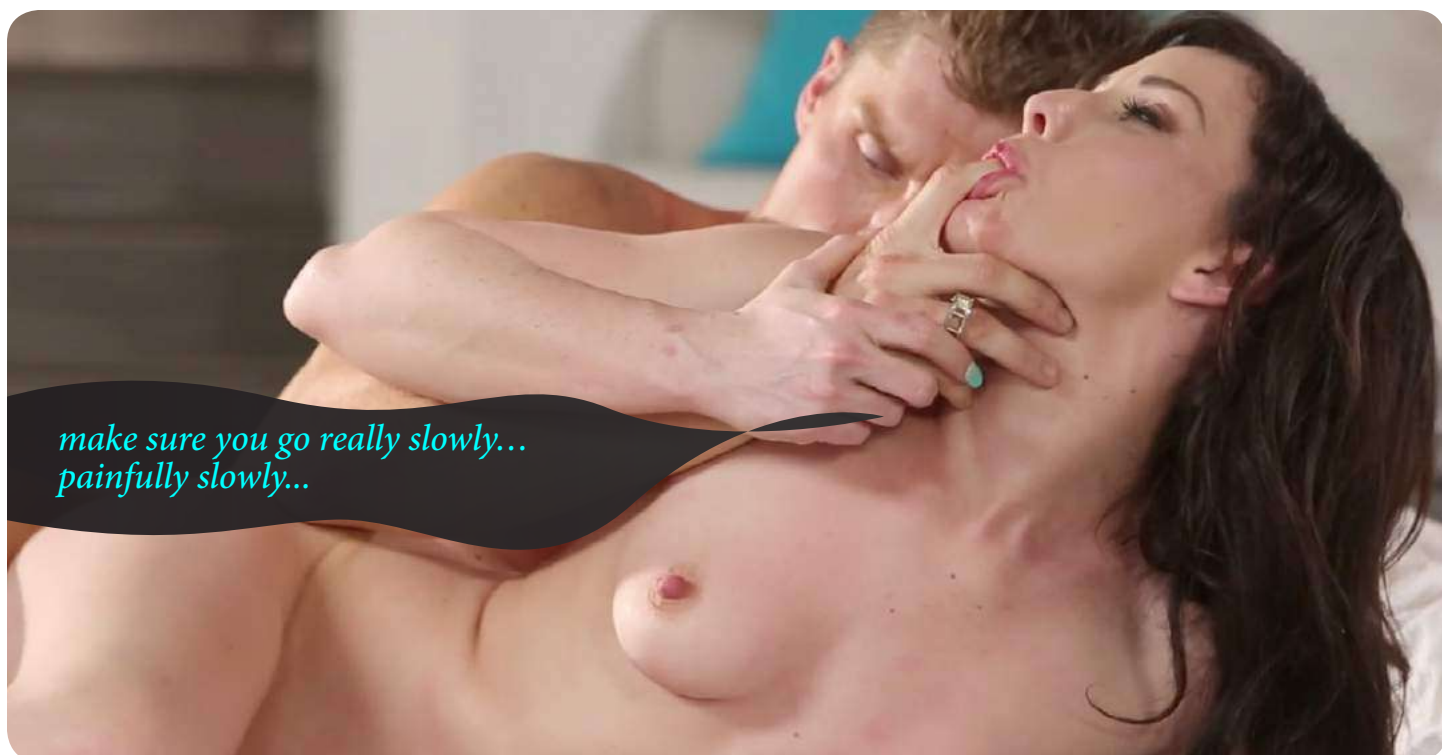


Some women are totally closed off to anal sex...

average sized, she's definitely going to be much more open to it. Some women are totally closed off to anal sex because they are afraid it's going to hurt too much. The idea might be exciting and naughty to them, but actually following through with it is just too scary because they don't want to deal with the possible pain. But a small to average sized guy can provide really great stimulation and allow a woman to totally enjoy this taboo form of hot sex.

That's not to say that anal sex still can't be painful and that you don't need to take the same kinds of precautions that other guys do. You still need to know what you're doing, so here are the most important tips you need to know:

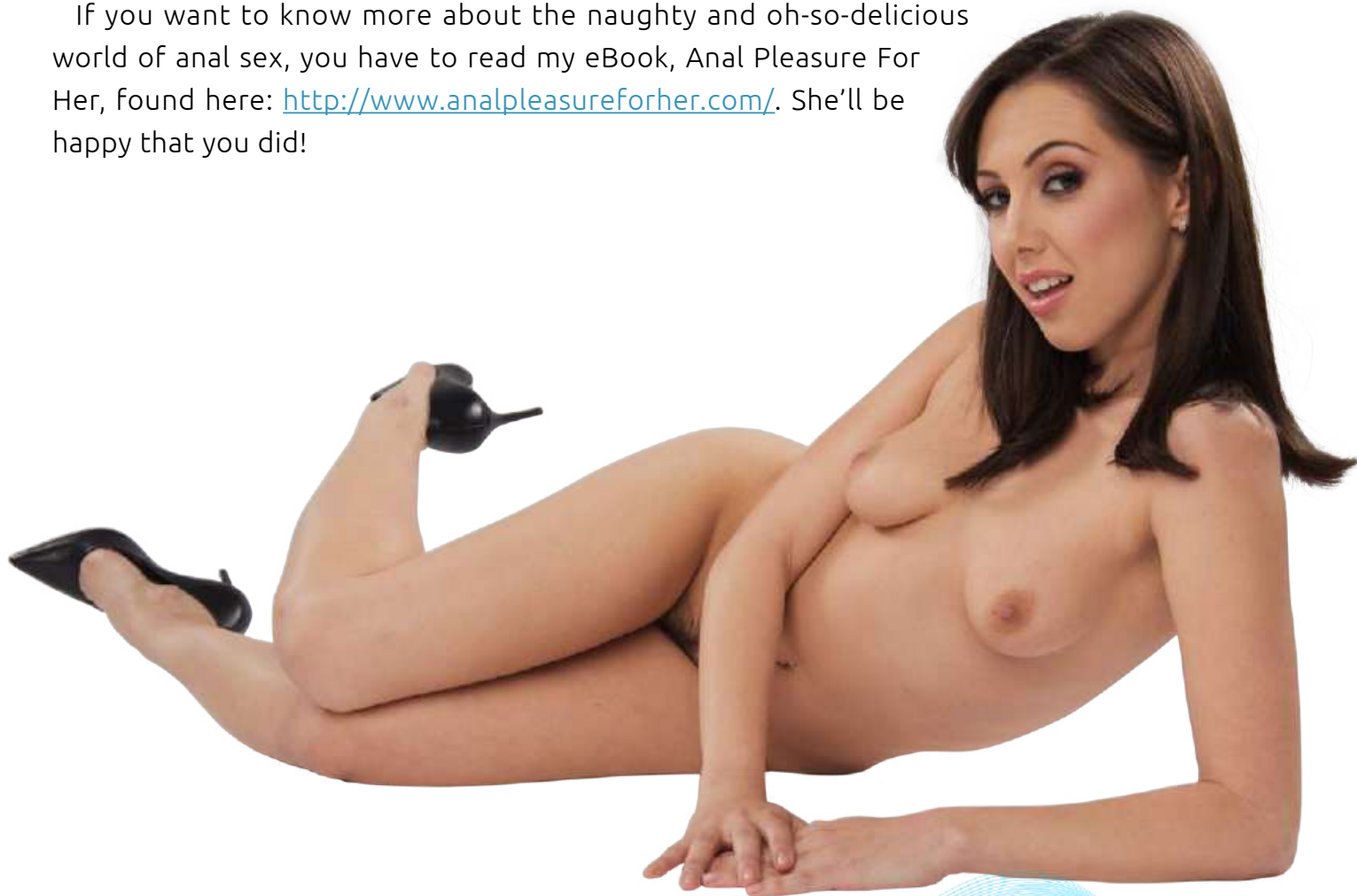
- /// **Take things slow** - Anal sex isn't anything like vaginal sex. You can't just pop it in. First she needs to be really relaxed so that she doesn't tense up and experience pain. The more relaxed she is, the more relaxed her anus will be and it will open up more easily when you want to enter her.
- /// **Use foreplay** - Foreplay is important here, not just foreplay to get her sexually excited and turned on, but also foreplay with butt play involved. Try using the fingering technique I mentioned earlier to get her started after using other kinds of foreplay to get her really hot. To learn more about amazing foreplay techniques, read my eBook, Turn Her On Faster, by clicking <http://www.turnheronfaster.com/>.



*make sure you go really slowly...
painfully slowly...*

- /// **Use a lot of lubrication** - Get a great silicone-based lube, use a lot of it to cover your penis and to spread around her anus. Reapply if necessary. Anal sex often hurts because the couple doesn't use enough lube.
- /// **Let her get used to it** - When you are finally ready to insert your cock, make sure you go really slowly... painfully slowly. This will allow her to relax as you squeeze inside her. It also allows her body to accommodate your penis. Slowly thrust in and out without inserting your whole penis inside at first. Once she is used to having you inside her, you can start thrusting more deeply.
- /// **Reach around** - Reaching around and stimulating her clitoris during anal sex is a must. She will likely have a really powerful orgasm really quickly!
- /// **Communicate** - Communication is absolutely essential during anal sex. You need to be sure that she is comfortable and not in pain, so check in with her frequently to make sure she's ok.

If you want to know more about the naughty and oh-so-delicious world of anal sex, you have to read my eBook, Anal Pleasure For Her, found here: <http://www.analpleasureforher.com/>. She'll be happy that you did!



In Conclusion

You should know by now that your penis size is just one of many factors that will please your partner in the bedroom. If you're not satisfied with your size, there are many things you can do to become an amazing lover despite that fact. It's not all about size, it's about knowing the best positions for you and your partner, knowing how to move your body, knowing how and where to touch her, and keeping things hot by having different kinds of sex. You've got all the tools you need now to be the best lover you can be. Good luck, sexy!

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