

SEASON

3

Arousal Amplification

EDITION

HOW TO
SYNCHRONIZE
YOUR BODY WITH
HERS AND COME AT
THE SAME TIME,
EVERY TIME



THE ART OF COMING TOGETHER

GABRIELLE MOORE'S
NAKED



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Better Sex. Better Life.

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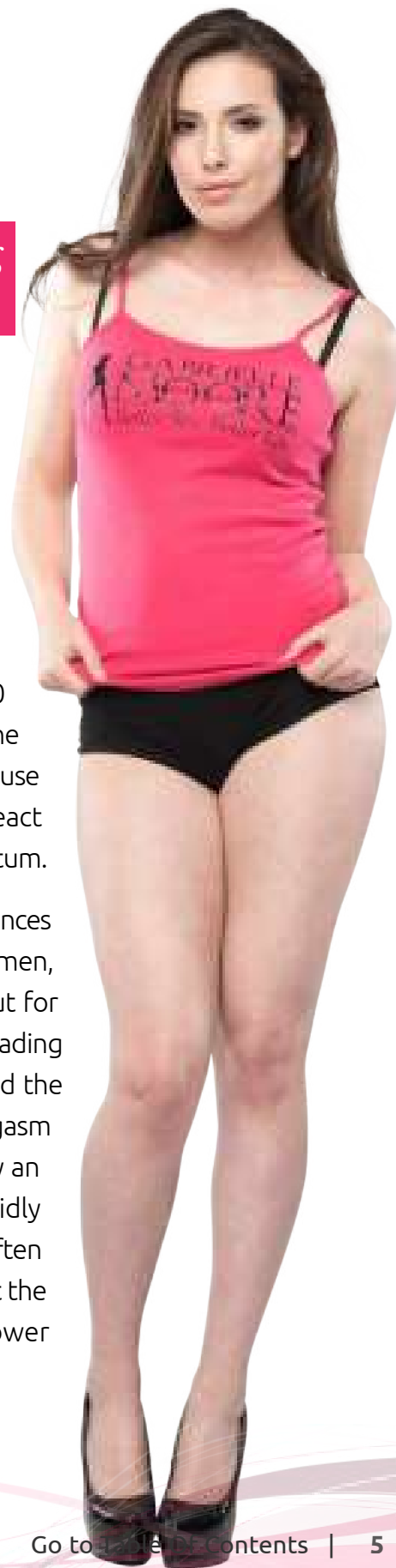
Section 1


Facts & Theory

What is disruptive pleasure and why it's stopping you from experiencing simultaneous orgasms

The last time you had an orgasm at the same time with your partner the Spice Girls were still a thing? As much as it pains me to say this, it's actually rather normal. Sure, it's not hard to have sex per se, it's actually the easiest thing in the world. Everybody knows this. It's fun and it feels good and you just do what comes naturally and hope for the best. But being good at having sex is another story entirely. When it comes to sex, there's the great and the not so great. Great is when you're 100 per cent involved in the act and in sync with your partner, reading her carnal clues at all times and taking the pleasure path together, and not so great is when 50 per cent of your brain is the moment and the other half is thinking about the last Rocky movie you watched. And while great sex should be the norm, because of disruptive pleasure patterns – the different ways men and women react when having sex and reaching orgasm – not so great sex is gaining momentum.

Numerous studies have shown that women and men have different experiences leading up to orgasm, especially during penetrative sex. For example, for men, orgasm tends to be experienced as a single peak of intense pleasure, but for women it's often a series of waves of pleasure. Masters and Johnson's, a leading sexual authority, after many interviews with countless women, described the female orgasm like this: "Women often describe the sensations of an orgasm as beginning with a momentary sense of suspension, quickly followed by an intensely pleasurable feeling that usually begins at the clitoris and rapidly spreads throughout the pelvis. The physical sensations of the genitals are often described as warm, electric, or tingly, and these usually spread throughout the body. Finally, most women feel muscle contractions in their vagina and lower pelvis, often described as pelvic throbbing."





If this sounds like foreign language to you, don't beat yourself about it too much because the truth of the matter is most guys don't have a clue about female orgasms – though it's the single most important thing they want to achieve when going to bed with their partners. And this happens because, to put it simply, you just aren't getting a good quality sexual education.

I mean – and be honest with me here – where do you go to learn about sex and how to become an excellent, satisfying lover? You mostly grab pieces of information from your buddies' heated stories (which more often than not are completely made-up, pure and simple), or, even worse, from porn movies – which definitely don't tell you the real deal about how to make a woman come. At most, you might learn a couple of useful, creative sex positions or techniques from them, but that's about it I'm afraid.

So no wonder disruptive pleasure is a real problem for many couples. I mean, you have different orgasmic patterns (the mechanics behind your coming is different from that of your partner's), and you also have to fight against individual differences concerning the time it takes to orgasm (you might need five minutes, but she probably needs at least twenty) – of course you are bound to have some problems when it comes to... coming at the same time, coordinating your pleasure peaks.

But that doesn't mean it's impossible. When have you ever heard me tell you something is impossible, sex-wise? Never, right? Because it's the truth. Even though simultaneous orgasms are often thought of as the "Holy Grail" of sexual achievements – having your body explode with pleasure at the same time as your partner's is the ultimate sex rush – it doesn't mean they are only achievable by some experienced (or lucky!) few. Everything can be taught and every couple can achieve the mutual orgasmic bliss they so often see advertised in romantic comedies.

And it's not even that difficult. Simultaneous orgasms are

possible providing a few things are in place. No matter how exciting or passionate your sexual encounters are, if you don't have a strong understanding of what the other person needs in order to have an orgasm, you are going to fail at peaking together. Moreover, if you are unable to read your partner's body signals, and you don't know when she's about to come, you won't be able to coordinate your pleasure to hers. Simple math.

These two problems, fortunately, have solutions – otherwise I wouldn't be here writing this book. All you have to do is practice gaining control over your sexual excitement – it will help you prolong your state of

“*The less you think about the result,
the more you just do what feels good*”

arousal and synchronize it with that of your partner. Then, you have to learn to read your partner's body language and body signals so that you can be aware of her phase of excitation. Is she close to coming? Are her toes curling? Is she gasping for that final push over the edge? Timing is crucial here, as you've probably figured out. But with communication, practice, familiarity and loving tenderness, the likelihood of experiencing orgasms simultaneously is increased.

However, don't make the mistake of compulsively setting the goal of achieving orgasms simultaneously. This is sure way of becoming disappointed and frustrated when you fail to reach your goal. “This is called sexual performance anxiety – you worry about the outcome of a sexual encounter so much so that instead of sex being something to look forward to, it has negative anticipation”, says Laurie Watson, author of *Wanting Sex Again: How to Rediscover Your Desire and Heal a Sexless Marriage*. If you engage in what sexologists call “orgasm-focused” sex – which puts more emphasis on the outcome – the orgasm, that is – and less on enjoying the carnal journey in which you have embarked with your loved one – the chances of failing are bigger than if you set out with the sole purpose of learning each other's bodies better and enjoying your time together. The less you think about the result, the more you just do what feels good and the better sex will be. Compare it with dancing: if you start to overthink your steps, it's likely to be an awful dance. Only couples who just feel the music and laugh off any mistakes give a beautiful dance to watch. I'm not suggesting you hire an audience, but I am saying don't overthink it. You've got this.

So yes, even though human bodies don't always line up perfectly to allow simultaneous orgasms to

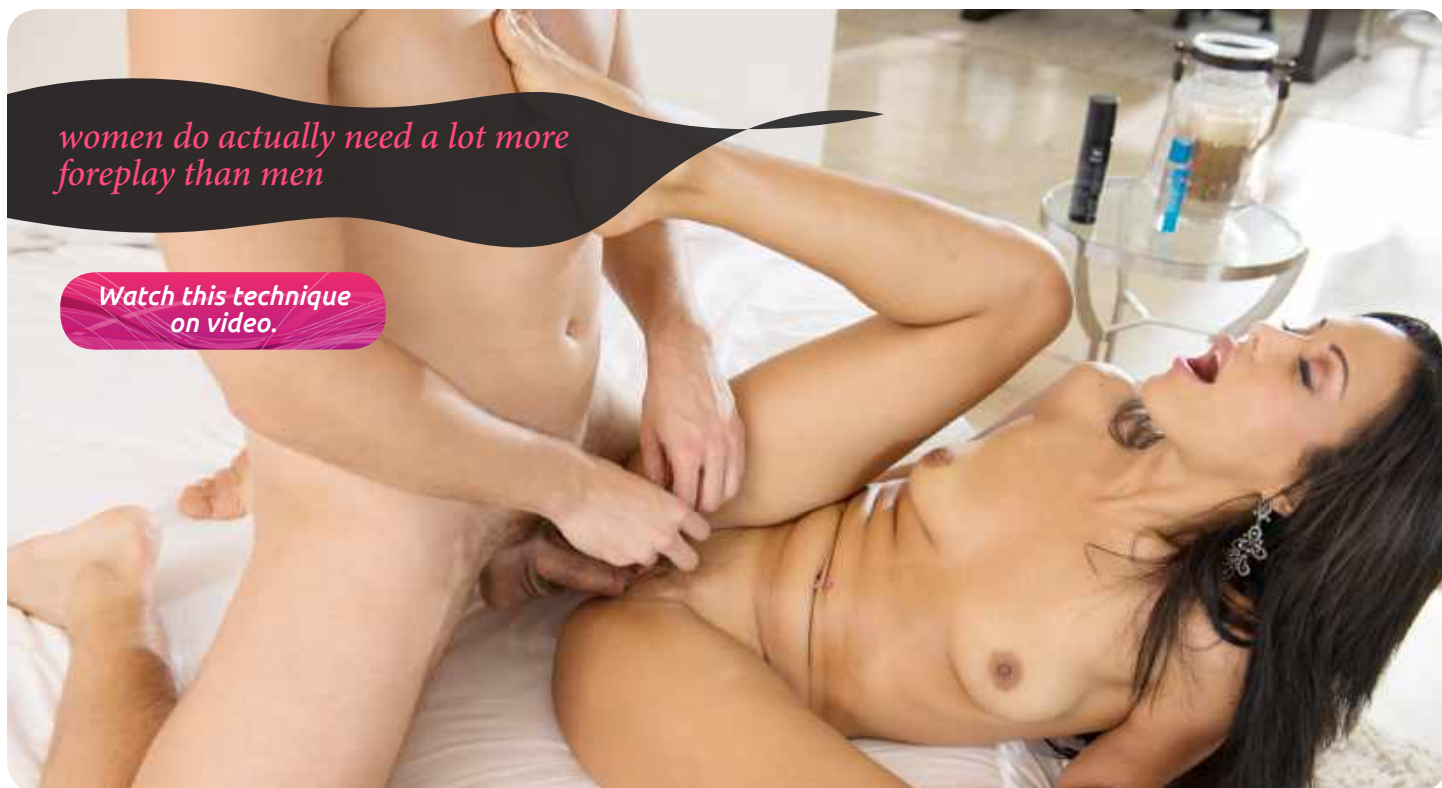
happen, this doesn't mean you have to give up the thought altogether or leave it to the odd chance. All you have to do to come at the same time is a matter of tweaking your lovemaking abilities; adding new tricks to your carnal repertoire; improving your techniques or, if need be, adding new and exciting ones; fulfilling your woman and yourself at the same time. Let's get down to business, shall we? Ah, before I forget. If you think learning the tricks presented here would be easier provided they came in video form, you're in luck because I've taken care of that as well. My team of sexy instructors are waiting to show you how to orgasm simultaneously with your partner.

The fine art of reaching ecstasy at the same time – YOU can do it!

Most men view their ability (or inability!) to achieve awe-inspiring simultaneous orgasms as pure luck of the draw. It's as if you think an Orgasm Fairy comes down and blesses some lucky dudes with the magical power of achieving earth quaking at-the-same-time orgasms while the rest of you with climaxes that wouldn't even register on the Richter scale – and worse, that there's not a lot you can do to change your fate. But guess what? There is something – in fact, there are a lot of things – you can do about the intensity of your orgasms and about your ability to have them in sync with your partner. Because face it: You can't spell the words "hot"... or "love"... or "oh my god" without lots and lots of simultaneous orgasms.

*women do actually need a lot more
foreplay than men*

*Watch this technique
on video.*



The first rule of peaking together is, if I may say so myself, the easiest and most pleasurable one. All you have to do is stretch out foreplay. If you're like most guys, you have no problem reaching orgasm through intercourse and you get easily aroused by foreplay (you barely need it, actually). But since sex (and simultaneous orgasms!) is about two people, you have to wait until your partner gets to the same state of arousal as yourself.

To make this happen, you have to hold off on intercourse until you are both on the brink. You know the signs: panting, sweating, that "I want you bad" look in your partner's eyes. If you are the "faster" partner – and you are, who are we kidding – focus your attention on the "slower" half of your carnal adventure – your partner – until the two of you are in sync and ready to go. If your partner requires a lot of direct stimulation to climax – you know this because she typically only climaxed via oral or manual stimulation – start intercourse only when she's at high arousal, which is after you've orally or manually brought her near orgasm.

Because it's true, women do actually need a lot more foreplay than men, it's not a myth. The general rule is that foreplay should last about 20 minutes. That number came from a landmark study conducted by Alfred Kinsey back in 1953. His research found that 92 per cent of women orgasm during intercourse if they engage in at least 21 minutes of foreplay. When you touch, stroke, kiss for that long, it allows more blood to flow to your partner's genitals, which primes her body for climax. Of



course, this time frame may be slightly different from woman to woman – it's possible that your partner requires more or less and that might even change depending on how horny she is at the moment. Bottom line: while this information is good to keep in mind, you should focus on the sensations you're giving your partner, not meeting a specific time goal. For more relevant information on how exactly you should approach the hot subject of foreplay, read my book on the subject – *Turn Her On Faster* – <http://www.turnheronfaster.com>. You'll find here numerous tips and tricks on how to make sex hotter than ever, and who knows, maybe among them lies the secret to the elusive simultaneous orgasm!

*“you should focus on the sensations
you're giving your partner, not
meeting a specific time goal*

Now you are ready to move on to intercourse. At this stage, to non-verbally communicate your state of arousal and how much time you have until peaking, I would suggest you place your hands on your partner's lower back or thighs, so you can move her body faster or slower, according to your needs. Encourage her to do the same. If you're on the verge but you feel she's not there yet, just go slower or gently push your bodies apart, and since you are the more aroused one, kiss and caress your partner to bring her to the same level of hotness and readiness.

To speed things up for her, get even closer by choosing a position that's orgasm inducing – The Coital Alignment Technique – a twist on the classic missionary, but in which you keep your pelvis higher than hers and rest all your weight on her. This gives her direct contact where she needs it – on the clitoris – and she can reach orgasm without added manual stimulation. Plus, staying locked together slows you down, helping you reach the pinnacle in tandem. To better massage her pelvis with your pubic bone, use a figure eight motion. That, combined with a more in-unison rhythm (instead of you thrusting rapidly, you two should move together in a sort of rocking motion) can give most women the stimulation they need to bring on an orgasm. “In traditional missionary, the emphasis is on an in and out penetration. The problem with that is the penis doesn't go near the clitoris, making it difficult – if not impossible – for a lot of women to climax”, says Sonia Borg, author of *Spectacular Sex Moves He'll Never Forget: Ingenious Positions and Techniques That Will Blow His Mind*.

And if you feel you might crush her with your weight, do this tiny modification: rest most of your weight on your arms, not on her body. Have her wrap her legs around your thighs, resting her ankles on your calves. And then move only your pelvises in steady rhythm until you reach orgasm together. Or have her on top, in a move that I like to call the intimate python. While you lie flat on your back, she lies straight on top of you, aligned limb-to-limb. While holding your hands, she should lift her torso just a bit, like a snake ready to strike. With her breasts pressed to your chest, and her thighs starting a fire against yours, you two are literally sexually skin-chronized, and the back and forth friction created when she moves up and down against your pubic bone means she gets constant clitoral contact.

Now that you're both close to peaking, maintain eye contact throughout the whole thing so each of you can gauge how close the other is to release. And if all else fails and you're still not sure if she's about to come or not, I'd suggest you put your money on real communication. Just vocalize where you're at. Say, "I'm really close". If she says she's not, employ the stop-and-go technique, but only on you. How does this work? Once you're at the brink of orgasm, take a break from intercourse and go back to deep, sensual kissing so that, while you



are cooling your jet, you are making sure hers is still up and running and nearing the point of ultimate pleasure. Once you feel she's ready to go, return to the hot and heavy activity. Holding out makes the sizzling tension build, and build, and build. Every time you halt the heat, you go back to the action one notch more aroused than when you started, and this applies to your partner just as much as it applies to you. Try the routine a few times. By the third or fourth round, her erogenous zones are engorged with blood and primed for an incredibly explosive simultaneous orgasm. This is one race you have to tie.

Section 2

Do THIS to come together with your partner EVERY time

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.

PART 01 THE IN-AND-OUT MOVES THAT DRAW HER CLOSER TO THE BRINK


Before going into the juicy details of what this technique entails, let's set some things straight. First, climaxing at the same time means you have to make your partner come during intercourse. That's pretty basic and logical. Making your partner come during intercourse, as studies have shown and as I've incessantly repeated here and in my other books, is not as easy as it might appear at first glance. I

mean, loving a lady requires the same amount of care and expertise as eating toast in bed. Do it wrong and things will get crumbly and uncomfortable.

The number one reason you might end up making mistakes is that women are so different from one another and what worked with one might fail miserably with the next. They are different in appearance, physicality, desires and the way they respond to a man's touch. Don't ever, EVER take your auto-pilot sex program from one lady to another because the odds of it ending in total fail are pretty high. There is no such thing as one size fits all. It's why Apple made two versions of the iPhone 6, the cinema does three popcorns and Starbucks has four sizes of cup.

If you insist on giving sex (and women!) the one-size treatment – with the same set of acts, movements and quantities – you are actually only making things worse. “Good sex can seem complicated. It involves ample portions of concentration, attention, empathy, imagination, coordination, endurance, and effort – not to mention desire. If good sex were easy, there would be no pornography or any of the other means by which people seek virtual satisfaction. The idea that it should be easy is what makes it difficult”, says Kimerer L. LaMother, author of *What a Body Knows: Finding Wisdom in Desire*.

If you're committed to simultaneously climax with your partner, you also have to be committed to



Making your partner come during intercourse

Watch this technique on video.

learning her ways – what turns her on, what bodily parts better respond to touches, strokes and caresses and what naughty extras she needs in order to come. Because, as it usually happens in real life as well, before heading to the main course (the penis-in-vagina action), you've got to spend some time at the starters buffet as well (oh, hello, foreplay!).

Because turning it on and off is only easy when it comes to computers, I've put together a list of tricks you should try next time you are between the sheets with your partner.

Spark her desire

Spontaneous desire works for 75 per cent of men – you fall in lust 15 seconds into fondling with your partner. But only 15 per cent of women operate this way. For the majority, it takes a while for their carnal excitement to build up. Because women have what Emily Nagoski, author of *Come as You Are: The Surprising Science That Will Transform Your Sex Life*, responsive desire. “Responsive desire is when the motivation to have sex begins after any sexual behavior has started. It's not to be confused with low desire. A woman's body needs a more compelling set of touches to trigger her sexual interest than the mere act of being naked together”, says Nagoski. The hooks you need to trigger her sexual appetite all have to do with a better foreplay



...the more tension in her vaginal area, the more intense the sensations.

Watch this technique on video.

repertoire. My first advice to you would be to rethink foreplay not as the thing you do 10 minutes before the deed, but all 24 hours outside the bedroom. Use technology to send her small, 20-second tasters of what's to come. Text her, "Just so you know, tonight I'm really in the mood for tasting every bit of you" or "I'm getting turned on just by thinking of you". She'll be craving the evening you spend together so badly that she may even suggest coming home early.

Next, when you're finally in bed together, focus more on before-intercourse physical affection (cuddling, touching, kisses), and less on the pressure of performing your task at hand – getting her wet and starting intercourse. This way you'll manage to bring her desire to really high levels. Build up anticipation during foreplay by kissing her and running your hands all over her body, avoiding her lady parts area. After a few minutes, touch her down there over her panties. The dull sensation of being stroked through the fabric arouses her. Gently squeeze her, rub her, and grind against her. Slowly take off her panties and give her a sexy stare to underscore just how much you crave her. Another key move at this point in the game is to get her super wet – the more tension in her vaginal area, the more intense the sensations.

Then give her a vulva massage. Apply lube to your palms and rub her labia and entire vaginal area like you were lathering lotion onto it – slowly and sensually. As you witness the increase in her arousal, you can apply more pressure. At this stage, to really get her steamed up and prepped for an orgasm, variety is key. Switching



your grip or rhythm 30 to 60 seconds not only keeps her guessing but also shows her you're enthusiastic – which is a huge turn-on. Finally, pay special attention to the hot spot above her vaginal opening: the clitoris. While stroking her labia with one hand, use your other to rub the clitoris softly, cradling it close to her body or tugging it away gently. Rub your thumb in a figure eight pattern over it or try the windshield wiper move: glide your thumb along her vulva from side to side, over the clitoris several times. Boy, is she now ready for the main event! And if you'd rather see how exactly to use these moves for your advantage, go to the video I made for this subject and watch my eager instructors teach you everything... skin-on skin!

Make that a double, please!

With the extensive prep work I've just finished describing, reaching the peak together will be easier than ever. All you have to do at this point is... continue with your penis what you started with your mouth and hands. And pay very close attention to the visual clues that let you know she's about to reach the big O – but more on that later. First, let's get you both on that much coveted brink of ecstasy.

The purpose of this technique and the main reason I think it hits jackpot when it comes to simultaneous orgasms is that it entails stimulation on the inside and outside. It's all a matter of connecting all her hot spots. "Once a couple gets to the main event, they tend to focus



so much on the below-the-belt region that they forget about the rest of each other's erotic landscape", says Sari Locker, author of *The Complete Idiot's Guide to Amazing Sex*. To create supersized sensations during sex, once you start penetrating her, thrusting to hit her inside hot button (the G-Spot), continue to keep your hands as active as possible. This means guiding your fingers to stimulate the rest of her pleasure zones – which are on the outside of her body (the clitoris and her nipples, just to name a few). Here's how it's done:

Once you are inside her, place one lubricated finger on her clitoris. For this to work best, I'd advise you choose a position like doggie-style, to have better access to her whole body. Start by just feeling it slowly, then give

“Keep adding pressure while you thrust harder and harder and you'll enhance her orgasm immeasurably!”

it a little squeeze each time you thrust. This gives her a double dose of pleasure: the pressure of your penis hits her G-Spot (doggie works great for this), while the squeezing of her clitoris stimulates the outside of her body as well. Keep adding pressure while you thrust harder and harder and you'll enhance her orgasm immeasurably!

To mix things up even more, while your hand stimulates her clitoris, place the other on a different pleasure zone – her nipples, for example. To better achieve this without contorting yourself to impossible angles, choose a friendlier position, like the love seat. You sit on the floor, legs spread, with your partner in your lap, her legs straddling you. This face-to-face seating arrangement promises a plethora of eye gazing, lip grazing and a front-row view of the action below the belt. Plus, if she take over thrusting duties, you can reach for her nipples AND ring her clitoris down bellow, sending her to a super-stimulating, fuse-blowing big orgasm. For more examples of sex positions that truly work, read my book, *Orgasmic Sex Positions* – <http://www.orgasmicsexpositions.com> - you'll find incredible variations to your all-time favorites.

Decode her orgasm status

You should be able to know when your partner is nearing an orgasmic state, right? I mean, if she screams louder than the wildest animals you've seen in Discovery documentaries, you've hit jackpot. Well, that's

actually pretty inaccurate. An orgasm doesn't actually look like anything specific, since it's a highly individual process. If your high school lover used to hurt her tonsils screaming when you made her come, that doesn't necessarily mean your present partner is bound to behave the same way in the throws of passion. Women orgasm in different ways, according to different timetables and physical-emotional needs. And unless you learn your partner's orgasmic behavior, your chances at coming together are pretty slim.

You've done all the necessary work, now it's all a matter of knowing when to let go and enjoy that double orgasm. For this, you need a fail-proof women's orgasm decoder. Here's how to get great at reading her signals in the sack. If she grinds her pelvis progressively harder into your body, she's loving what you are doing and wants more of it. If her upper body is shying away from you a bit, it could be a sign to switch positions or moves. Also, listen to her breathing: when it starts getting deeper and faster, keep doing what you are doing – her climax is just around the corner. On the other hand, if her breathing is drawn in, like a gasp, you may be rubbing her the wrong way. And when she's over the top aroused, her face will contort, her eyes will close and her whole body will look like it's straining toward a goal. When you see that, let go, cowboy, because she's doing the same. Let go and enjoy the simultaneous orgasm you worked so hard for. But it was a pleasurable kind of work, wasn't it?

PART 02 CARNAL COLLABORATIONS

One of the greatest things about being coupled up is having someone you trust to sexually explore with, right? Well, that would be ideal, but things are not quite so in reality. After talking to thousands of couples in my years of experience as a coach in sexual matters, I've come to realize something unsettling. For a large number of couples, the opposite is true. Most partners know less and less about each other sexually over time. What's more, if they left their relationship tomorrow and had a one-night stand, many would probably do more of what they wanted with that random individual than they did with their partner. A study in the Journal of Human Sexuality confirms this: "The longer our romantic



relationships, the less willing we are to risk being sexually novel", the researchers found.


Why does this happen? Well, for one thing, it's psychologically easier for us to expose our unshackled desires and introduce new sexual behaviors with people we don't know. In relationships, we fear offending our partner or receiving their judgment or getting embarrassed. Maybe this isn't you. Perhaps you're part of those lucky few couples who have sex without restraints (or with restraints, if you like

kinky stuff). If so, keep doing what you're doing. But even if you feel sexually in sync, it's worth asking yourself, "Could there be ways to better explore sexual pleasure with my partner?" When couples are more willing to engage in "sexual transformations" (trying new sexual things), it leads to increased satisfaction in the bedroom. And when it comes to achieving simultaneous orgasms, making bold sex moves can be the one thing you need to actually get there together. I mean, I know this much: if you want your sexual life with your partner to work, the least you can do is commit to doing the best job you can of maintaining excitement.

How can you do that? Well, I have a couple of ideas. For one, I think incorporating new elements to your usual routine is one step in the desired direction. Sometimes surprising pairings can produce seriously desirable results. Here are my favorite carnal collaborations described in hot detail and the reason I think they will work when it comes to peaking in tandem with your partner.

Your favorite position + Sex toys

Your partner and her vibrator already have an exceptional private life. It's time you bring her buzzing friend out of hiding if you yearn for electric times in the sack. "The recent activity that give couples most pleasure? Incorporating their electricity-powered friend into their sex lives", says Kristen Mark,



Go ahead and run the vibrator on a low setting everywhere on her body

Watch this technique on video.

author of *Sexual Adventure (A Good in Bed Guide)*. It's a threesome of sorts – though probably not exactly the way you would have imagined it. The best way to begin is in a tried and tested sex position, which gives you plenty of space to experiment with your electric buddy. Start slowly if you want to make it last. Not all women (or orgasms!) are created equal, so jumping into full power right away might prove to be all sizzle and no stake.

Go ahead and run the vibrator on a low setting everywhere on her body but where she wants it the most – along the inside of her legs and hips and in the vicinity of her breasts. Then settle it next to her outer vaginal lips so that the residual vibrations tease her clitoris. Turn the setting up slowly higher, moving from one side to the other, but delay hitting her clitoris. Bring the setting back down to a lower speed, and then slowly ease it inside her vagina. But don't let the vibrator do all the work. After a few seconds, slide it out and make room for your erect penis. While you are thrusting, let the vibrator (on a lower setting again) lean against her clitoris to double her pleasure. By altering the settings each time you explore a new part of her body, her pleasure is increasing bit by bit, and thus you are making sure her orgasm will be more intense. For more information on the mechanics of the female orgasm and how you can make sure your partner experiences one each and every time you have sex, read my book on the subject, *7 Day Orgasm* – <http://www.7dayorgasm.com/>. You'll soon be an expert!

Here are my three favorite positions that work great when you also invite the vibrator:

Electric knee spree. While she lies on her back, kneel in front of her and pull her up by the calves until her back is off the bed. You'll enter her in a downward G-Spot friendly angle that's a tight fit, thanks to her closed together thighs. You get a flattering view of her body while thrusting deeply in a rhythmic fashion. When you feel that your thrusting has really hit her G-Spot and she starts to tremble in your arms, take a break from holding onto her legs, letting them dangle outside of yours – to keep her raised pelvis, she should know hold on to her elbows. Take the vibrator and, while you continue thrusting with mighty force, place it over her clitoris, leaning it so that it also vibrates against the base of your penis. You'll be both crazily stimulated and come in tandem with fireworks and the likes.

Rodeo girl. As you're lying on the edge of the bed, knees bent and feet on the floor, she should straddle you, facing away, in reverse cowgirl position. If she needs leverage as she rides you, invite her to tuck her calves under your body. This angle is amazing for your partner and bonus, she can reach under and massage your balls with the vibrator. If you happen to have two around, use one yourself, over her buttocks. The nerves in this area are directly connected to those in the vagina, and any vibration you place here, she'll feel on the inside as well. The simultaneous orgasm you will get in

this position will positively blow your mind.

/// The rookie rock. You should sit on the bed, leaning back, supporting yourself with your hands or elbows, while she straddles you – knees bent and toes just touching the bed. At this point you have two options. She either does the rocking back and forth, or you sit up, grab her by the waist and move her up and down on your penis. If you go for the second version, I'd advise that she leans back and braces herself on her elbows, so that the head of your penis only hits first third of her vagina, which contains the most sensitive nerve endings. Also, if you're doing the rocking, she should be in charge of your vibrating fella, using it wherever she feels like it: on her breasts, on her clitoris, on your penis. The world is your carnal oyster! If you'd rather see these moves performed live, so that you better understand what they are all about, watch my assistants re-create it in the video I created for this.

Slow sex + Lube

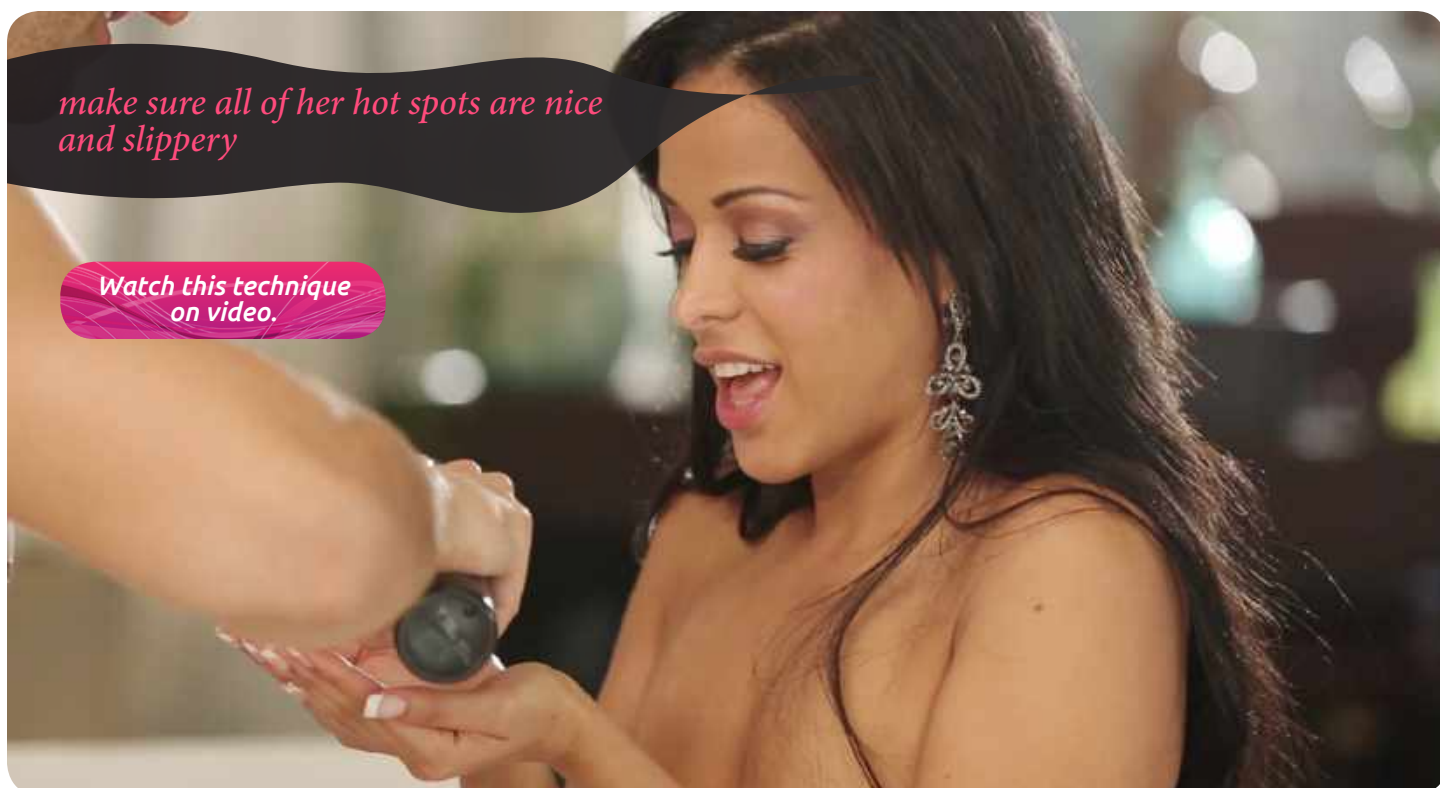
Slow sex can be one of the most stimulating ways to get off, especially if you pair it with the right equipment. And because taking it slow has the potential to wash away your partner's vaginal wetness, always use a lubricant. It will increase her comfort both during foreplay and during penetration. This is actually my personal favorite when it comes to peaking at the same time because I think it really hits the mark. Doing it slowly



makes for a great way to ensure your partner is on the same page as you when it comes to arousal, and lubricant makes everything wetter and better for the both of you.

And when it comes to slow sex, I'm a firm believer in the start and stop technique. Tempting as it is to race for the finish line, keep one finger pressed on your sexual pause button. Why would I be so cruel as to make you wait for your orgasm? Because "bringing each other to the brink – then pulling back – ups your chance of having a simultaneous orgasm", says Nicole Daedone, author of *Slow Sex: The Art and Craft of the Female Orgasm*. (Yep, thought you might like that part). Linger on foreplay, move on to oral sex and only then have intercourse, stopping every time you get too close or moving slower if she does. Here's a step-by-step description of how to rock this immensely intimate carnal duo.

- 1 Start by lubricating her entire body.** Ok, maybe don't lather her in two tubes of lube, but still, make sure all of her hot spots are nice and slippery – her nipples, her inner thighs, her vulva and her buttocks. But don't just do it like you're on a chore fest. Slowly massage the lube into her skin, kissing and nibbling every bit, to make sure she's also hot with pleasurable tension, not just wet. Also, for an intensely primal connection right from the get go, open your eyes and stare into her



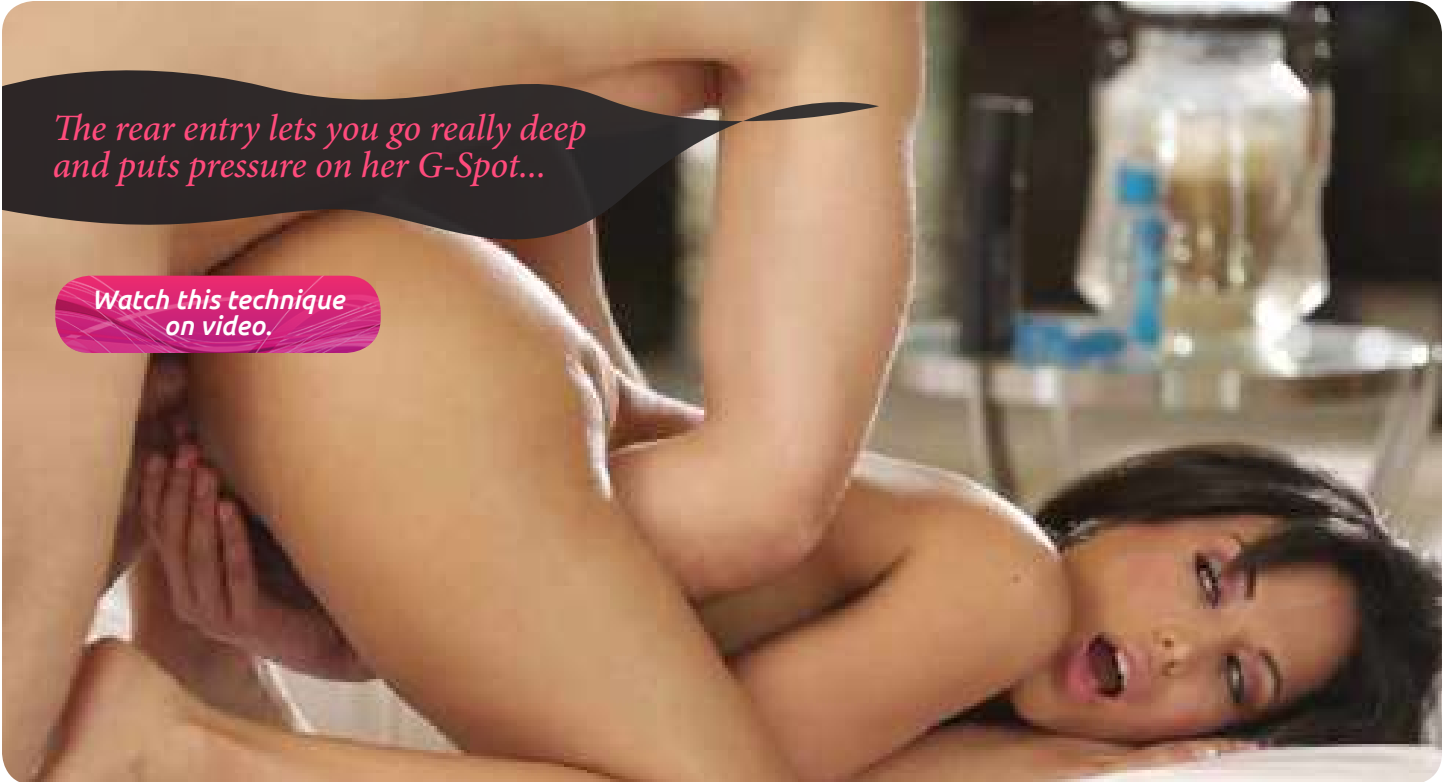
make sure all of her hot spots are nice and slippery

Watch this technique on video.

sizzling gaze. Pay attention to her breathing and breathe in sync with her. You will feel fiercely close to each other – which means the sexual intimacy, intensity and energy will keep getting stronger.

2 Now that you're ready for the main event, have her straddle you while you sit up on the bed, so that her torso faces yours. Before you slide your penis inside her, squirt a drop of lube onto her palms, rub them together – the slickness will make every touch more sensual – and gently press them from your abdomen up to your chest. She will love that you are taking control and letting her know what she needs to do to return the favor – turn you on as well. While her hands travel toward your pecs, thrust her vagina with the same slow motion – entering her little by little. Repeat this sexy cycle several times, then it's your turn to stroke her the same way while she slowly rocks her hips up and down your penis. Talk about in tandem pleasure, right?

3 At this point, you're both pretty much worked up, right? Well, now it's the time for that much awaited grand finale. The position I'd advise you to choose is a version of doggie style that works great with the stop-and-start technique. Start in doggie, then have her press her legs together and lay down flat on her stomach while you keep thrusting. "The rear entry lets you go really deep and puts pressure on her G-Spot, and having her legs together makes the space tighter, which is superhot for you", says Jessica O'Reilly, author of *The New Sex Bible: The Complete Guide to*



*The rear entry lets you go really deep
and puts pressure on her G-Spot...*

*Watch this technique
on video.*

Sexual Love. The trick now, if you want to heighten and prolong the passion is to interrupt the action. Once you're both at the brink of orgasm, take a break from thrusting and lean down to kiss her neck or massage her back with well lubed hands. You can even raise her up a bit and massage one of her breasts with one hand and the clitoris with the other. When you feel you are ready to rock the boat again, return to your hot and heavy doggie. Trust me, she won't know what hit her. And you either, because the simultaneous orgasm you will experience at the end of this carnal adventure will be unlike anything you have ever experienced. For more tips about enjoying every bit of your partner's body and giving her all the pleasure you are capable of, read my book, *The Sex Starved Couple* – <http://www.thesexstarvedcouple.com>.

PART 03 SUPERSEXUAL POSITIONS THAT TAKE YOU THERE

Just when you thought I'd exhausted every sexy lick, position and crazy contortion, I'm revealing a couple more secret, unheard-of sex positions that make even the most tried and true sexual encounters beyond amazing. Sure, I bet you have a go-to body lock that gets you and your partner off every damn time, but admit it: sometimes your frisky old faithful positions can get, well, old. So I've upgraded the carnal classics by adding a few wicked twists that will help you get more bang from your orgasm. "Adding to your sexual repertoire isn't just a great way to impress a woman with new skills. Pushing the envelope does wonders from your sexual confidence as well. And all that exploring is bound to increase your intimacy and satisfaction and your shots at achieving a simultaneous orgasm with your partner", says Laura Berman, author of *Loving Sex: The Book of Joy and Passion*.

The straight up missionary lift off

No doubt missionary is a carnal classic, but with this sexy modification, your penis will feel like a pleasure pole for your partner. To maximize the ecstasy you are both feeling, you will need some mobility, which is tough to achieve when you're both pinned to the mattress. But who says you both have to be horizontal? Kneel over her, and then take her legs and wrap them around your waist. Lift up her butt and hold on to it, keeping her suspended while you're inside her – she can support herself on her hands or elbows, so that you don't have to carry her entire weight for too long. "Elevating her pelvis increases blood flow to the area, which allows for greater sensitivity. Plus, the angle gives better G-Spot stimulation and deepens the feel-good thrusting for you", says Michael S. Broder, author of *Secrets of Sexual Ecstasy*. After a few hot minutes of this, you can up the ante even further by lifting her legs so they're over her ears, while your knees are under her back, supporting her, and your torso is leaning against her thighs.

She can hold onto your legs to stay in this vixen-esque V-shape for longer. This updated angle will make your member feel like Moby Dick, since her legs are raised (which narrow her vaginal canal) and spread (which provides the deepest penile penetration). She enjoy an extrafull feeling and lots of fabulous friction, while you benefit from a tantalizing tight squeeze. Coming in tandem will just be a matter of

“*have her arch her back downwards,
so that the road is paved for you to
go really deep*”

seconds at this point. For more naughty tricks on rocking her G-Spot to heaven, head over to my book on the subject, Mastering her G-Spot – <http://www.masteringhergspot.com> - and you'll be amazed by the immense degree of pleasure you can give your partner.

Tantric wheelbarrow of fortune

Back to the subject of doggie style. I know, I have an obsession, but trust me, you'll love this variation! All you have to do is have her assume the classic rear-entry position - on all fours – but on the floor! (if it isn't carpeted, make sure you throw down a towel so that she doesn't bruise her elbows). You should stand up on your feet and grab her ankles in your hands. If this feel a little bit too athletic for the both of you, have her push her butt up, arching her back, while you grab only one of her ankles, guiding her hips so that they align directly with your penis. At this point, to get a fuller range of pleasurable feelings, I would advise you play with the arching of her back. If she arches her back upward, into a small bump, she shortens her vagina and you only do shallow thrusts. These are just as important and pleasurable, I promise you, so don't write them off just yet. It's highly arousing for her when you hang around at the entrance without actually going in deep. Actually, before penetrating her, you should use your spare hand (the other one is grabbing her ankle) to grab your penis and use it to tease the outside of her vagina, especially the clitoris. Move the head up and down and around, whatever way feels good for you – I assure you, for her it feels amazing! This way, you are not only turning on her main moan zone, but your supersensitive penile tip is receiving its own rubdown. Her fast breaths tell you she is dying for more? Poke just the head of your penis around the entrance then pull back, poke, then pull back. When you can't take one more second, have her arch her back downwards, so that the

road is paved for you to go really deep. Now that you are all the way in, kick your pleasure up a notch by standing still while she rotates her hips in small circles. When you go this deep, the head of your penis is stimulating her cervix. You don't want to use deep thrusts because it can be painful for your partner, but very light contact, in a rhythm that's her own can help you two build toward a powerful simultaneous climax. For more relevant information on female arousal, grab a copy of my book – Double Her Desire – <http://double-her-desire.com> - and you will find there the answers to questions about the female hot spots and what you should do to really turn your partner on and have her moan with pleasure with each one of your moves.

Side with me, baby!

I admit it, I don't normally recommend spooning positions. I just never found them that attractive. But I recently came up with a new take on this intimate position that I think works especially well when it comes to coming at the same time with a loved one. Here's what you have to do. Lie on your sides nearly perpendicular to each other, you behind her so your bodies form an X on the bed. Then raise her top leg so you can inch your lower body – and your penis – between your scissored legs. Once you are joined at the groin, grab her shoulders while she anchors to the floor to stabilize each other for a stellar ride. Both of your bodies are taking flight in this sideways variation and that's because, for

...you behind her so your bodies form an X on the bed.

Watch this technique
on video.

starters, there will be more groovy shallow grinding than simple thrusting. Plus, this unusual entryway allows your penis to explore every inch of her inner carnal sanctuary, especially the sides, which are often ignored, providing her with an array of lusty sensations. And if you want to mix things up a little bit, assume the spoon position (told you we'd get there too!). Lie on your side with your partner in front of you. Lift her top leg and shift your lower body into a half kneeling position, entering her practically from behind. This half doggie style, half spooning hybrid combines the cozy intimacy of lying side by side with G-Spot rubbing rear entry. Plus, your hands are free to roam – you can caress her breasts or

“*our extremities are the most sensitive – and least fondled – parts of our bodies*”

you can slide one hand to fondle with her clitoris. Use whatever touch feels right for you: circular, left to right, or a short up and down motion (the one most women find spine tingling). Oh man, the options! To finish off in style (and in tandem!), have her move at the same rhythm you are moving. You will be both out of breath soon, and not because of the exercise, oh no! You'll see, consider yourself warned.

Knee deep in pleasure

And now to my favorite – and the one I think is a sure path to the simultaneous orgasm: the standing face to face. Kneel in front of each other, then each of you place the opposite foot flat on the ground and nudge closer, joining genitals. Leaning forward on your planted feet, both of you lunge back and forth in a slow, upright romp. This picturesque pose is the ultimate in copulatory equality: you are both in the exact same stance and share the reins when it comes to rocking each other's worlds. And since both her and your arms are available, just think of the places – backsides, breasts, testicles – they can go. And while we are on the topic of hands, let me tell you another little secret: our extremities are the most sensitive – and least fondled – parts of our bodies. Think about it – there are thousands of nerve endings in our hands just screaming for some erotic attention. For a truly spine-tingling sensation, do this erotic play to one another: start at the underside of your wrists and slowly trace each other's hands, pausing at the bottom of the Vs between each finger. These teeny hot spots are super receptive and will send shivers up your arms. “Stroking these erogenous zones intently gives you an added bolt of pleasure precisely because they are rarely touched as they should be – they are

actually only used as tool to stroke other spots of the body – and that’s a shame, they’ve got just as much potential”, says Patti Britton, author of *The Complete Idiot’s Guide to Sensual Massage*. As you can see, while there won’t be a lot of in and out action, your slow torso to torso grind provides great clitoral contact and allows a more gradual ascent to the simultaneously climactic cloud nine. It takes a bit more time, but you will get there.

If you’re intent on learning all these sexy moves by heart – and I know you are, you’re only winning by doing it – head over to the video course I created together with a team of professionals to better teach you the moves you need in order to achieve that so called elusive simultaneous orgasm. I know at the beginning of this book, it seemed hard, you probably even considered giving up on this quasi-impossible dream. But I’m glad you didn’t. I’m glad you stayed with me and I got to share with you a pretty valuable lesson: both for yourself as a man and for your couple.



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