

## GREAT SEX OVER

HOW TO BE THE SEXY DOMINANT MAN SHE NEEDS AND RAVISH HER WITH YOUR MASCULINITY







THETPHALICIER

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## Table of Contents

## Section 1 - Facts & Theory

- A. What women really want in men
- B. The three essential qualities that all men should possess in the bedroom

## Section 2 – All hail the Alpha Lover!

## Part 1: Become A Sex Olympian

## Bedroom performance enhancers

- · Play Dirty
- Light Her Fire
- · Raise The Sexual Stakes

## Gold medal sex positions

- · The Carnal Clench
- · The Naughty Diamond
- · The Thigh Master

## Part 2: Master The Art Of The Full Menu Sex

## Entrees – 3 sex staples every Alpha Lover must know

- · Deep Kissing
- Mastering a woman's VIP (Very Important Parts) pleasure map
- Fancy Finger Play

### Main course – sex positions to feed onto

- The Classic
- The Fancy
- The Lusty

## Part 3: Unleash Your Inner Horndog

### Horny doggie variations

### Work on the spontaneity factor

- The Climactic Bed Break
- The Bonerific Tilt
- The Horny Hydrant

## Bibliography









# Section 1 Facts & Theory

## What women really want in men

Since you are reading this book – therefore you are consciously making an effort to become a better man for your partner – I'm just going to go ahead and assume that you're the kind of guy who sets the bar high. While other guys might be satisfied with a "normal" sex life, you're still grinding away, trying to find solutions to better yourself constantly. That's what I love about you: mediocre just isn't a word in your vocabulary. That's also why I know you'd never want to settle for being a so-so sex partner, right? Luckily, being an Alpha Lover doesn't require that much of legwork. You simply have to know how women tick.

What makes a man desirable to a woman? What is the number one thing that women are looking for in a man? That is the question of the decade, if not the century. "The great question that has never been answered and which I have not yet been able to answer, despite my 30 years of research into the feminine soul, is what does a woman want", said Sigmund Freud. Also, Stephen Hawking, the legendary astrophysicist and a man who has solved some of the most complex mysteries of the universe, was recently asked what it is he thinks about most. Which scientific puzzle confounded his genius mind? "Women. They are a complete mystery", he said. If two of the greatest scientists of our time can't understand women, what hope is there for the average guy? How is he to muddle through the perplexing universe that is a woman?

No offense to Freud and Hawking, but things are not as complicated as they seem. Let's start by addressing the most common myths when it comes to what women want in their partners. Do women want six-pack











abs, a tall, handsome man riding a white horse? Sure, they might drool over a ridiculously hot guy, but that doesn't mean they need to come home to one. A Men's Health study revealed that only 2% of women say looks are the most important quality they look for in a man. And if you're thinking, "Well, yeah, that's because she wants a man with a six figure bank account", you should know that money isn't such a big draw either. Just 3 per cent say financial and career success matters most in a relationship.

So what do they want then? The number one thing women look for is simply this: they want to feel protected. They want a man who exudes confidence, who is self-assured and who can take care of them, both outside the bedroom and under the sheets. Women frequently describe the Alpha Lover as being one that possesses an unstoppable confidence and a sense of security about himself, which makes them

Why is this the quality that makes a woman's heart beat fast (and her panties drop to her ankles)? Think about it. Throughout history, a woman's safety and well being, as well as that of her children, have been dependent on her partner's trustworthiness. This is not just some antiquated issue from yesteryear, either. "Women want from men what they have always wanted. They want commitment, they want security. They want men to be supportive of them", says Daniel Bergner, author of What Do Women Want. And while she may not be consciously asking herself, "Is he safe? Will he be there for me? Is he dependable? Is he trustworthy?", her deep,

evolutionary needs are there, and if you take them into consideration, you are the Alpha Lover she has always been looking for. I mean, there is

a reason why women think firefighters are hot (and it's not because they are bad boys playing with fire). They are a symbol of all those qualities. They exude protection and security and make everyone feel safe.

But how do you translate all of this into the bedroom? How do you act both



feel secure as well.





confident and protective in the sack? It turns out manliness is a big factor in the Alpha Lover erotic routine. A take-no-crap approach to pleasure is the way to go. A man who doesn't apologize for his needs and desires is a man that gains a woman's respect when it comes to sex. "Women secretly admire men who are willing to go the extra mile. They want a man who doesn't assume a subservient role – this instantly intrigues them", says John Alexander, author of How to Become an Alpha Lover: Attract Women and Become Successful at Seduction. Alpha Lovers ooze the kind of sexual bravado that says, "I'm going to do what I want with you and you are going to love me for it". Nothing is more attractive for



## don't be afraid to show her you are also interested in pleasing yourself

a woman than a guy who has dignity and pride in who he is and what he wants. Instead of wondering to yourself, "Does she like what I'm doing?" or "What does she think of my sex routine?", be confident about your moves and share that confidence with her, because in this way you are subtly letting her know that you are in control and you know what you are doing.

This is the unique allure of the unapologetically direct Alpha Lover: there are fewer games and emotional hoops to jump through with him. If you know what you want and have an easier time expressing it, you don't have to waste time and emotional energy playing games, and, as a result, the relationship will be more authentic. This is a great dynamic because, in this way, your partner can feel safe sexually and can check any anxiety at the door. And when she's not worried about anything, it's a lot easier for her to be herself, which increases the potential for things to work out and amazing sex to become easily achievable.

So if you really want to achieve Alpha Lover status in the bedroom, you've got to play your cards right and treat her with both confidence and sensuality. Worship her body but don't be afraid to take the reins and set the tone of your carnal adventure – don't be afraid to show her you are also interested in pleasing yourself at the same time. Make her feel safe in your arms by projecting the allure of the man who has everything together, knows exactly how to give his partner the orgasms of her life and has the adequate carnal mastery to pull it through no matter the positions chosen. Because a woman needs a MAN – a strong masculine presence to guide her through the amazing experience that is orgasmic sex. EVERY SINGLE TIME.









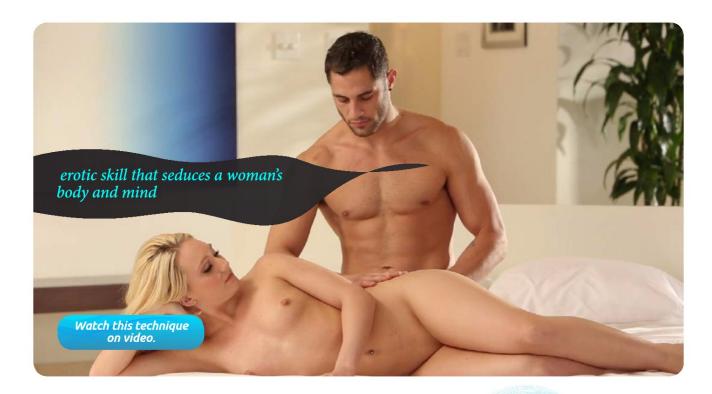


And if you're unsure about how exactly you should be doing that, and theory was never your strong suit, I've got a full team of sexy instructors that are waiting to show you the ins and outs of becoming a fully pledged Alpha Lover in just a couple of interesting moves.

## The three essential qualities that all men should possess in the bedroom

Obviously, you know what the expression Alpha Lover means. But forget the traditional connotation we usually associate with it – a cocky dude with a strong, uncontrolled sexual desire and basically a bedroom confidence bigger than a politician's ego. Because the Alpha Lover does not merely describe a guy with a hot shot attitude in the sack. In my opinion, an Alpha Lover is a guy who knows how to charm the pants off his partner so she feels as if she's under his spell, and in the end, she wants to give him what he wants. We're talking about a powerful, erotic skill that seduces a woman's body and mind at the same time; that makes her feel both desired and taken care of.

Sure, a small number of men are born with this knack for immediately owning a sexual encounter and getting their way with women. And I know you want to be that man – the naughty sex devil who doesn't shy away from grabbing his partner during dinner with friends for a quickie in the coat room.











The experienced lover who actually has tried all the moves guaranteed to drive his lady wild in bed and has loved every one of them. The good news is that Alpha Lovers are not only born this way. You can actually learn how to be a captivating Alpha Lover, because at the heart of this is simply a talent for putting your partner at ease and making her feel special, protected and loved.

But what exactly does it take to be such a sexual superstar? Relax, the magic mattress formula is a lot simpler than you'd think.

"I've interviewed thousands of women about their sex lives, and most agree that the key qualities that make a man a great lover are self-assuredness, attentiveness and enthusiasm", says Lou Paget, author of How to Be a Great Lover. Sure, any one of these amorous attributes is bound to improve your Alpha Lover persona, but it's the triple combination that will send your partner through the roof and make you a legendary lover. Learn these tricks, use them with your lady and prepare to be indelibly etched in her brain.



## Self-assuredness

When it comes to most things, guys subscribe to a bigger-is-better mentality. That explains monster truck rallies and the Super Bowl, after all. However, in terms of their confidence in bed, they sometimes don't apply that same rule. Many men have practiced being selfassured in professional situations for example, but have not applied the same technique to the bedroom and to their interactions with their partner. And the main characteristic of an Alpha Lover is exactly this – being confident in his skills and projecting this confidence over his









partner as well, so that she can relax and feel protected, knowing that she is in skilled and loving hands.

In order to project a strong sense of self-assurance, you simply have to act confident when approaching your partner for sex, when initiating moves and suggesting new positions. In case you're a novice in the art of confident sex, start by perfecting a move you already feel relatively comfortable with – whether it's a fingering technique or a certain oral routine you master – and



## knowing what your partner likes and learning how to please her

come up with a special touch to make it your own signature blow-her-mind maneuver. If your sees that you are absolutely sure of what you are doing, her anxiety leaves the room and she can thus fully let go and enjoy her moments in your arms. "Getting comfortable with a specific move gives you control and more confidence in your sexual prowess, which will enable you to relax and enjoy sex more", says Patti Britton, author of The Art of Sex Coaching. Don't stress yourself out if you can't invent one, read my ebook, The Sex Starved Couple – <a href="http://www.thesexstarvedcouple">http://www.thesexstarvedcouple</a>. com- you will find plenty of erotic inspiration there.



## Attentiveness

There's a lot to be said for ravenous, bed-bouncing sex. First, it's easy to be swept up in that can'twait-to-climax whirlwind. But being more attentive between the sheets – and not racing to the finish line – can bring your bond to new heights. "Because, actually, that's what being skilled in bed entails: knowing what your partner likes and learning how to please her. And this comes from watching her reaction and doing what turns her on", says Gail Wyatt, author of No More Clueless Sex. Moreover, attentive, caring sex engages a woman's mind and emotions as well, not just her body. Because you are linked on so many levels, it's more of a three-dimensional experience and less of an athletic adventure.

Announcing one night that you want to satisfy her naughty needs, no payback necessary, is a sexy change of pace and you will indeed gain Alpha Lover points in her eyes. Giving her the chance to be completely taken care of in bed shows that you want her to feel pleasure for its own sake.







Reciprocation-free romps also bolster your lust life by allowing you plenty of time to explore her passion preferences. You will be able to watch her reactions to different touches and strokes, which will clue you in to all the little turn-ons you probably didn't know she had. And surprise-surprise, it can be as hot for you as it is for her. I mean, you've got her entire body to taste, what can you possibly not love, right?

## r Enthusiasm

Look up enthusiasm in the dictionary and it will say "strong excitement of feeling". Translated to the bedroom that means passion. Women love a man who clearly enjoys having sex, so convey how much fun you are having. Don't be afraid to be playfully aggressive and take charge. Just get into it and do whatever feels right for you. She will sense the high level of excitement you're into and it will transfer to her as well.

Why enthusiasm makes you an Alpha Lover? It's quite simple actually. It doesn't matter how skilled you are, all the moves in the book won't do squat unless they come with an enthusiastic, sexy attitude. "Enthusiasm wins over technique every time. When a woman remembers a great sex encounter, it's not because the man did some porn-inspired acrobatics, it's because he was obviously enjoying himself", says Laura Berman, author of Loving Sex: The Book of Joy and Passion. I know it's tough to keep up the kind of bed-breaking enthusiasm you had in the first flush of new lust, which is why foreplay often falls by the wayside after a while, but when you stop showing









enthusiasm in your sexual encounters with your partner, she thinks you don't care as much about keeping her happy. "Plus, without enthusiasm from you, your partner will think she's not good enough for you. In turn, she will lose confidence and become less eager to have sex", says Linda DeVillers, author of Love Skills. That's why feedback (in the form of moans, groans, and an occasional "Oh God! Yes!") is key and an important element in an Alpha Lover's repertoire.

If you're unsure about how exactly you should be doing this, head over to the video I made specifically for this and watch my sexy (and eager!) instructors teach you everything that I, in turn, have taught them. 🕑

## Section 2 All hail the Alpha Lover!

Every woman has an inherent bed right: to be shaken and stirred between the sheets. And what man doesn't want to do that? What guy doesn't want to have such unreal amounts of carnal chemistry with his partner that the bed practically shimmers under them? I think that with enough lust and trust – you can have the gripping, all-consuming, supercharged, almost electric sex you're dreaming of. You see, sex, thank God, is one of those things that, no matter how great it already is, can keep getting better and better. And it's all in your hands to achieve it. As I've mentioned earlier, Alpha Lover status can be achieved if you choose to actively engage your three most important qualities: confidence, attentiveness and enthusiasm. I've prepared for you three techniques that are meant to enhance each and every one of these so that you no longer dream about what it would be like to be an Alpha Lover, but turn the dream into reality instead.

## BECOME A SEX OLYMPIAN

Quick question! When you think about Olympic athletes, what do you envision first? Their sculpted bodies? The feats of skill? I think about the big confidence they always exude – the embedded trust in their abilities to rock the festivities and bring home the gold. And since I've always said that sex really is the most heart-pounding of all team sports, I think it's only logical that, when it comes to translating the Olympian attitude in the bedroom, self-assuredness and confidence should be the first things we borrow. If you want to put the O in carnal Olympics and achieve Alpha Lover accreditation, start by trying my performance enhancing tips, then follow up with three special







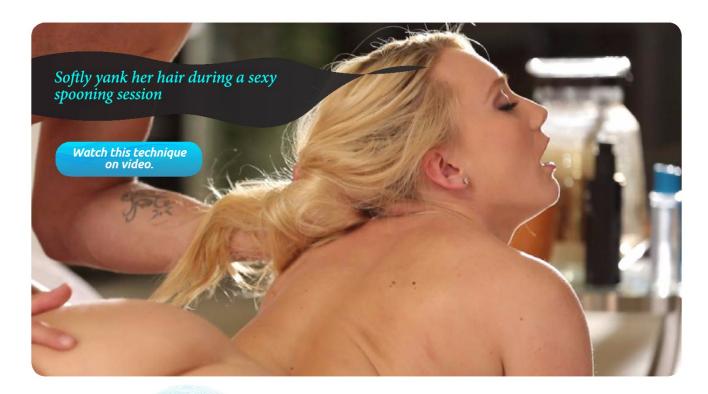


sports-inspired sex positions that give new meaning to athletic sex. Let the games begin!

## Bedroom performance enhancers

Welcome to the orgasmic opening ceremonies. All you really need to win in bed are your willing bodies, your fiery passion... and a few Gabrielle Moore inspired tricks of the trade.

**Play dirty.** A high stick or a hip check is a penalty on the Olympic hockey rink, but in the bedroom, getting a little rough before the main event starts can turn everything that comes after into pure, kinky magic. Softly yank her hair during a sexy spooning session, or spank her bum while she's on top. If you're new to this, don't do it before talking it out with your partner. And don't worry – wishing for things to get a little naughty is by no means an anomaly. A whopping 70 per cent of women have admitted they are game for trying something kinky, said a recent study conducted by Women's Health. And here's another detail that's worth mentioning. Not only is partaking in some booty slapping or hair tugging a sign that your partner is able to have a little fun in bed, but there's science behind why it feels so good. When she's turned on, her body releases endorphins that make stinging slaps on the butt feel like pleasurable pats. The reason she may like a playful







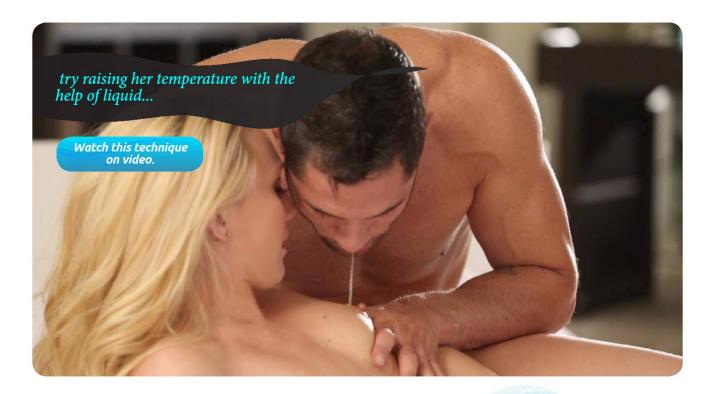






tress tug? "Her scalp has a ton of nerve endings, and pulling her hair while she's aroused can activate them", says Robin Sawyer, PhD, author of Sexpertise: Real Answers to Real Questions About Sex. It will feel like hot make-up sex... without the silly fight about how much money you spend on video games.

Light her fire. Adding heat to your partner's body will actually boost her sensitivity to touch. "Applying warmth raises her thermal temperature, causing her blood flow to increase, which, in turn, makes her skin more receptive to stimulation", explains Mark s. Blumberg, author of Body Heat. And since a little heat goes a long way, I'd advise you to fire up your sack sessions by breathing new life into foreplay... literally. Simply let your parted lips linger over her more sensitive spots, like her stomach or neck, and gently exhale. If you want to bring her to the boiling point, try raising her temperature with the help of liquid. Here's what you have to do: put a warm – not scalding – cup of water by the bed. Before you go down on her, take a sip to get your mouth nice and toasty and swallow. Then take another small sip, but this time hold on to the liquid as you take her labia into your mouth, swish the water around her genital area for a few seconds, and then swallow. If any of it spills on her, just lick it, I promise, she won't mind one little bit. Another trick that's sure to work: use heat-activated lube. Squeeze a nickel-size dollop onto your palm and













rub your hands together. Then gently massage it all over her down there area. But take your time. The longer you rub, the warmer it gets, and what you really want is for her to enjoy the slow bur.

**Raise the sexual stakes.** In the first breathless weeks and months of a relationship, having fun in bed is usually not a problem (well, unless you consider getting very little sleep a problem). After a while though – as many sex therapists can attest – the super-steamy turns into lukewarm. Why? Do you fall out of love? Do you lose the attraction? Nope! More likely, you simply allow the first – and possibly most crucial – turning point in your sex life slip by unnoticed. Let me explain. When a couple first gets together, they tend to be more experimental because they're sussing out each other's likes and dislikes. But after 6 months, things can go on autopilot. You begin to get into a groove. You get comfortable and subconsciously default to whatever works. But there's sex that works, and sex that's awesome. To keep things in that second category, break the mold and raise the sexual stakes. Think about how your usual sack sessions unfold: you start making out, you take off your partner's clothes, then you kiss her nipples... What can you do to steer things differently? Start tweaking things little by little. For example, when you take off her blouse, turn her around and swoop her hair to the side so you can kiss her back and neck. If you always have sex at the same time, surprise her with a different timetable. The changes are minor, but they still make the experience feel different.

## Gold medal sex positions

As devoted bed devils know, I regularly come up with smoking hot configurations that put a saucy twist to classically erotic









sex positions. My latest carnal endeavor is here, and it's sure to leave you and your partner breathless with pleasure. So what makes these positions different from the rest? I allowed myself to be inspired by the best of the best – the Olympians! I was so blown away by the inventive and audacious moves they use when playing their favorite sports that finding carnal correspondents wasn't difficult at all! So, with no further ado, here's the play-by-play on how to become a world champion sex machine.

**The carnal clench.** Lie down in bed and have her slip into reverse cowgirl. The twist? Sit up straight, take her by the hips and grind her up and down, slowly, for a few minutes. Then take a break and let her do the movements while you let your hands roam over her breasts and clitoris. It's not really a race this one, so vary up the thrusting speed from fast and deep to shallow and slow... until the action ends in a blaze of orgasmic glory. It's all a matter of finding the right, comfortable angle. When you do, you can start to speed up, letting loose as you vary the depth of penetration. This sex position is great for women who don't always orgasm easily. You have prime G Spot access while the super-sexual touches of your roaming hands electrify her external passion buttons: breasts and clitoris. This is sexual teamwork by excellence, you have to admit it! You are so close to each other – practically skin on skin – that everything each of you feels is instantly transmitted to the other via the power of touch. You will win first prize, but not if you finish first - this time it's all about finishing together and sharing the medal. For more examples of sex





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positions that truly work, read my book, Orgasmic Sex Positions – http://www.orgasmicsexpositions. com - you'll find incredible variations to your all-time favorites.

The naughty diamond. Have her lie on her back with a pillow under her head and her legs in the air as straight and high as possible. While kneeling, push her legs slightly to one side, not allowing them to flop all the way over, then enter her. Keep your hands on the bed on either side of her for support.



## taste the unique sensations of being the one who calls the shots in the sack

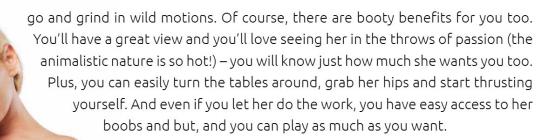
Once you are deep inside her, gently move in the diagonal shape of a diamond: to the left, then down, right, and up. Your partner will love this because your penis glides against every steamy inch of her, including her G Spot – you hit it by moving into the "down" position. Not only can she take you all the way in, but you also get to feel every inch of her. Having her legs up high and together creates a tight fit, which means goose bump-inducing sensations for the both of you. And since the slow, controlled motions won't wear you out the way fast, up and down thrusts do, you two will enjoy a long session of torrid pleasure.

At the end of this, you can safely call yourselves the official champions of coitus. And if you think watching these positions live, hot skin on even hotter skin, go to the video I made for this subject and watch my horny instructors teach you all the moves you need to work these techniques in the best way possible.

The thigh master. Lie on your back with one leg outstretched and the other bent, so your knee is pointing upward. Facing sideways, your partner should lower herself onto your penis and hold on to your bent knee for leverage. As she rocks back and forth, she should lean forward so her clitoris rubs against your inner thigh. This is a combination of girl on top and doggie style, with the difference that, just this once, she's the horny one, rocking back and forth on your penis like a sex crazed woman - she's the center of torrid amorous attention. You'll want to give her this opportunity, so that she knows what it's like to truly let go of inhibitions and taste the unique sensations of being the one who calls the shots in the sack. The steady thrusting plus constant clitoral contact against your inner thigh will prime her for the big O, and with your leg right there to balance her, she is free to really let







## MASTER THE ART OF THE FULL MENU SEX

It's a fabulous feeling to hit that zone in your relationship where you can erotically experiment sans inhibition. You know, those "Ooh... let's try this!" nights where you hit the sheets and invent kinky, bendy moves that could qualify your for a special edition of the carnal Olympics. Being adventurous is so damn fun – as you've seen in the previous technique that I've just finished describing, but a true Alpha Lover doesn't forget about the sex essentials – those key moves every man must master to be an unforgettable lover – and show his partner his attentive side (the second Alpha Lover quality I mentioned in the introduction). That's why I've crafted this quintessential guide to the carnal classics that make up the full menu sex any woman secretly desires. From touches that make her thighs quake to the absolute best positions for every occasion, I jammed up tons of passion know how into this handy primer. Rip it and glue it to your fridge, because this is one sex menu you'll want to taste again and again.

## Entrees - 3 sex staples every Alpha Lover must know

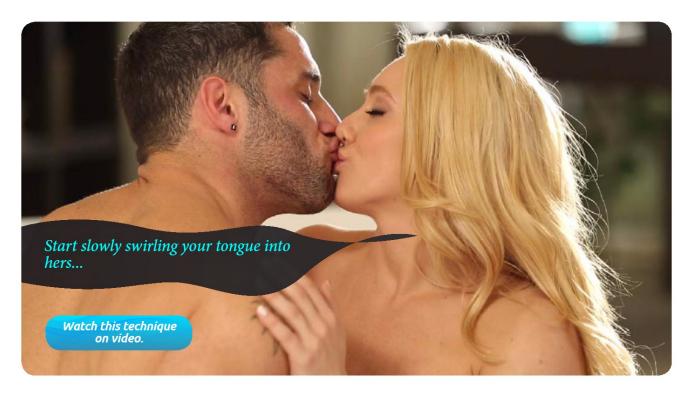
**Deep kissing.** When you're building toward explosive sex, it's slow, sensual tongue-tangling that ups your partner's arousal (and yours!). I mean, of course, wild sex is great, but to feel connected on a deep, emotional level, you need to do things that feel more real, to show your partner that you care about her, to treat her affectionately. The most important reason you should add







emotional, deep kissing to your bedroom rotation? It's a biological urge – women crave passion, and when you are not treating her in the adoring way that she deserves to be, she slowly starts building up anxiety. Here's the Alpha Lover approved recipe for a kiss that will remain imprinted in her mind for a long time after you've unlocked lips: To start, relax your mouth and lips by inhaling slowly and letting your jaw fall open slightly. Brush your lips against hers so you merge – not mash – and get that melting, surrendering sensation. When you feel her tongue slide over yours, keep your tongue soft and loose but never limp. Start slowly swirling your tongue into hers to create a rhythm, as if



you're painting her tongue with yours. Mix up the action by nibbling on her lip or lightly outlining her upper and lower lips with your tongue. As things heat up, don't forget to breathe. Passionate kissing and breathing deeply go hand in hand because it spreads the sexual energy all over your bodies. If you want more information on what entails the best foreplay of your life, read my book on this topic: Turn Her On Faster - http://turnheronfaster.com. You will find techniques here that will indeed help you become the foreplay supremacist you never knew you could be.

Mastering a woman's VIP (Very Important Parts) pleasure map. Her whole body is a live wire when you are fooling around, but exploring certain spots is essential to her ecstasy. So the next



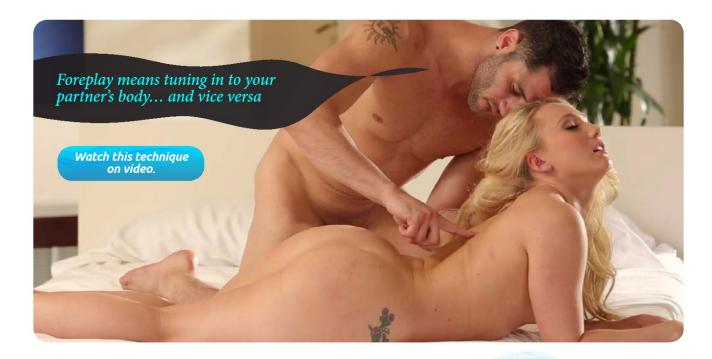






time you reach out to touch your lady, use your hands to deliver a sheer range of sensations that will drive your partner wild. I'd advise you start with her neck and ears. When you're smooching, let your open mouth stray along the side and back of her neck. Then just barely whisper or sigh near her ear – the heat of your breath will give her goose bumps. If she likes gentle nibbling or licking above the shoulders, turn her over and mouth her trapezius – the muscle that runs along both sides of the vertebrae near the base of her skull. This region is packed with sensitive nerves, and playing in this area sends pleasure waves all over her body. Another VIP you should fondle with is the sacrum – the bony area just above her tush. It's full of nerves that run up her spine and over toward her vaginal area. Rub all the way down her spine with open hands, and use your thumbs to gently massage the small dents in the area above her bottom. Let a finger slip partway between her cheeks and firmly cup under the bone. This cupping sensation is uniquely pleasurable. Plus, not only will the sheer novelty of this move pique her interest, but it will also arouse her neighboring anatomy. "The nerves of her clitoris run deep within her groin area, and by cupping her back dents, you will indirectly activate pleasure centers underneath the skin, there and beyond", says Anne Hooper, author of *The Ultimate Sexual Touch*.

**Fancy finger play.** "I always give my bird a generous butter massage before I put it in the oven. Why? I think the chicken likes it – and more importantly, I like to give it", said the legendary Julia









Child. I'm with you, girl. Anything that you plan on, um, consuming later in the evening needs to be prepped, and this includes your partner, so finger her brains out. Because becoming a highly skilled bed devil requires just one thing, and the greatest break is that you already possess it: your hands. Sure, you already use them on your bedroom companion, but what you don't know is that you're probably not using them to their full potential. Learn a few key lessons in fingering and you will instantly catapult to Alpha Lover status in the sack. The secret? Sprinkle a few drops of water-based lubricant on your hands before going at it. As for the moves, choose between the following:

## Tapping

Basic: Gently tap her vulva with the fleshy pad of your finger. "The upper left side of the clitoris (from your perspective) is the most sensitive, possibly because there are more nerve endings, so zero in on that", advises Steve Bodansky, author The Illustrated Guide to Extended Massive Orgasm.

Pro: Fold a string of plastic beads against the clitoris and tap very gently. See how her body reacts to the texture of the beads and continue with increasing speed.

## Squeeze tease

Basic: Rest each hand against her thighs, with your thumbs above her pubic mound. Move your hands together and allow the outer and inner labia to get squished between your hands. Move them up and down slightly, massaging the tissue.

Pro: For more intensity, you can alternatively replace one hand with a vibrator.



## Figure of eight

Basic: Using a well-lubed finger, trace a figure of eight around her clitoris, across the inner labia and around the vaginal opening.

Pro: Mix up the speed – slower or faster, larger or smaller. Use a vibrator to trace the pattern.



## Windscreen wiper

Basic: Point a well-lubed index finger downwards and run it back and forth over her clitoris like a windscreen wiper for at least one minute.

Pro: Change the position of your finger so that it's pointing sideways, or you can replace your finger with a vibrator. For more naughty tips of the trade on the surprisingly pleasurable art of sexy









fingering, grab a copy of my book on the subject, Naughty Fingers – <a href="http://www.mynaughtyfingers.com/">http://www.mynaughtyfingers.com/</a>. You will find there all the information you need to become a true Goldfinger master. Get ready to play, bad boy!

## Main course – Sex positions to feed onto

No more fooling around. Flip over the table and sink your teeth into your most empowered and uninhibited sexual positions ever invented. Hey, it's what's for dinner!

The classic. Most of the times, we like to eat things that are "safe", that we're accustomed to, that we know how to cook to perfection, and that bring everyone pleasure. It's the same with sex. If you want a position that's mutually arousing, choose the best one there is: the coital alignment missionary. When it comes to ingredients, all you need is motion and plenty of eye contact and intimate touches. Imagine her body is a surfboard and you are lying on it. From there, move a few inches up her body so that your penis, which usually points up, is now pointing down. Once you are in position, start having sex that way, with you thrusting down and inward, then up and outward. This provides a powerful physical connection plus major clitoral stimulation. Rock back and forth and let her en-

▼ The fancy. Every good cook has a go-to party recipe, one that he knows will impress his guest with his prowess in the kitchen. Let the down low girlon-top be your carnal option. As for the ingredients, all you need is light (you will want to watch what is going on between your naked bodies) and a yoga stretch or two — this one requires some flexibility

joy the waves your penis are creating.









from both your parts. Sit upright with your legs straight out in front, and have her straddle you. As she lowers herself onto you, she should slide her knees out so that they're behind you, and then lie back onto your outstretched legs. This gives you full access to all her spiciest parts: her clitoris, her breasts and her hips... the whole package. At this point, you can either grab her hips and move her up and down your penis or let her take the reins, if she's feeling saucy. Your call.

The lusty. We all have that special dish that's just decadent and we only enjoy it from time to time. It's the same with sex. You can't eat soup every day, now can you? So for those times when you really feel like impressing your significant other with a carnal move so creative her jaw will drop and her panties will fly over her head, try the move that I like to call The Hot, Hot Seat. Slouch down in a dining room chair or on the bed, with your back supported by pillows and your legs spread lightly. Take her in your arms, with her knees bent and feet braced over your shoulders. She can then lean back on the bed, with her hands on your ankles for support. The X-rated visual – stretching from her breasts to her vaginal area – will seriously wow you. And since she's so exposed, you will be able to stroke her everywhere. So you can start at her nipples and move down to rub her clitoris as you thrust and she gets closer to orgasm. Between that and the slow rocking motion you are making, you will both enjoy a steady buildup of sensations before you hit that big O in tandem.









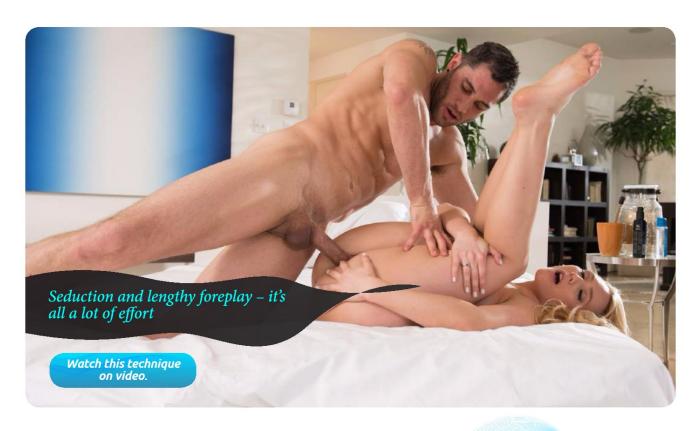




For a more detailed (and extremely sensual) presentation of these moves, go ahead and watch the video course I created – my really sexy assistant are dying to show you just how good every trick described here feels.

## **UNLEASH YOUR INNER HORNDOG**

I am a huge fan of wolves! Seriously, I admire them greatly. And that's mainly because they are hungry beasts who will stop at nothing to get what they desire. At the core, the sex they are having is all about embracing their most elementary instincts, which basically requires them to satisfy their needs as they come, no questions asked - During breeding season, the female wolf releases sex hormones that indicate to the male that she's ready, and the two mate frantically several times a day. Wolf sex is wild and primal and definitely extremely enthusiastic (thought, admittedly, slightly taboo) and I honestly think that we could learn a couple of things from these otherwise lonely animals. By channeling their mindset, you can unleash your masculinity and really become the Alpha Lover your partner strives for and lead her to the path of crazy satisfying, intense, hard pleasure.











## Work on the spontaneity factor

Seduction and lengthy foreplay – it's all a lot of effort, one that you and your partner should both make regularly... just not this time. That's because it "civilizes" the encounter, which doesn't jibe with the feral, gritty vibe of wolf sex. Think like an actual wolf pair: when they experience even the slightest twinge, they're on each other like caramel on popcorn. One thing you could use to seduce each other is play with the power of your gaze. You know that your body language is crucial when communicating, but what you may not realize is that your eyes say even more than all the rest combined. "Eye contact is one of the most important ways we interact with one another. In fact, our ability to employ our eyes to communicate is an evolutionary instinct", says Laura Corn, author of 101 Nights of Great Sex: Sealed Secrets, Anticipation, Seduction. Animals – and especially wolves - use eye contact for everything from determining the Alpha Lover in the group to selecting and wooing a mate. Since animals' facial muscles aren't as advanced as ours, they rely on eye contact to express their thoughts and desires. You can send many different erotic messages with a simple gaze if you master the right look – the one that says you desire to feel every inch



## Eye contact is one of the most important ways we interact with one another.

of her body with your hands, mouth and rock hard member. Keep it short though. This kind of sex cannot be planned or postponed for too long. Grab your woman whenever you feel a flicker of desire, look her deep in the eyes, and push her into your favorite position. Touch her where you know she needs to be touched to become wet, thrust her head between your legs – whatever it takes to make sure you both get the insane pleasure you deserve.

You have to go into this encounter so turned on that you don't give a toss about anything but your pleasure. Otherwise, the experience loses its raw edge. Ravage her like you've only seen in the movies, with fast, hungry movements. This adds a layer of erotic danger to the whole thing, and many women report that being with a hungry but attentive partner who knows how to take charge is a great way to get in the mood. As for you, you already know you're going to love this. When you are really aroused, you're reduced to an infantile level. You won't be bothered with anything except your sexual needs. Embracing this switch is the basis for some really great sex. Plus, when you make it clear to your partner what you are doing, she will follow suit... and when both people are after wild pleasure, it's a pretty wild time.









## Horny doggie variations

When it comes to the position that turns you into a wolf Alpha Lover master, of course we're talking about doggie style, what else, right? But before I go into the juicy details, let me clear some aspects for you. Doggie style is just as pleasurable for a woman as it is for a guy. I've heard men saying that they believe their partners agree to this position just to throw them a bone from time to time, no pun intended. It's actually not correct. Sure, there's no clitoral stimulation in this position (which we've already concluded that is adamant to a woman's orgasm), and the deep penetration and upward angle of your penis during doggie can provide a direct hit to the cervix, which can hurt... like a bitch, again, no pun intended.

But if she's groomed – that is, turned on – the carnal canine position can spark a unique, on-fleek orgasm. For more information about the female orgasm and how it can be achieved EVERY.SINGLE. TIME, read my book – 7 Day Orgasm – <a href="http://7dayorgasm.com">http://7dayorgasm.com</a> - and you'll learn exactly how many times of orgasm a woman can have and what you should do to help her have them all.

"Doggie style can provide amazing pleasure for a woman. When she's more aroused, the same angle of penetration that might have hurt in the past allows for stimulation of what's known as the anterior fornix, the area between the vaginal wall and the uterus", says Emily Nagoski, author of Come As You Are: The Surprising New Science That Will Transform Your Sex Life. It's an intense feeling, utterly different from clitoral or vaginal sensations. This push of pleasure may explain why a recent Men's Health survey of 2,300 women ages 18 to 45 found that about 1 in 5 says doggie is her go-to position for orgasming – just as many as say missionary. And there's also plenty of clitoral love to be had as well, in case you think it's necessary. It's easy for you to use your hand or a vibrator on your partner's hot button during doggie.

But the most important thing, and the reason I'm only nominating doggie in this technique, is that there's indeed something that's so primal about it. It makes both men and women feel wild and dirty, and allows them to unleash their hidden desires. Eager to achieve that Alpha Lover status? Then don't wait any longer! Learn the tricks that make doggie work for the both of you and let go in a wild romp. You can thank me later.

**The climactic bed break.** Have your partner bend over the side of the bed so her stomach and breasts are pressed against the mattress and her feet are on the floor, legs spread comfortably. As you penetrate her from behind, lift her legs from just above her knees, holding them apart. With her body angled slightly downward and her legs apart, you get deep, animalistic penetra-



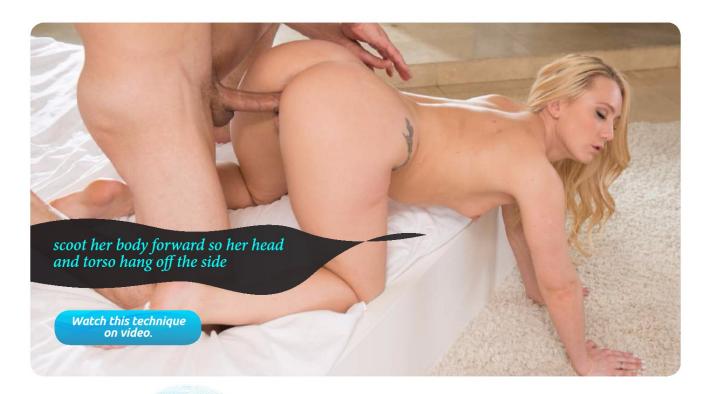






tion, and since her gams are in your grip, you can thrust away with total abandon, guaranteeing excited tail-wagging. Plus, you can easily view her sexy rear and watch yourself move in and out of her – an up close and personal pose all guys pine for. What's in it for your partner? She feels weightless with her legs lifted off the floor, as if she's floating, while you do all the work. And your penis is perfectly angled to stroke her G Spot. In dire need for more information on how to truly tease and please the elusive G-Spot? My book, Mastering Her G Spot – http://www.masteringhergspot.com, has all the information you need on how to touch that little spot each and every time with the moves of a true expert.

**The bonerific tilt.** Have your partner lie face down across the bed, and then scoot her body forward so her head and torso hang off the side. She should put her hands on the floor to support her weight. You enter her from behind with your legs positioned inside hers and your hands holding her torso for balance so you can keep your head and shoulders high. With your legs confined between hers, you won't have a huge range of motion, but you will be able to treat your partner to lots of quick in-and-out moves that will send a tsunami of sensations to the nerve-rich first few inches of her pleasure zone. This is a pose that's not for the fainthearted, which is exactly what makes it great for when you're feeling particularly horny and are up for everything and anything.













Plus, it doesn't only please you (you will feel like the king of everything with her with her head down like that, totally at your mercy), but the instant blood rush to your partner's head, triggered when she leans off the side of the bed, will heighten each thrust for her – the blood literally rushes to her head, creating tingles in her upper body that can turn her climax into an otherworldly experience. Because of the tricky positioning, this isn't something you can do all night, but it adds a lot of intensity to a run-of-the-mill romp – which is exactly what you need to have wild, wolf-like sex.

**The horny hydrant.** Have her bend forward with her legs slightly spread and her arms either hanging loose in front of her or resting on the bed for balance. You enter her from behind, pulling yourself as close to her as possible while holding her torso for support. This scorching spin on doggie style is perfect for I-need-you-know moments. With your partner bent over, it gives you maximum depth and control and with your penis angled to hit the front wall of her tightened vagina, she's in perfect position for generous G Spot stimulation. It's a win-win sexual situation. And, unlike typical rear-entry action, that can leave your partner feeling disconnected from you, this time your pelvises and thighs touch, making the move both wild and intimate – yes, that can be done! Booty bonus: Urge her to grind her behind in circles while you stay still.

For a more detailed (and extremely sensual) presentation of these moves, go ahead and watch the video course I created – my really sexy assistant are dying to show you just how good every trick described here feels.

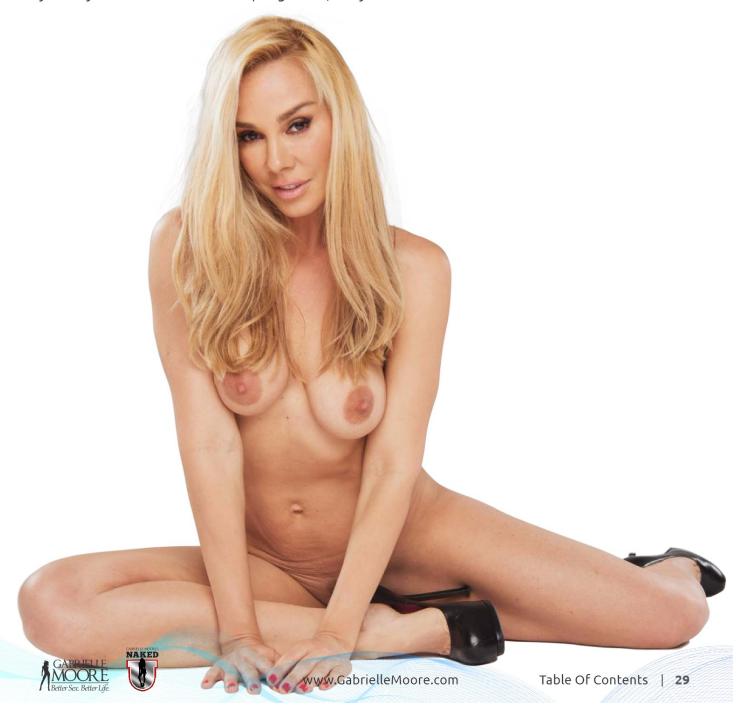








As you can see, reaching Alpha Lover status in the sack – though it really is the holly grail for every man on this planet – is not that hard to achieve. The secret to a richer, more connected sexual attitude is simply a matter of achieving a powerful emotional and physical connection with your partner and giving yourself the freedom to experiment and truly let out who you are as a sexual being. So if you're ready to get really hot-blooded, try the naughty moves you've read here no later than tonight. Disclaimer: you may need to rewire the bedsprings after, sorry.







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