

SEASON

4

FEMALE BODY MASTERY *Edition*

SECRET
TECHNIQUES TO
AWAKEN HER
BREASTS ORGASMIC
POTENTIAL



REVERSE COWGIRL
DOMINATION

GABRIELLE MOORE'S
NAKED



GABRIELLE
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Better Sex. Better Life.

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Section 1

Facts & Theory

Why classic sex positions don't work when it comes to powerful orgasms?

Being able to make your partner's toes curl in the sack is a point of pride for you guys, and you often question if you're doing a good job. Is she having fun? Does it feel good? And most of all is she going to come? Well, the answer to that last question is not as straightforward as you would probably like. Sure, women want to have them and men want to deliver them – each and every time – but the truth is the female orgasm is among the most fickle of human behaviors. Moods affect it, stress affects it, lack of foreplay affects it – but, perhaps most importantly (and the reason you're reading/watching this now), the choice of sex positions affect it.

That's why, when I read that only 25% of women have orgasms from a variation of guy-on-top, I wasn't very much surprised. Though I must admit the number was disheartening even to me, and I have seen just about everything, the news didn't shock me because, well, I'm a woman. I know what it works and what it doesn't. I've got experience. I've been frustratingly agreeing to missionary for years before finally figuring out that this position is simply not orgasm-friendly. Why have I been doing it for so long and why women nowadays still do it, regardless of it not being what they need orgasm-wise?

Well, I blame it on romantic movies, where the girl magically climaxes after two-and-a-half minutes of uninspiring missionary. If it works for them, why wouldn't it work for us, too? The short answer is that life



is never like in the movies, and everybody knows that. The long answer is a little bit more complicated than that. This is not reality, unfortunately, and it's time everybody became aware of that. The truth is, the way most men (and some women!) view sex – as a completely physical, penetrative, coital in-and-out experience – is not doing anybody any favors when it comes to the hunt for the elusive orgasm. Sure, missionary remains the simplest, easiest choice for many couples (who are most of the times too overworked and overtired to try something new in the sack), but experts claim that adhering to a routine sex position is holding you back. Big time.

“*stimulation of the clitoris may be the most “popular” way to ensure a woman’s orgasm...*”

The reason a traditional (read boring!) sex position such as the missionary fails to work is that it provides internal stimulation alone, and for women, the really sensitive parts, which help bring a woman nearer to an orgasmic condition, are outside the vaginal canal. So no wonder simple penetrative sex or monotony in sexual positioning doesn't work. Think of it this way: Imagine your partner would try to give you an orgasm by touching your testicles but never your penis. Good luck with that, right? It's the same for women: if you only pound the insides of her vagina, she's not going to scream with pleasure or reach Mount Everest-equivalent orgasmic heights. “Even though it does feel good, sex in positions that are only good for internal stimulation of the vagina will not hit the right spot and your partner will not orgasm”, says sex educator Dorian Solot, coauthor of *I Love Female Orgasm: An Extraordinary Orgasm Guide*.

You have to look at things this way: while for you reaching an orgasm might feel like a sprint (the faster you go, the harder you pound, the better your chances of achieving it in full blast), for women having an orgasm is more like a marathon... on uphill terrain. It's complex and can take a while to construct. “Women take longer to reach their peak because their anatomy is more complicated. Unlike the penis, which is stimulated from tip to base during intercourse, a woman's clitoris, for example, is slightly separate from the action”, says Sadie Allison, PhD and author of *Ride 'Em Cowgirl! Sex Position Secrets for Better Bucking*. And yes, while some (lucky!) women can orgasm via vaginal stimulation alone, constant clitoral action is required to take most women to the edge. Situated about two inches in front of a woman's vaginal opening, the clitoris – the lusty hot button that, when starting to tingle, it means that a woman is



mere seconds away from the grand finale – should be touched, stroked and intensely maneuvered each time you get down and dirty. And you can't do that with missionary.

And this is not enough either. Sure, stimulation of the clitoris may be the most “popular” way to ensure a woman's orgasm, but there's more than that one pathway to sexual response. In a study published in the journal *Obstetrics and Gynecology*, it was reported that women feel vaginal erotic sensitivity in the upper front wall of the vagina, where the G-Spot is located, so you definitely should not ignore that area in your lovemaking either. “While a clitoral orgasm causes contractions in the first third of the vagina, a G-Spot orgasm triggers spasms throughout the entire pelvic region”, says Felice Dunas, author of *Passion Play: Ancient Secrets for a Lifetime of Health and Happiness Through Sensational Sex*.

That's why, if you're intent on ticking all these zones, the choice of the RIGHT sex position is imperative. Things like the angling of the penis, the bodies' alignment and the control of speed and depth are important and should be taken into account when choosing the right carnal mode for your specific needs. Don't get me wrong, I'm not saying missionary or spooning are to be completely banned from your carnal routine, but I do believe that if you want to make sure your partner reaches new heights of pleasure, you should put aside the sex positions that I consider to be the uninspired/lazy couples' best friends and try your luck with new and exciting variations that push just the right buttons. And since we're on the topic of crazy good sex positions, grab a copy of my book – *Orgasmic Sex Positions* – <http://orgasmicsexpositions.com> - and find there all the relevant information you need on which carnal moves work best when it comes to truly satisfying your partner.

As I've mentioned earlier, the clitoris, the G-Spot, the Mons pubis – these are not just theoretical bits of anatomy that you can easily overlook and head straight to coital adventure. Not if you want her to feel

the pleasure you're feeling. If you're willing to experiment regularly with new love moves and erotic attitudes, it will pay off in spades of satisfaction. "When you broaden your definition of sex and dare to try something outside of your usual arsenal of tricks, you not only get the benefit of phenomenal new sensations, you also gain confidence, which makes you more adventurous in bed", says Barbara Keesling, author of *Getting Close*.

If you ever catch yourself wondering what else is out there, and whether there are some new moves and positions that could drive the two of you even wilder, you've come to the right place. And if you're not afraid to venture outside of your usual preference, on the contrary, you love sampling steamy pleasure positions and lust maneuvers that never fail to incite a randy riot in your bedroom, my suggestions for new ways of experimenting with a tried-and-tested position, and thus making sure it becomes orgasm-worthy, will be right up your alley.

Screaming, panting, moaning = Orgasms are a sure thing if you bet on the wildest cowgirl ever

So what position should you choose then? What is the position that truly sparks a red-hot carnal session? Well, how about women's favorite – in bed, at work and in life? The ONE that's most effective



Reverse Cowgirl is an ideal position because women get to set the right pressure and pace...

Watch this technique on video.

when it comes to making a woman orgasm? And has also been approved by science? (According to certified sex educator Amy Levine, founder of SexEdSolutions.com, this position is ideal when it comes to ensuring a powerful orgasm.) Yes, I'm talking about the reverse cowgirl position – my all time absolute favorite and one that lends itself to numerous variations that take you and your sweetheart to new heights of orgasmic pleasure. Letting your partner grab hold of the randy reins may just be the key to her next greatest orgasm.

Why reverse cowgirl position is seriously bomb? It's pretty simple, actually. Not only will your partner orgasm easier (and, dude, will she ever!), but also she'll feel, and look like a goddess. Reverse girl-on-top is empowering, orgasmic, assertive, orgasmic, and... did I mention orgasmic?

But let me break down the reasons why this mattress move is so freaking amazing, along with tips for how to bliss it out even more. The Reverse Cowgirl position describes intercourse with the female on top, facing away from her partner – that much everybody knows. This switching up of the regular cowgirl has a few benefits though, and some of them are so powerful that you'd want to have known about them sooner.

Unlike your orgasm – which only needs penetration – a woman's is less about going straight to Pound Town and more about how much love all her hot spots get – it might seem that I'm repeating myself but trust me, I can stress enough the importance of this aspect. Reverse Cowgirl is an ideal position because women get to set the right pressure and pace that will get them off, and the angle is ideal for stimulating the two hottest spots on a woman's body: her G-Spot and her clitoris. This is a huge game changer in how pleasurable intercourse feels to your partner; it has



transformed women's sex lives in more ways than one.

By experimenting with the tempo and angle that bring her the most satisfaction and by switching up the rhythm from hard and fast (which aims at nailing the G-Spot) to a slow groove (which stimulates the front third of the vagina, the most sensitive part), a woman touches different areas of her V zone, and thus her orgasm finally becomes a sure thing.

Another benefit? All the good parts are within reach. While in missionary or doggie style, some of her hot buttons are tricky to get to, reverse girl-on-top grants the both of you easy access to all her "stroke me" spots. And because neither of you has to use your hands to support yourselves, they're free to roam everywhere. "Touching each other during reverse cowgirl – kissing, licking, stroking – builds on the main sensation that's coming from your genitals and adds another layer of pleasure", says Ava Cadell, author of *Stock Market Orgasm*. In fact, focusing on these, rather than the actual penetration can double your sexual pleasure: the passion satisfaction you will feel during your make-out marathon will recharge your booty batteries for a hard on session of pounding and grinding.

She can easily touch her own clitoris while she's on top. Or she can rock her hips back and forth or around in a circle, rubbing her clitoris of your pelvis. "Many women find it easiest to come in reverse cowgirl because in this position they can count on the right clitoral alignment and the necessary angle for hitting up the G-Spot", confirm Dan and Jennifer Baritchi, authors of *The Little Black Book of Sex*



When she's on top, a woman can make an orgasm happen by herself...

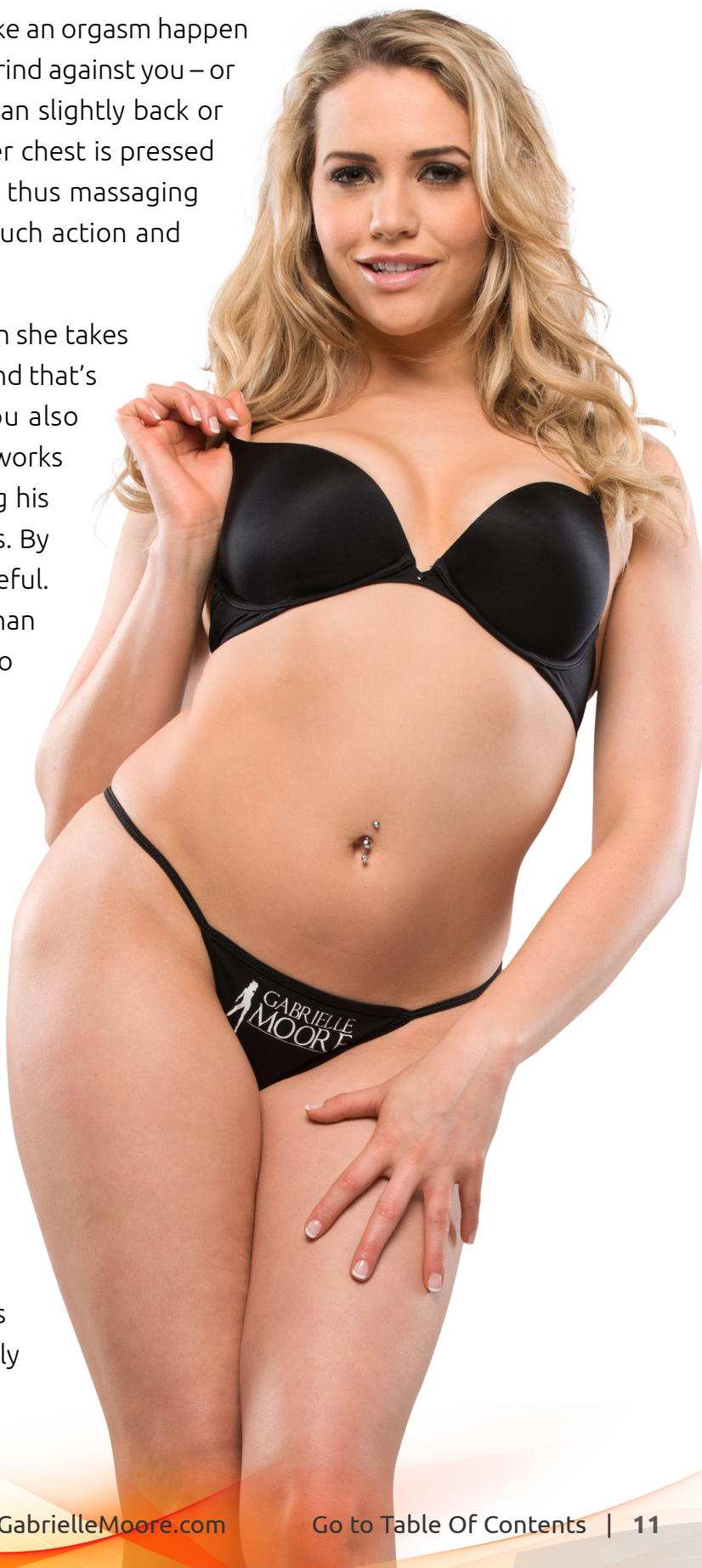
**Watch this technique
on video.**

Positions. When she's on top, a woman can make an orgasm happen by herself. After all, she has more freedom to grind against you – or reach down and touch herself. She can also lean slightly back or to one side, or bend all the way forward so her chest is pressed against your legs and her butt is pushed out, thus massaging parts of your penis that don't normally get much action and stroking her G-Spot at the same time.

And as for you, you can't complain either. When she takes charge, you know she's turned on and into it, and that's incredibly arousing for any guy to watch. You also have a great view of her sexy curves. Nothing works a guy into a feverish frenzy quite like watching his lady get down and dirty before his hungry eyes. By checking out her butt and back, you get an eyeful. Because you guys are more visually oriented than women are, seeing this sexy image will be key to your arousal.

Plus, it's the only position where you really get to witness your partner in action. And, most importantly, you don't have to worry whether she'll have an orgasm since she's taking control of her own pleasure. "Watching your partner take control of her orgasm – and working towards giving you one as well – is powerful erotic play that often gets ignored or rushed", says Lou Paget, author of *How to Give Her Absolute Pleasure*. You can just cruise along and enjoy yourself.

Plus, gravity lends you quite a helping hand. When you're lying on your back or sitting down, the pressure of her body on top helps you effortlessly slide in a little farther. Not only



does it feel incredible for both of you, but it gives you an ego boost as well. It will make you feel bigger, powerful and more macho. And there are two really important plusses to going really deep. First, her lower half taps up against your testicles with each thrust, stimulating your nerve-packed scrotum while providing extra feel-good pressure for your partner. Second, your pubic bones are pressed together, which means her clitoris is getting major friction... and she's getting closer to the O zone.

Last but not least, reverse cowgirl is great for you because it can help you last longer. When left to their own devices, most men will resort to hard and fast sex, because it's easiest for you to get off. But good things come to those who wait – drawing out sex usually yields a more intense orgasm and also gives your partner a chance to get up to the same speed. When she's on top, she's in control of your thrusting and can mix slower movements that help extend the pleasure. "Most women favor a grinding rhythm, while men are stimulated while stroking in and out", says Michael Bader, author of *Male Sexuality*. So when your partner sticks to her favorite motion, you are able to last longer, which makes you feel like a serious stud (so everybody wins). Want to know more about how to cure premature ejaculation and last longer in bed? Read my book – Last Longer Tonight – <http://lastlongertonight.info> - and you'll find there all the answers you have been searching for.

Taking charge and getting in the saddle has literally changed women's sex lives (and guys' too, to be honest). So if your orgasms have been lackluster (or worse, missing) it's time you let her lasso those suckers. Reverse woman-on-top is for couples who know what they want and aren't afraid to go for it in bed. Just have her get on top. You won't regret it. And in case you need additional proof of why this works, have a look at the video I created for this course and let my sexy assistants teach you all the moves you need to master this oh-s-wild position!

Section 2

Master The Wildest Reverse Cowgirl Ever

Stereotypes will have us believe that women don't give half a damn about taking control of their own pleasure, whereas men want nothing more than to be the ones who do the initiating and the penetrating. But that's far from being accurate. And as these three techniques will show you (in plentiful of erotic details), with a little guidance from your part, your lady will actually turn out to be pretty good at taking the reins and doing what needs to be done in order for the both of you to have an amazing experience in bed.

TECHNIQUE ONE

Do The Rockaway!

With this technique, you will see that the reverse cowgirl position can also mean closeness, not just carnal rapture. Start with a couple of stretches (the technique requires you give the athlete in you a fighting chance), move on to my spectacularly hot foreplay moves then fall into position with my step-by-step instructions.

Pre-Sex Stretches

To loosen your muscles, try these “yogassage” stretches that will make every position you try easy as pie. Do it together, because you will both need to be flexible in order for more complicated carnal positions to work.

/// **The spine tinger.** It works your upper, middle and lower back. Kneel with your butt on your feet. Lean forward, resting your torso on top of your thighs and stretching your arms out in front

Lean forward, resting your torso on top of your thighs and stretching your arms out in front...

Watch this technique on video.



of you to loosen the muscles along your spine. Have your partner stand directly behind you and gently press on your back to enhance the stretch. Switch places and repeat.

The pinball tilt. It works the front of hips, abs and thighs.

Have your partner lie on her back with her knees bent, feet flat on the floor. While she rests her arms along her sides, kneel beside her. As she slowly raises her pelvis off the floor, place your hands under her to help her hold the posture – hips and thighs in line. She should hold the position for two counts, then lower her pelvis to the floor and repeat.

The tug-of-war. It works the inner thighs, lower back, arms and abs. You and your lady should sit on the bed or the floor facing each other, keeping your backs straight and tall. With your legs straight and spread in a wide V, have her extend her legs and place her feet along your inner thighs. Reach your arms across to one another, clasp hands, and look directly into each other's eyes. Then, maintaining eye contact, lean toward your partner while she leans back as far as she can. Take turns leaning forward and back. Switch inside and outside legs and then repeat.

Tricks That Double Her Pleasure

To leave a woman quivering, you need specifics: the touches, speeds, and erotic extras that upgrade good booty to knee-buckling bliss. When it comes to pleasing a woman in bed, the truth is you can never really know what exactly will put a smile on her face. And there is another problem: the typical woman isn't likely to speak up and reveal the sensual specifics that



would mean the difference between feeling good and seeing stars. And since you're not a mind reader, how can you find out what's truly on her pleasure menu? It's easy – by being patient during foreplay and trying my specifically designed techniques for making her moan.

▲ **Take your time.** Men and women both reach peak arousal in about 10 minutes, says a study from McGill University in Montreal. So undress each other... slowly, observing each other's gestures and building on that much needed intimacy.

▲ **Set the scene.** Candles and soft tunes can warm you up for action. A Dutch study showed that women who are more relaxed are more likely to orgasm. So... Netflix and chill for the win? Not really. But the more chill (aka sexy) the scene, the more likely you are to "chill" afterward.

▲ 3 kisses to try out tonight

// **The surprise smooch.** Mid make-out, suck on her tongue firmly for a quick second. The sweetness will surprise her – you'll practically see the thought bubble above her saying, "Uh, did that just happen?" – and the excitement will make her want to get dirty, like now.

// **The lip service.** Vary the intensity and speed of your make-out session by playfully nibbling on her lower lip and tugging it toward you. Key word here? Playfully. Don't bite down. The little bit of roughness lets her know you're in the mood for an intense romp.



Mid make-out, suck on her tongue firmly for a quick second.

Watch this technique on video.

/// **The on-the-move xo.** Starting at her neck, give her quick fluttery pecks, varying your kisses on your way down to her panties. When a guy does something totally different from what a woman is used to, it totally turns her on.

▲ Hit her hot spots

/// **Ears.** These often overlooked ecstasy entrances are a way more excitable zone on your partner's topography than they are on yours. Make the most of this randy region by gently poking the wet tip of your tongue into her ear and wiggling it around the inside edges. But don't ignore her earlobes or the outer ridges. Alternating between inside wiggles and outside nibbles is sure to rev up her erotic engine. Tease-her tip: gently breather hot air behind her ear.

/// **Nipples.** Lingering nipple kisses do make her purr with pleasure. Start by kissing them softly, then move to using your whole mouth to suck on them. Or alternate sucking to gently pinching them to perk her up right away. Focus on making it only a little bit painful, not more. There a fine line between kinky and leaving an unpleasant love mark.

/// **Inner thighs.** The area between her knees and genitalia is packed with pleasure points. To arouse them all, gently run your fingers toward and away from her vagina. Massaging this area encourages blood flow to her



entire pelvic region, which enhances her chances of having an orgasm. And it's such a tease to touch her somewhere else before heading to the main character of your personal erotic play.

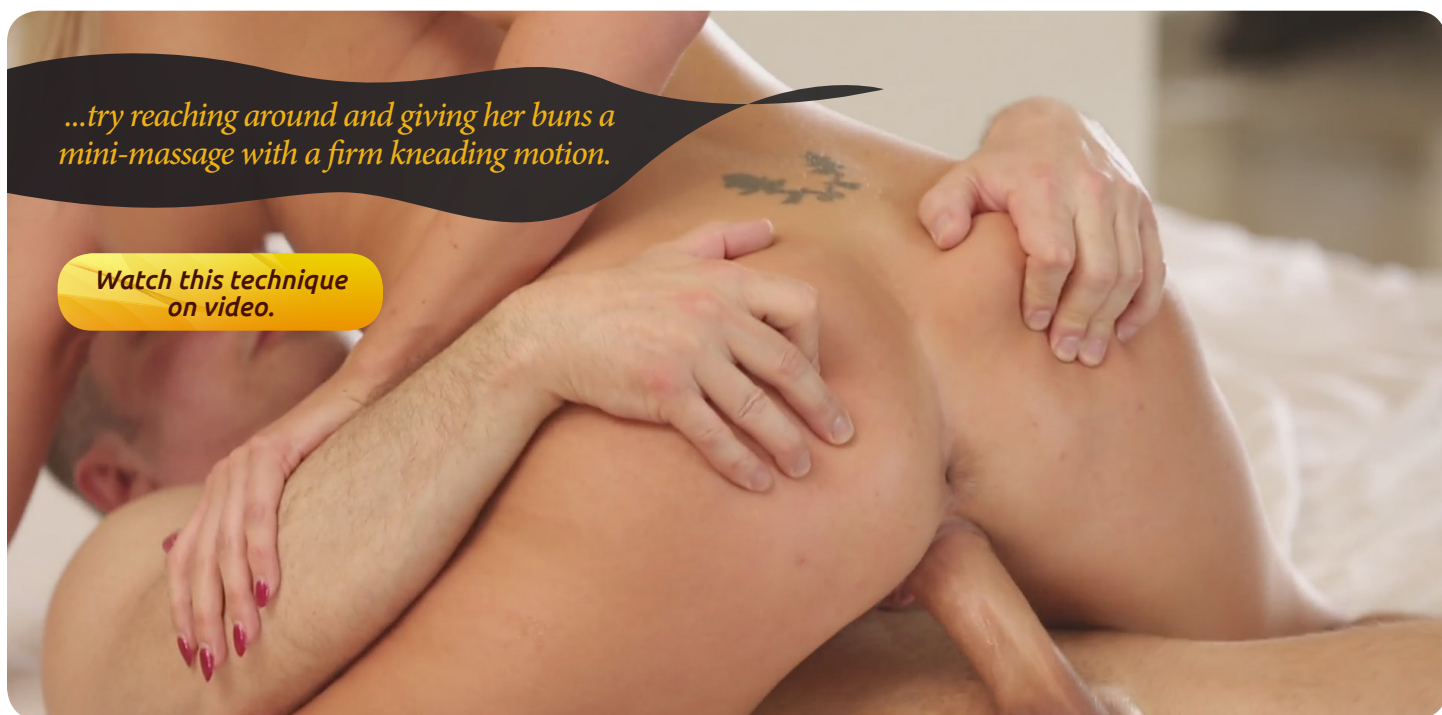
▲ **Buttocks.** Once she's aroused, lightly spanking, pinching or kneading her bum will make her go gaga. That's because when a woman is turned on, her body releases feel-good chemicals called endorphins, making stinging slaps feel like pleasurable pats. While she's on top of you and you're kissing her breasts, gently tap her buttocks. Or try reaching around and giving her buns a mini-massage with a firm kneading motion. Another cheek-pleasing checkpoint: run your nails along her backside and tickle the spot where her back and butt meet. The unexpected erotic sensation will add additional oomph to her already supercharged orgasm. For more carnal tips on how to master the art of erotic massage, read the book I created specifically for this subject – *Erotic Massage for Better Sex* (<http://www.eroticmassage mastery.com>). You'll learn more carnal tips and tricks than you can handle, I promise!

▲ Share synchronized vibrations

It's ok, you can admit it: you are curious about sex toys but haven't included them in your randy repertoire because you think they're only for the ultra-kinky. You're missing out! They have the power to open up a whole new realm of pleasure for you. "Sex toys are capable of creating sensations that people can't, which intensifies the experience", says Gloria G. Brame, author of *Sex for Grown-Ups*. Your partner may

...try reaching around and giving her buns a mini-massage with a firm kneading motion.

Watch this technique on video.



have some kind of battery-operated friend that she reserves for frisky moments alone, but sharing her toy with you boosts the fun quoting for both of you. If you have never felt the electrifying pulses of a pleasure toy, ask her to treat your member with care. Putting her vibrator directly on your penis might be too intense for you, so try experimenting with your perineum area, another spot rich with nerve endings but not quite as sensitive.

To begin, rub her vaginal area up and down – on a higher speed on her labia and lower on her clitoris, which is extra sensitive. When you're sure she's revved up, turn the vibrator back to her and have her slide it on your shaft from head to base. If you find the pulsations too powerful, muffle the intensity by wrapping the vibrator with a handkerchief, sheet or her undies to soften the vibrations.

A Word Of Caution

If you are going to have fun, don't make a mess – literally. Wash your hands before using a sex toy, clean it both before and after use with a warm, wet cloth and antibacterial soap (let air dry before storing), and check for sharp edges that may cut you or cracks that can hide bacteria.

Turn Up The Tease Factor

Enter her for a hot second, then go back straight back into your foreplay of choice. Think of it as giving her a taste of the main course during cocktail hour. It will leave her hungry – no, salivating – for what's to come.



Do The Rockaway Step-By-Step

▲ **Have her lean backward (instead of toward your feet).** This minor modification has several orgasm boosting bonuses. Your penis is going against the grain, entering against the natural shape and curve of your partner's vagina, which gives you more friction. And the pressure of your penis against the front wall of her vagina causes a type of stimulation many women find pleasurable.

▲ **Start with teasing moves, to better get in the zone, for example only enter her partway or have her lower herself onto you slowly, gently moving up and down.** The shallow thrusts keep you from getting too excited too fast yet gradually build arousal. Moreover, "most women feel strong sensations in only the first few inches of the vagina, so taking just the tip of your penis inside her feels fantastic", says Jane Bogart, author of *Sexploration: The Ultimate Guide to Feeling Truly Great in Bed*.

▲ **Gradually move on to more intense sex and deeper penetration.** This allows for the stimulation of the G-Spot – the small sponge-like mass behind the vaginal wall –, which sends waves of pleasure throughout her entire body. Touched the right way, this magic button triggers feelings of sexual happiness more intense than those women feel via clitoral stimulation – more of a warm, flushing feeling that resonates deeply throughout the entire body. 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.

While she rocking your penis like a professional, reach down and stimulate her clitoris to achieve a blended orgasm...

Watch this technique on video.

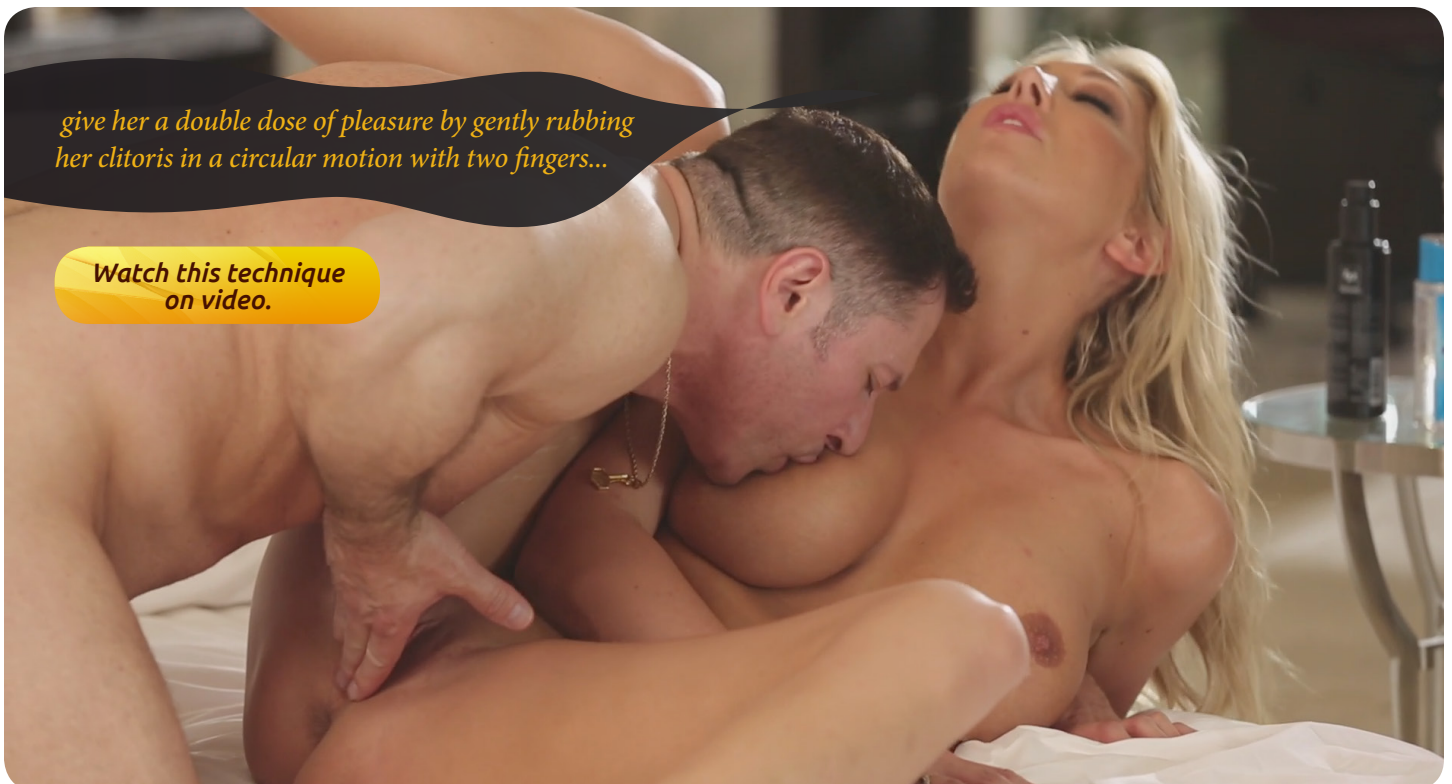


▲ **While she rocking your penis like a professional, reach down and stimulate her clitoris to achieve a blended orgasm – this combines G-Spot stimulation and clit play.** “The nerves of the clitoris extend very close to the G-Spot, so reaching peak by stimulating the two hot spots at the same time is about as intense as it gets”, says Celeste Hirschman, author of *Cockfidence: The Extraordinary Lover’s Guide to Being The Man You Want*. Since she’s sitting on you, her body is open for exploration and your hands are free to roam – so let them roam! Run your hands from her collarbone all the way down below the belt. When she’s getting close to climax, give her a double dose of pleasure by gently rubbing her clitoris in a circular motion with two fingers until she crosses the finish line. Not sure how to do these moves? Check out my video course and all the carnal tricks presented here will literally come to life before your eyes. Hey, you know I’ll do just about anything to help, right?

▲ **To make the rockaway really out of this world for her, add some complementary moves to your penetration.** Since she’s leaning back towards you, you get free access to her breasts – which only adds hotness to an already hot position. But don’t get caught up in the moment and knead on them like they’re made of dough. I know you that, where you care in the heat of the moment, you sometimes forget that your partner’s breasts are capable of being as sensitive as, say, your family jewels. In other words, handle them with care and keep the groping, grabbing, twisting and yanking to a minimum.

give her a double dose of pleasure by gently rubbing her clitoris in a circular motion with two fingers...

Watch this technique on video.



“Not only does it hurt, but you can actually damage breast tissue as well”, says Barbara Keesling, author of *The Good Girl's Guide to Bad Girl Sex*. Yes, boobies are fun to play with, but maintain a soft touch – alternate between light caressing and moving your hand in a circle while holding her breast.

TECHNIQUE TWO

Lusty Lift

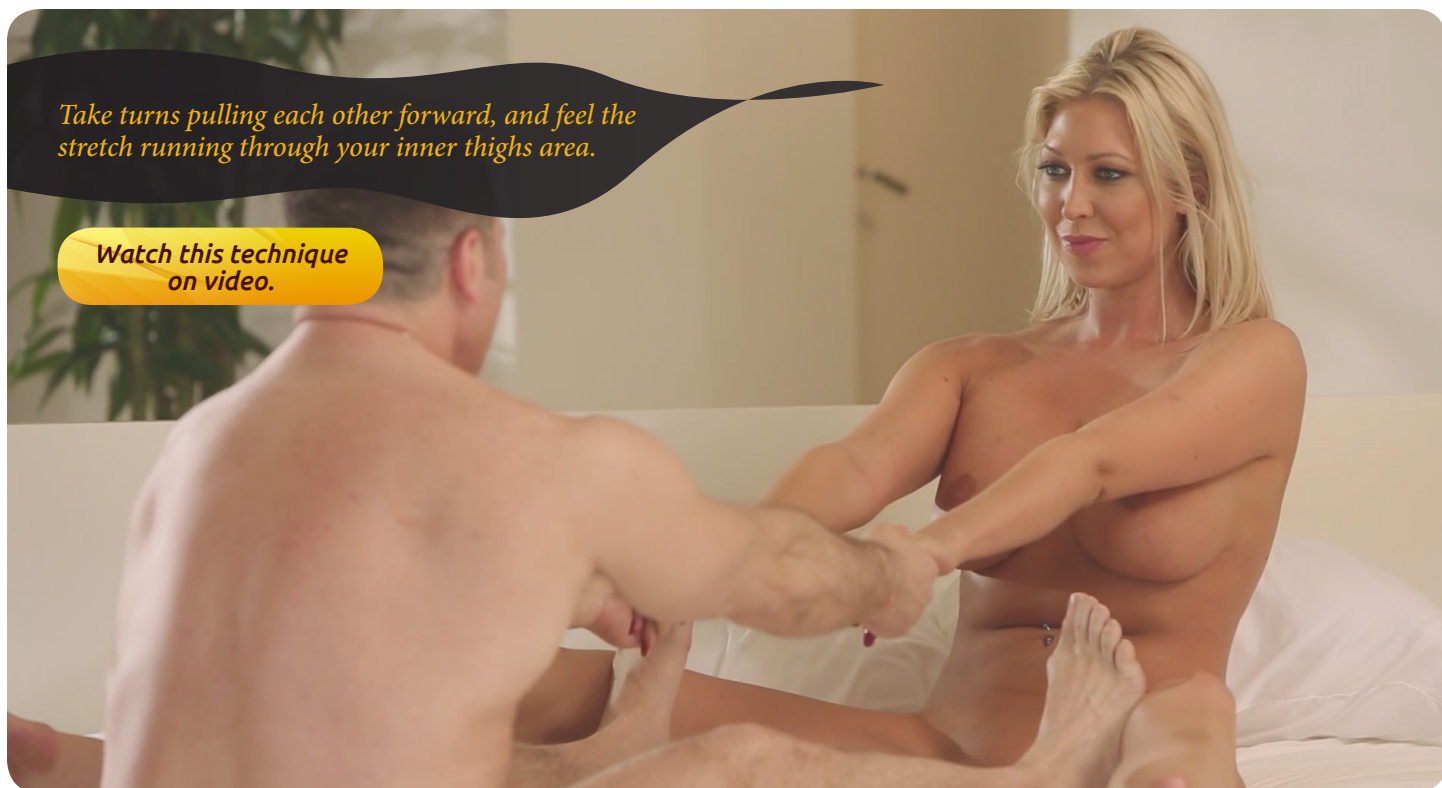
It's time you give her a break and treat yourself with taking control of the action. Even though she's still on top, this technique requires you do all the moving and pounding and taking the lead. Trust me, you'll love this.

Loosen Up Before Going For It

Heart-pounding, heavy breathing super sweaty sex puts your bodies through a wild workout. And like any exercise, stretching before carnal cardio gives the both of you increased flexibility and stamina

Take turns pulling each other forward, and feel the stretch running through your inner thighs area.

**Watch this technique
on video.**



– two big perks for trying out new positions and lengthening your lovemaking sessions.

Here's a pleasure-maxing yoga move you can do with your partner before trying out the lusty lift: Sit facing each other with your legs spread in a V, feet touching. Reach out and grab your partner's hand. Take turns pulling each other forward, and feel the stretch running through your inner thighs area. I swear you will be thankful for your limber loins later that night.

Another thing you can try is unknotting each other's muscles with a couple of massage moves. A basic neck and shoulder rub is great – but try massaging each other's inner thighs (you'll need strength in your legs for the reverse cowgirl position), arms or back. Try "the three point press" – an acupressure move that will tackle any remaining tension and leave you feeling relaxed and ready to get down to business. Use the pads of your thumbs to press firmly while moving in tiny circles, first at the sides of her back, then a midway, down her spine. Then move down to her thighs and buttocks. Focus on each area for a soothing three seconds or so. Finally, finish her off with a firm rub – long, steady strokes – and then have her return the favor.

The Foreplay She Secretly Craves

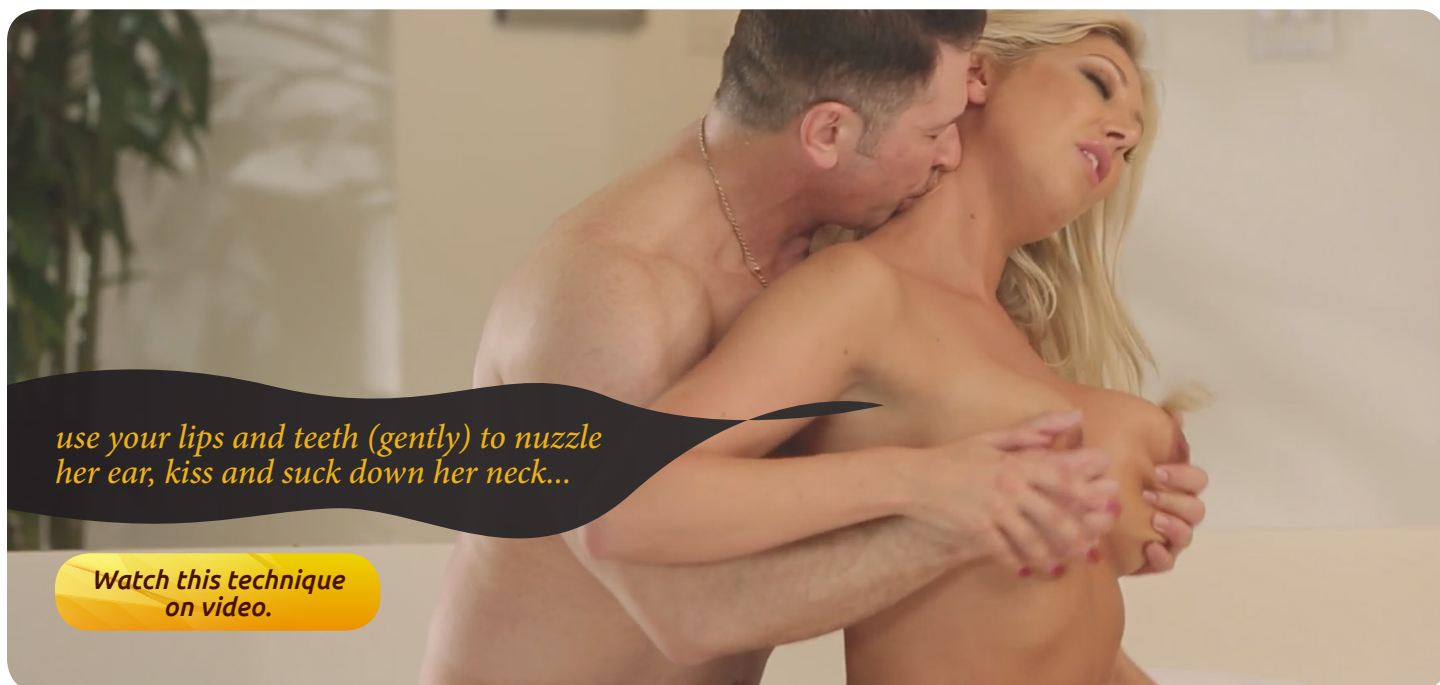
If you think this position will make your bodies tick – and you're right – and you're ready to jump in the sack and share your new knowledge with your partner in passion, don't do it so quickly – don't join genitals right away. There are times it pays big time to enjoy in leisurely lovemaking. And as it turns out, taking it a little slower in



bed can actually supply a much bigger payoff. Intrigued? Thought so. Here's the deal: Meandering down the passion path instead of breaking into a sprint allows you to become more aware of the textures and contours of each other's bodies and relish the sheer pleasure of touching and being touched. Plus, one reason many women don't orgasm during intercourse is because they start before their bodies are ready. When it comes to The Lusty Lift, it pays to wait, because as your partner gets aroused, her clitoris swells and moves closer to her vaginal opening, thus upping her chances of inching toward ecstasy with your every lusty thrust.

So as you and your lady start to strip down and hit the sheets, start the night right with a technique I like to call "fire breathing". Begin by exhaling fiery air on her more innocent hot spots – like the nipples, behind her ears or her inner thighs, and inch closer to the more concrete turn-on place: her vagina. Don't lick or suck, just take shallow breaths and exhale deeply over her skin, making sure you are not touching her skin at all. This will help your partner relax and deliver oxygenated blood to the main muscles that contract during orgasm, making them more responsive. You can also try synchronizing your breathing. Matching your inhalations and exhalations with hers will help bring you to the same level of arousal – so when you will be about to finish, she will be with you. Also, breathing faster increases circulation, boosting every sensation.

If not touching her is something you can't possibly see yourself doing, try a tantalizingly tactile experience instead. While she's lying down, just barely graze her skin with one finger, slowly tracing



use your lips and teeth (gently) to nuzzle her ear, kiss and suck down her neck...

**Watch this technique
on video.**

the entire outline of her body. Then sweep your fingers across the rest of her physique for as long as possible – especially her thin-skinned spots: wrists, inner knees and behind her ears. It will make her shiver. Treat it like a moment of admiration – you're honoring her body and spending time appreciating it, rather than rushing straight into sex. "For many people, touch is genitally focused. Concentrating on other body parts, you're giving your partner the chance to experience different sensations", says Hilda Hutcherson, author of *What Your Mother Never Told You About Sex*.

By the time you've completed this lusty warm-up, you will be raring to drive your heat-seeking missile home, I know. But keeps the brakes on for a little longer by engaging in outercourse: anything that involves non-penetrative sex. For example, don't take your underwear off until both of you are absolutely ready. Since I'm pretty sure you're good to go before your partner, bring her up to speed with this simple hot exercise: while she still has her panties on, lick around and on top of the material. This feels wonderful for her without being over-stimulating. And as you inch closer and closer to the main course, she'll be aching with "Will he or won't he?" anticipation. That's why when you finally hit her jackpot, stroking and fondling her labia and clitoris, you will shoot shock waves of pleasure through her system. "That small bit of fabric creates a barrier that adds to sexual frustration, making the payoff that much more powerful", says Ian Kerner, author of *She Comes First*.

I also recommend trying your luck with a technique I like to call the naughty nibble. Use your teeth on every part of your partner's highly biteable body and you'll discover a new meaning of animal passion.

stroking and fondling her labia and clitoris, you will shoot shock waves of pleasure through her system.

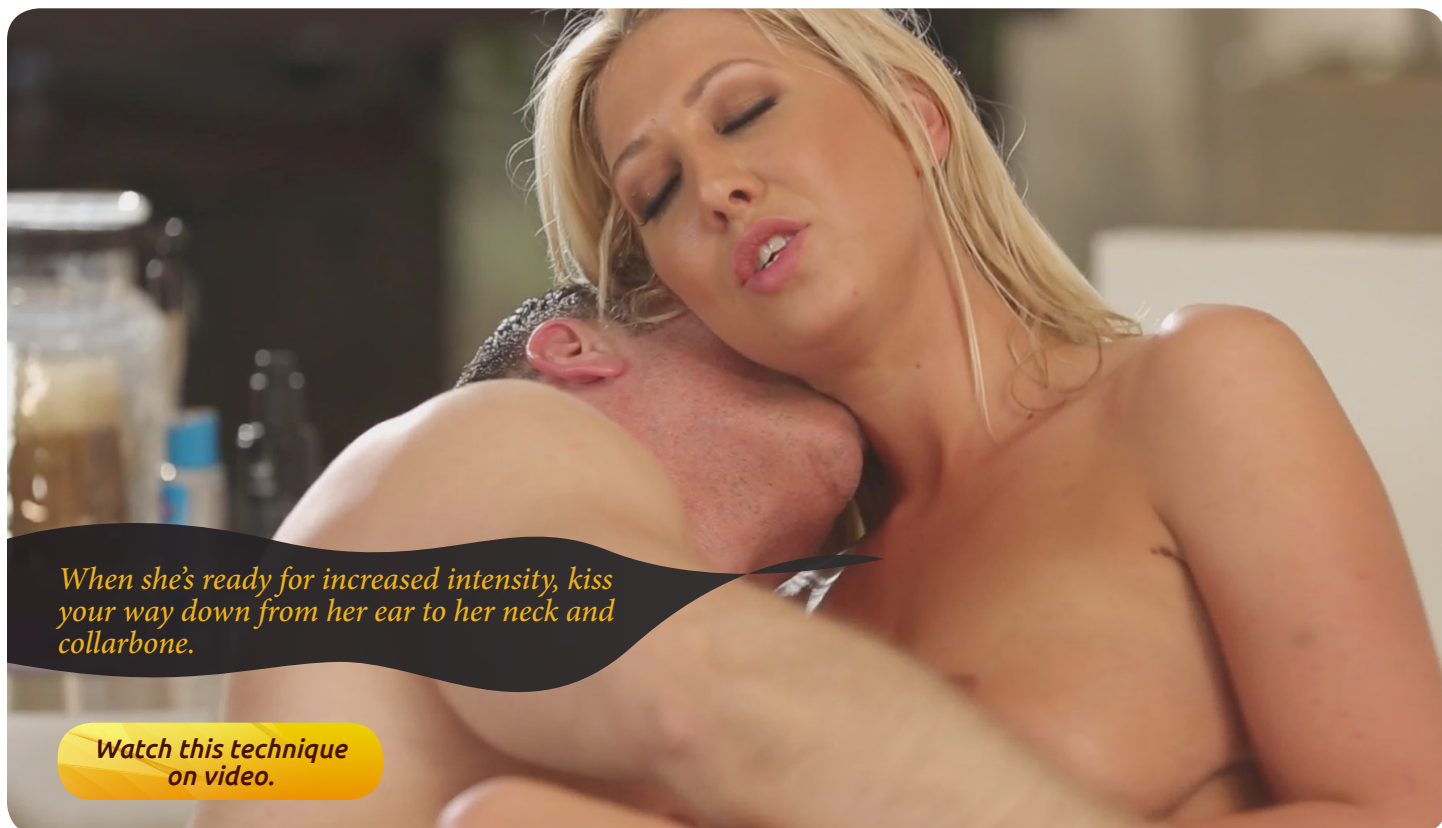
Watch this technique on video.



Plant your lips under her earlobes, and as you work your way down her neck, gently take her flesh between your front teeth, tug just a fraction of an inch, then release. While this may strike you as a bit ferocious, keep in mind that 80% of people say receiving a mischievous nip drives them wild. “As you become aroused, your body releases endorphins, which block pain receptors and turn normally stinging moves into an erotic experience”, says William Cane, author of *The Art of Kissing*. And if you alternate kisses with nibbles, she won’t know what’s coming next, which jolts her whole body into a state of erotic anticipation.

Yes, foreplay is indeed an art form, and if you’re the eager-to-learn student I think you are, read my book on this topic – *Turn Her On Faster* (<http://turnheronfaster.com>) and you will indeed become the master of foreplay she probably never dreamed you would be. You can thank me after you finish rocking her world with the moves I’m teaching there.

After you have licked and stroked her into such a tizzy she can hardly see straight, you are ready to let her ride your rocket into orbit. If she’s still not sufficiently wet, lube up – both you and her. Almost 50 per cent of women say lube makes it easier to orgasm. And forget the myth that lube is only for virgins or older women – all the cool kids are doing it!



When she's ready for increased intensity, kiss your way down from her ear to her neck and collarbone.

**Watch this technique
on video.**

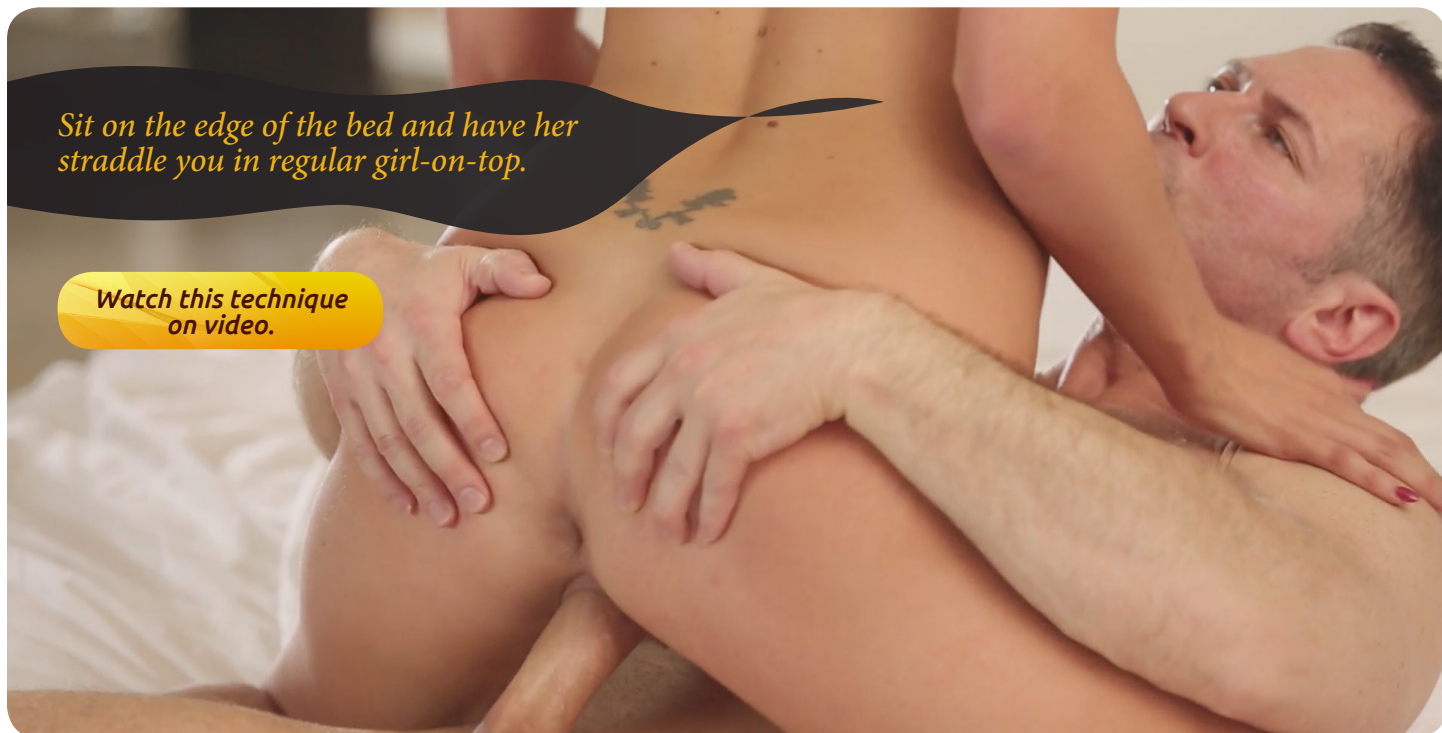
The Lusty Lift Step-by-Step

▲ **Sit on the edge of the bed and have her straddle you in regular girl-on-top.** It's good to start in this position because, since women love face-to-face, up close and personal intimacy, this allows you to create an intimate bond by first touching and kissing each other at length. Because enthusiastically grabbing her boobs and rubbing between her legs without proper warm-up beforehand is as sensual as walking through an automatic car wash, you should make an effort and satisfy her personal needs. It's well worth it. Unless she's already super horny, you have to turn her on above the neck before you can start exploring below. This happens by starting with prolonged lip action. "Kissing helps spark arousal", says Barton Goldsmith, author of *Emotional Fitness For Intimacy*. So suck her lower lip, flick your tongue against her mouth, and vary the pressure with which you press your pout against hers. You can also try pulling the back of her head closer to you with your hands and lightly tug on her hair as you kiss. This will reinforce the message that you can't get enough of her mouth on yours. When she's ready for increased intensity, kiss your way down from her ear to her neck and collarbone.

▲ **When she starts moaning because you've hit the right spots, look her deep in the eye and suddenly turn her with the back to you.** This gives her the message that you need her and that you can't wait any longer, which is super primal and perfect for setting the stage for wilder more passionate sex. You can try doing it without fully removing your clothes. Tell her to keep her nightgown on and just

Sit on the edge of the bed and have her straddle you in regular girl-on-top.

Watch this technique on video.



push her underwear aside to enter her. The immediacy of keeping clothes on is hot – like you can't wait to have each other.

▲ **Start with some clitoral action.** Roughly 70 percent of women need more clitoral stimulation to orgasm during sex – so reach down and touch her during the deed. You feel in control of her orgasm and she's super turned on. Win-win. As for how exactly you should work her clitoris, first remember that it extends down her labia in the shape of a wishbone. So stroke the labia – not just the clit – while you are down there. I know you guys are goal oriented and you often figure that the faster and harder you work it down there, the more powerful your partner's orgasm will be. But things are not quite so. If you continue the same stroke over and over, after a while things can go numb down there, instead of exploding in bits of pleasure. What you have to do is the following: try pressing and releasing your fingertip against her clitoris several times, then make circles in either direction to hit all of her nerves. For a twist that will turn you both on, use the tip of your penis to stimulate the clitoris (you might want to apply a water-based lube first)

▲ **When she's hot and ready, have her lean forward then grab her by the waist or under her bum and lift her up and down onto you until she, well, screams with pleasure.** This is a stellar twist because it puts the G-Spot in the spotlight. Since your erection slants upright, your penis will be angled toward her belly button – ex-

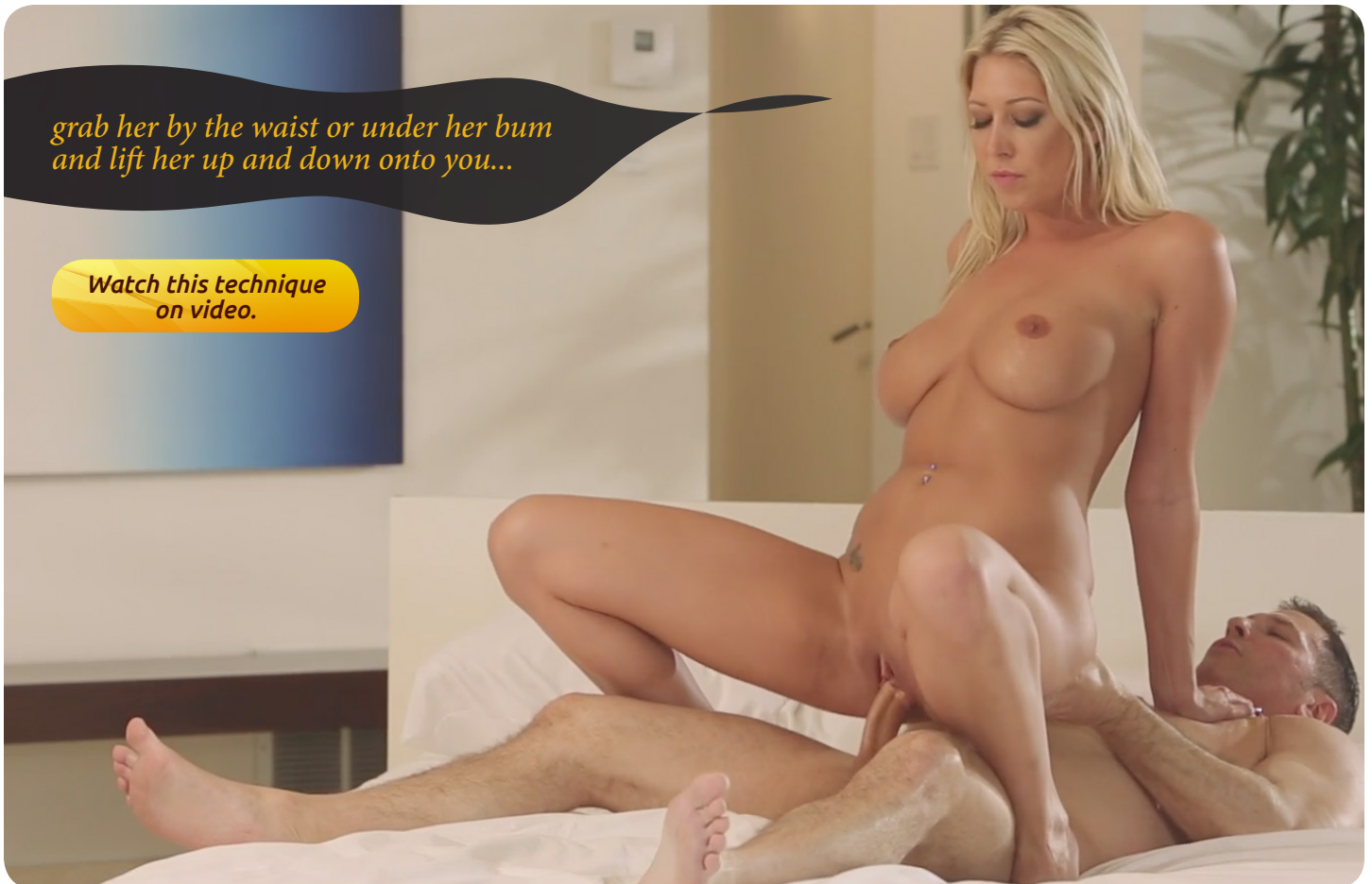


actly where her G-Spot hides. To send her over the edge, ask her to push down with her PC muscles (as if she was urinating). Not only does this collapse the vaginal walls surrounding the penis for a snugger fit, but it gets her G-Spot rubbing right up against your hardware. Another tip worth mentioning: when you feel she's close to coming, skip the in-and-out thrusts and stir with your penis instead. You'll stimulate every inch of her in a motion that's ocean-like. Or grind into her slowly, then suddenly speed up. Or get deep, and then tease her with shallow penetrations. You get the idea. The more diverse your movements, the better. Sounds complicated? It's not! And if you check out my video course on the subject, you'll see just how easy these moves are.

▲ **Since this is a position that puts you in command, go even further with your boss man routine and tell her she's not allowed to make any noise during the deed.** This can be a huge turn on, especially when something feels so good you just want to express it. Try this: tie her thong or her bra over her mouth, then do dirty, dirty things to her until she's digging her nails into her palms to keep from ripping the piece of material from her mouth.

*grab her by the waist or under her bum
and lift her up and down onto you...*

**Watch this technique
on video.**



TECHNIQUE THREE

Pressure Cooker

There's no doubt about it: men love when a chick climbs on top in bed and takes control. In fact, every time I polled guys about their favorite passion poses, girl-on-top came out, well, on top. And it's not just blissful for the male population. Your partner can get maximum pleasure too. This second variation of reverse girl-on-top, called Pressure Cooker, is all about making your partner tremble with ecstasy. I've modified a few things so that every move you guys make is an opportunity for your partner to reach yet another level of pleasure. Go ahead and see for yourself what are the surprises I have in store for you this time around.

Your biggest reverse cowgirl worries – SOLVED!

Nothing kills the mood like stress. So that's why I think it's good to start by clearing a few myths so that you can enjoy your ride without worrying every step of the way. Heed this advice and reining in reverse cowgirl angst will be easy.

"What if she breaks my penis?"

Bouncing too enthusiastically and missing the target can indeed turn out to be hurtful for you, but only if you really overdo it. If you're both craving it hard and fast, just make sure you never pull it out all the way. She might not notice and pounce back on it and



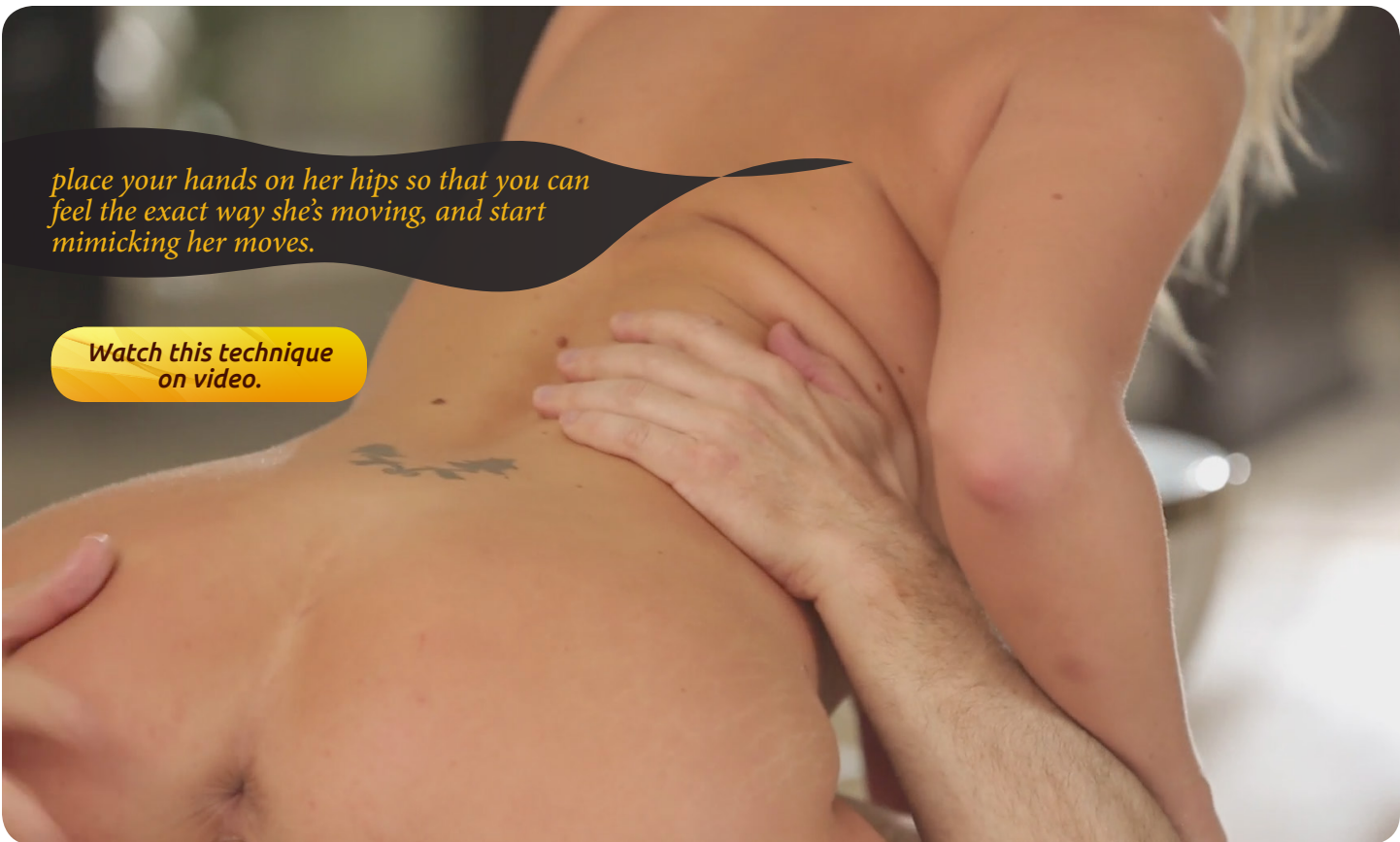
cause some pain and damage. In the case of the rockaway technique, since she's leaning backward and the position is not straight, don't press the breaks more than you can think you can handle. And, most importantly, only do it when you are sure your movements are in synch with those of your partner.

"I can't feel the beat!"

Out of synch? Slow down and place your hands on her hips so that you can feel the exact way she's moving, and start mimicking her moves. Or crack some music beforehand – you can both follow the rhythm and thus you won't have the problem of moving in opposite directions and ruining the mood.

"What if I don't get off?"

I know, sometimes you guys need the thrusting motion of missionary or doggy style to orgasm. To be sure this doesn't happen to you, have her warm you up with oral before sex so that you are closer to the brink. Or take turns being in control: let her start off, then when you are both getting close to climax, take the lead and thrust in a way that's favorable to you or just switch to a position where you are on top.



place your hands on her hips so that you can feel the exact way she's moving, and start mimicking her moves.

Watch this technique on video.

Tease Her The Right Way

Maybe your sex life is already smoking, but what if I told you that with a few minor tweaks of your technique, you could really groove with each other's moves? The trick to achieve that is to synch up your sex styles. Everyone has a different bent in the bedroom – perhaps you go at it like a speed demon while she likes to take her sweet old time in the sack. Or you crave caresses while she hungers for a heavier hand. “You can create sexual synergy by getting those differences to complement each other”, says Lou Paget, author of *How to Give Her Absolute Pleasure*. So if you crave a truly combustible connection and want to uncover new turn-ons, check out my tips for fixing a sexual mismatch and teasing your partner the way she wants you to do it.

If you're raring to go, but she likes it sweet and slow...

You're a wild man, so you get pumped up with passion about a minute after hitting the sheets. The result: you're racing toward a fast and furious finish line while she's lingering near the starting line. The solution in this case lies in engaging in friskier than ever foreplay – this is pleasant for you, while at the same time stretches out the action for your partner. One sneaky slow it down trick: climb into bed fully dressed. Your partner gets the benefit of your leisurely loving while you're busy feverishly searching for sexy skin. You can also try convincing her to match your ready to rock spirit. I mean, you love her gentle go slow style, but you still wouldn't mind if she picked up the pace once in a while, right? Try this gutsy guy move: Walk up to your partner while you are both out and about and whisper into her year, “I want



to take you home and throw you on the bed". By the time you get home, she would be aroused and excited to do it fast and dirty.

If you have an insatiable libido, but she has a subtler sex drive...

Your libido is racing, while hers can be fickle, and sometimes even non-existent. First and foremost, you have to know that the reason she might be prone to passing on sex is because she's not getting enough clothed foreplay. "Seduction starts before the act", says Paul Joannides, author of *Guide to Getting it On*. So override her I'm-not-in-the-mood inhibitions with heavy make-out sessions. Building anticipation on this way will surely kick start her desire. A trick that I've discovered works magic when it comes to getting your sexual energy in sync is to cuddle together in the traditional spoon position, with arms around each other, paying attention to the rhythm of each other's breathing. You will soon become so attuned to each other's body language that you will become an extension of one another. 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 libido and what you should do to really turn your partner on and have her moan with pleasure with each one of your moves.

If you're down and dirty and she's more demure...



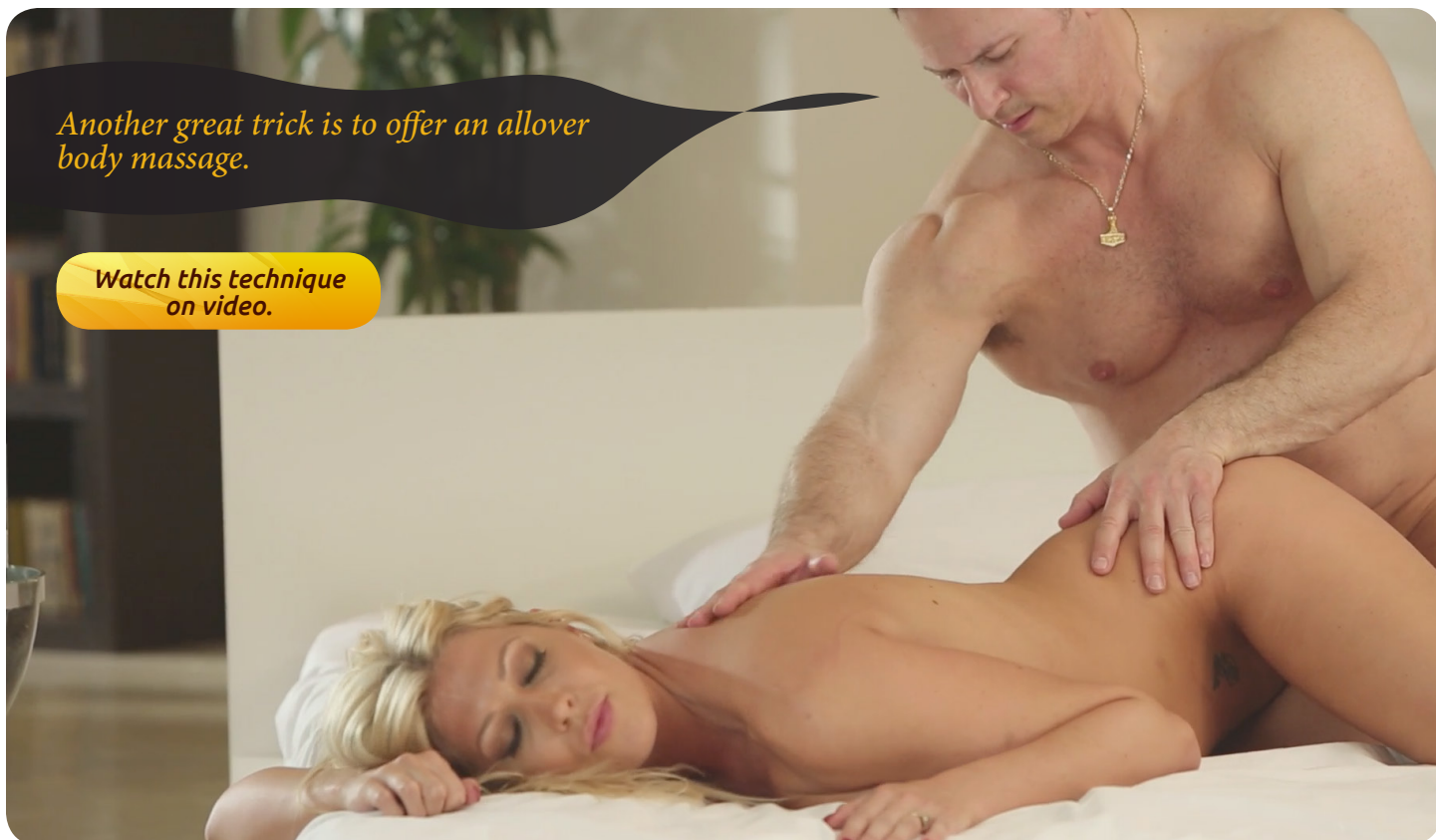
You're always begging for some over the top sex move that only a carnal contortionist could do, while she's satisfied with traditional positions. In order for her to agree to bolder bedroom manners, don't handcuff her to the bed (no pun intended). Just go slow, by firstly maybe surprise her with an out of character pair of panties or engage in some sweet and sassy sex talk. Another subtle way to get her to play is by keeping the mood fun: initiate a wrestling match on the mattress where you will naturally end up on top, pinning her wrists. This initiates skin to skin contact, plus it's a powerful intimacy enhancer – you are separating yourselves from the world, which is inherently sexy. Plus, sex doesn't always have to be urgent and serious, it can be sparked by pure and simple fun.

If you're the move maker and she is passive partner...

You love to be in the driver's seat, but you wouldn't mind if she took over once in a while. Maybe she knows you like to run the show and doesn't want to infringe on your fun. In this case, let her know that you're up for letting go of the reins sometimes. When you get the urge to start something, show her you are open to suggestions by snuggling a little closer, caressing her arm, or flashing her your bedroom gaze – then let her pick it up from there. Another great trick is to offer an allover body massage. Start at his shoulders, rub down to her butt, then move on to her legs and feet... then finish off with a few

Another great trick is to offer an allover body massage.

Watch this technique on video.



suggestive touches and nothing more. She will be so turned on that she will not care anymore about who is the one making the move. Playing the waiting game will no longer be an option for this feisty lady.

Pressure Cooker Step-by-Step

▲ **Lie flat on your back, arms at your sides, your legs stretched out in front of you.** Facing away from you, your partner straddles your pelvis, her knees resting on either side of your hips so you can hold on to her ankles or calves for support. When you're nice and hard (and she is well lubricated), she should place one hand on the bed or on your legs to steady herself, as she holds the base of your penis with one hand and slowly lowers herself onto you.

▲ **Once you're all the way inside her, have her close her legs together (between yours).** This sort of clench benefits you for obvious reasons (you'll feel her tight on your penis) and her because the tightness activates the nerves she needs to come. The position of her legs makes all the difference during this technique. Generally, it's easier for women to orgasm when they keep their legs pressed together – it increases tension in her groin muscles, which stimulates the nerves in her pelvic region

Facing away from you, your partner straddles your pelvis, her knees resting on either side of your hips...

**Watch this technique
on video.**



and increases her chances of climaxing. This is called a tension orgasm – or as we call it, magic. For more information about the female orgasm and how it can be achieved EVERY.SINGLE.TIME, read my book – 7 Day Orgasm – <http://7dayorgasm.com> - 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.

▲ **With her palms well planted on the bed, she should start moving up and down, using her leg muscles to build momentum (those Pilates classes are really starting to pay off, right?).** Of course, since she's on top, she can mix it up and do whatever feels best – for example try gyrating back and forth or in circles instead of just up and down. At some point, she should try arching her back, which allows your member to stimulate her G-Spot.

▲ **One way to up the intensity of your grand finale is to go for the blended orgasm, where you stimulate your partner's clitoris and G-Spot at the same time.** While your penis slants to hit her G-Spot dead-center – and her clitoris has nothing to rub against, bridge the gap by placing your hands on her hips and massaging her clitoris with your thumbs. She'll soon feel both her G-Spot and her clitoris tingling, and together the sensations will become more than the sum of their parts. Her orgasm will be so intense she'll be speechless for minutes afterward. And there's more good news: this kind of bang won't just leave your partner feeling amazing, you will reap its benefits too. Because it requires different touches on two different body areas, this extra effort will naturally slow you down and help

Once you're all the way inside her, have her close her legs together (between yours).

Watch this technique on video.



you last longer. Plus, you will love watching your partner lose herself in lust. 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.

▲ **Want even more pleasure?** Try a vibrating penis ring. You will enjoy a soft vibration of your shaft while she gets bonus targeted clitoral stimulation with each of your thrusts. It also helps you achieve fuller, harder erections. You will finally find out what good vibrations are really about. The passion between you is now at fever pitch, and those swells of arousal have primed you both for an otherworldly orgasm.

For a visual description of the goodies presented here, head over to the video course I created together with a team of professionals to better teach you the moves you need to truly master the reverse cowgirl position. It's simple, really. All you need is the will to do it better and better each and every time, the passion to try all the new things you learned here and the openness to put your very own personal spin to it. You can do this, baby!

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