

Boobgasm Edition

COMBINING
THE POWER OF
BREASTS AND
VAGINAL SEX
TO GIVE HER
THE ULTIMATE
PLEASURE



The
Breast
Vagina

Fusion Formula



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Breast Insider: The Advanced Guide to Boobgasms

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Section 1 – Facts & Theory

The sexiest sex you're NOT having

When was the last time you and your partner ripped each other's clothes off and engaged in really, really hot, uninhibited, unbridled sex? It's been so long that you don't actually remember, am I right? But before you start thinking that there's something seriously wrong with you or your partner, know that this happens to almost all couples that have been together for a great deal of time.

It's not exactly late-breaking news that once you and your partner hit the bona fide long-term relationship stage and the newness wears off the scorching heat between you two starts to cool down a bit. That's because that initial rush – the one that made you jump each other the minute you were alone in a room – is the result of the exciting getting-to-know-each-other process. "Uncertainty is the very thing that fuels the initial passion and strong desire. The paradox is that long-term couples tend to give in to being predictable, which causes the sexual relationship to become stale. That's the problem with becoming super comfortable with each other, complacency can set in," says Esther Perel, author of *Mating in Captivity*.

Losing some of that initial steam doesn't necessarily signal the end of your sex life,



sure, but it does mean that your romps could use some booster shots to resuscitate and reignite your now dormant carnal connection. You're not the kind of guy who is going to let the passion fade without a fight, are you? Hell, no! Fortunately for you, you've come to the right place because I'm a firm believer in the fact that fun and frisky times should never have to end, no matter how long you've been together, and I've got the right recharge-your-sex-connection tips.

If you're not sure you need them or can't really tell if your sex life is lacking in spark or not, just think of things this way. Chances are, when you and your partner are about to get it on, you make a beeline for the tried-and-true carnal poses like the missionary. I can understand that. After all, once you've figure out each other's hot spots and the best way to get the other off, you always tend to take the same (and quickest) route to orgasm town. I mean, that's usually the goal, so why waste time? That's not particularly wrong, but if you really want to have an unparalleled erotic experience – like giving your lady a breast orgasm – do you really think being tame between the sheets is going to pave your way to carnal success?

Now, I'm not knocking down classic sex moves or saying they lack in efficiency, but you can make your intimate encounters even more intoxicating by moving them out of your comfort zone and incorporating a little bit of novelty and rawness. If you want to rev up your lust life, get off the usual expressway and explore, different, more indirect paths to reawaken sexual curiosity and excitement. Shaking it up by doing it in an innovative, electric way will create a new, exciting dynamic in your sexual relationship and it will even bring you closer emotionally.

"Gotta-have-you-now sex, single-mindedly using each other's bodies to make yourselves feel good is extremely bonding because it reaffirms that you both still lust after each other", says Omar V. Garrison, author of *Tantra: The Yoga of Sex*. This kind of sex, purely physical, slightly rough, almost dangerous, is the kind where you morph into a sensual animal, leaving you incapable of thinking of (or doing) anything but satisfying your cravings.

So if you want to turn tonight's amorous encounter into an erotic adventure, give familiarity a rest and attempt my daring, innovative, and superhot pleasure poses – perfect for adding breast play into the mix and providing even more bliss to your partner's body. But don't get the wrong idea, I'm not recommending crazy variations that require contortionist athleticism to achieve. Because that's not what truly amazing sex is about. "The point is to have sex because it feels good, period. You have to let all your inhibitions fly out the window and focus on fulfilling both your needs and those of your partner", says Natasha Valdez, author of *A Little Bit Kinky*.

By concentrating on the pleasure you're giving and receiving, you won't be distracted by self-conscious worries about how you're performing. That allows you to be totally overcome by desire, which strokes your own ego and turns your partner on. Plus, you'll both be able to share in the power of the moment: When you have particularly intense sex, your brain interprets it as something unusual and exciting. That, in turn, prompts the release of an especially potent cocktail of feel-good chemicals like dopamine and oxytocin, which electrify your bodies and make intense pleasure easier to come by.

Plus, this kind of sex is also a great de-stressor for women. Because it's so intense, your partner's mind is cleared of any unrelated thoughts about money, work, or whatever else is bugging her. More than any type of sex, it forces her to empty her head and be in the moment, which helps her get aroused quicker with a lot less effort from your part. And since it breaks up your routine, it keeps your sexual relationship hot every day. "Having intense sex stops things from becoming predictable and mundane and, most importantly, stops the two of you from taking each other for granted in bed", says Ava Cadell, author of *The Sexy Little Book of Sex Games*.

But most importantly, couples who engage often in this type of sex have the capacity to have stronger orgasms – including the elusive breast orgasm, which is the topic of this book. Why? Because when your partner sees you so turned on and into her, her arousal is automatically upped, causing the big finish to be even bigger than usual.

If you're ready to find out the best ways to give love to her breasts during intercourse (that's because her boobs need, no, deserve, your utmost attention during sex), continue reading this because you're about to be presented with passion poses that,



though they might appear familiar at first, have a special breast orgasmic spin on them – one that will supersize her pleasure peaks and have you and your lady grinning like satisfied frisky fools. For more tips and tricks on enriching your nightly sexual adventures, check out the selection I put together in my program dedicated to spicing up carnal adventures, The Sex Starved Couple – www.gabriellemoore.com/tw/ff.

I've created these advanced nooky positions with one particular goal in mind: to increase your partner's likelihood of having the best Boobgasms AND Extended Orgasms of her life. Some of these focus chiefly on breast fondling, others include clitoris and G-Spot gratification, but with all of them, the secrets are in the subtleties. Because whatever you do, it's your attention to detail that takes it from so-so to over-the-top sensational. I'm sure you're already incorporating breast play during intercourse, but there are specific moves you should be using to make sure her boobies have their own climax – and that's what you're about to learn right now, so you'd better stick around!

Pulsing Passion – It's GO time!

As I've explained in the previous chapter, breast orgasms don't happen when you're having boring, predictable sex. No, sir. You need a particular type of passion to make sure her breasts send an orgasm signal to the brain. To set the stage for out-of-this-world carnal adventures, you need one crucial thing: enthusiasm!

Stripping her naked shows her that you can't keep your hands off her body.

Watch this technique on video.



Let me explain. I'm a sex educator so I happily spend hours investigating what women want in the sack. Over the years, I've noticed a fascinating common denominator. In my polls and interviews, women consistently say one of the major keys to a hot hookup is an enthusiastic partner. "When you express how into it you are, it sends the message that you love having sex with your partner, which turns her on even more", says Yvonne K. Fulbright, author of *Touch Me There!* So what are the most effective ways to convey unbridled exuberance?

Pounce

If you want your woman, let her know by initiating action. "Yes, guys are often the ones to suggest sex, but they usually do it either fearfully (they don't know if their request is going to receive a positive response) or without any passion whatsoever (it's as if they ask their partner if she's going to have that last slice of pizza). You really have to ask it with enthusiasm and passion, so that your woman really feels wanted and desired", says Pam Spurr, author of *Naughty Tricks and Sexy Tips*. To display how ravenous you are, ambush her when she gets home – it's like you've been anticipating bedding her all day. Tear her clothes off during foreplay instead of waiting for her to undress herself. Stripping her naked shows her that you can't keep your hands off her body. Or jump her out of the blue. For example, should a frisky mood arise while you're at a restaurant, nudge her and say, 'Let's get this to go. I'd rather eat you tonight.' She will find it so hot that you just can't wait to ravish her. You can also seduce her when she least expects it, such as by pulling her into a bathroom to hook up at a party. This indicates she's on your mind at any situation. Last but not least, nothing



beats a scintillating a.m. send-off. Especially if you had sex the night before, when you want more the next morning, it's like you find her irresistible.

Get saucy

"Your woman likes to know that you're enjoying sex as much as she is and it isn't a chore you're doing to make her happy", says Steve Bodansky, co-author of *To Bed or Not to Bed*. A playful attitude sends the message that getting busy with her is a true pleasure. You can express your delight in numerous ways. One of the best methods to convey you're having fun is to smile. You can also giggle – sexily, so she knows you're laughing with her, not at her. Also, nothing says 'I'm loving it' like a man looking over

“...nothing's more exciting than hearing a man talk dirty – it proves her that you're into it.

at his woman while he's pleasuring her orally. Furthermore, when you're having such a fantastic time in bed that you hope it lasts as long as possible, suggest switching positions. It relays that you're putting thought into what feels good for her and want to prolong sex so that she enjoys it fully.

Make some noise

"When women don't get a reaction from you in bed, they wonder if they're doing something wrong. They rely on your words – and moans – for encouragement", says Sheri Winston, author of *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure*. Let yourself be heard by sighing when you enter her (this gives us a thrilling boost), or gasp or breathe heavily when you like something she's doing (it assures her that she's on the right track). Also, nothing's more exciting than hearing a man talk dirty – it proves her that you're into it. If you're game but don't know how to start, try this: Should a hot thought pop into your head, like Keep going, say it aloud. Soon, telling her sexy things will come naturally.

Be hands-on

In the heat of passion, of course you're focused on each other's hottest zones. But if you neglect the rest of your bodies, sex can seem mechanical. So express that you want all of her by touching her everywhere. Some ideas to put into action:

/// **Dig your nails into her tush (not too hard) and thrust**

harder into her at the same time. She'll feel as though she's drawing you more deeply into her. Other spicy strokes: Run your fingers through her hair and gently tug on the roots, or lightly slap her butt.

/// **Try some midsex multitasking.** During the act, kiss her all over and squeeze her upper arms and shoulders. This sends the message that you can't get enough of her.

/// **Show the love during the cowgirl position by arching your back and pushing your pelvis into her.** She'll feel like you don't want her to do all the work and that you want to make sure she gets all the pleasure she needs.

/// **Go ahead and play rough.** It's always a good sign if you grab her firmly or run your nails down her back. In her mind, the harder you handle her, the more turned on you are.

The 4 "sexy" moves to skip

As you saw, women aren't that complicated after all, all they really need to be seduced are a couple of things that aren't difficult to achieve at all. Unfortunately, not all the tactics you think might work have the desired effect. Here's what can backfire when attempting to get a woman fired up.



/// **Trying too hard.** When you go overboard hinting at how much you “want yourself a couple of lemons” – wink, wink – it can come off as scripted and forced. Every time you start teasing her with porn-star talk, she’ll know you’re doing it just because you’ve seen it in a god awful sex flick. It’s way more of a turn-on when you say sexy things spontaneously.

“*Women are psyched when you whip out, say, a flavored condom...*”

/// **Not letting things unfold organically.** We appreciate when you spend tens of minutes on oral sex, but it’s a bummer when you can’t deviate from a predetermined passion plan – just because you want to prove yourself that you can make us come with your tongue doesn’t mean we can’t try something else when it’s obvious this isn’t working out at the moment. If we want to move on to another way of spending sexy time, just roll with it. It might not be how you planned it, but trust me, as long as a woman gets her orgasm, she’ll think the night is perfect.

/// **Using excess props.** Women are psyched when you whip out, say, a flavored condom or a buzzing toy. But break out a sex shop’s worth of inventory in one night (especially if she hasn’t seen most of it before) and all those bells and whistles distract from the big draw: you. Not to mention, they make her wonder if she’s even a necessary part of your sexual equation. She’ll freak out when you pull out an entire toolbox of party favors because she can’t help but wonder what parts she’s missing that you need so many accessories to cover it up.

Section 2

The 3 sex positions that put the Big O in boobs

Nipple stimulation isn’t the first thing most people think about when conjuring up new sex positions, which is a shame because this is the one erogenous zone that when stimulated the right way can

turn good sex into OMG don't-stop action. Boobs tend to get a lot of attention in the initial stages of making out, but then they're neglected for the rest of sex. To include them in the whole event and enjoy boobgasm after boobgasm, I've conjured a couple of carnal variations that put the spotlight on the girls in the most pleasurable way.

CARNAL POSE ONE

The Ta-Ta Spooning Tease

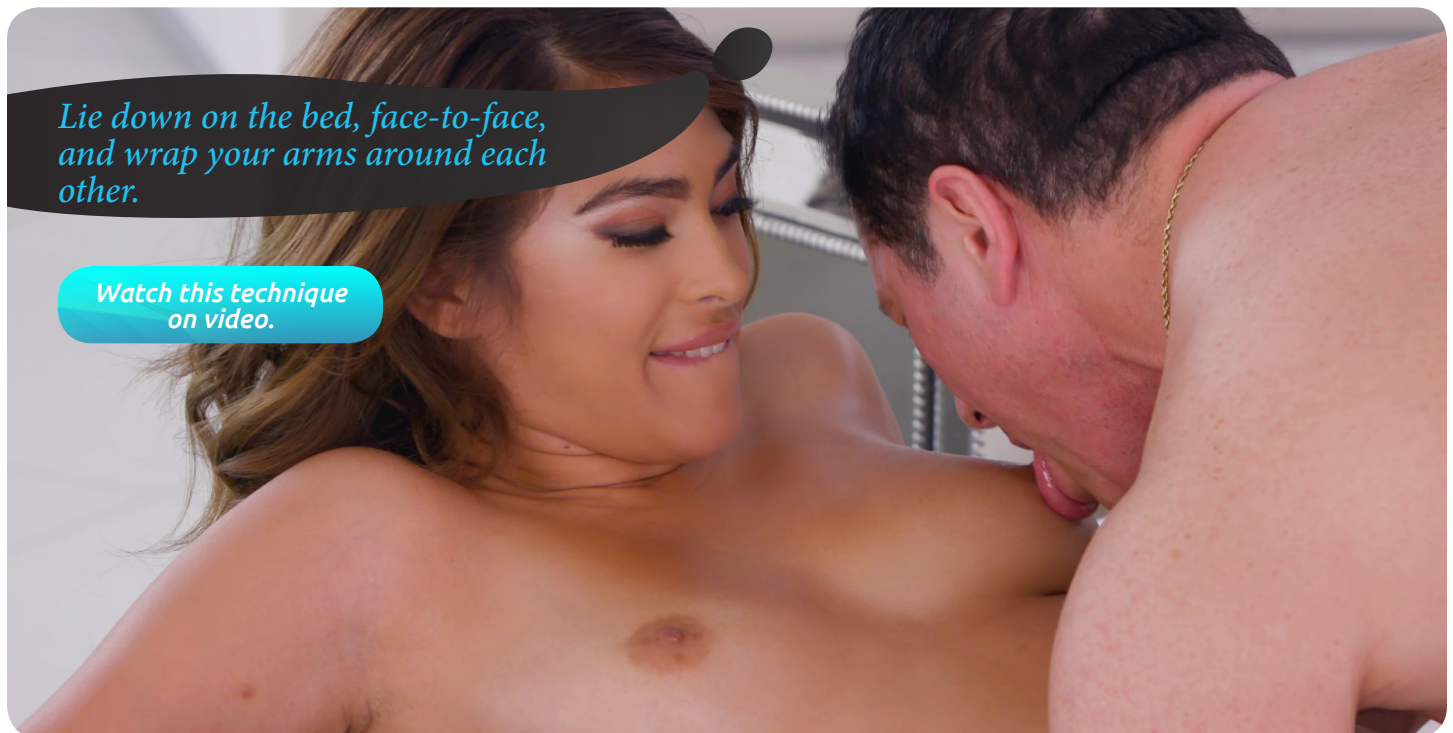
Spooning is one of the sweetest, most sensual sex positions – it allows you to draw sex out and make it longer and lazier – but there's another hidden benefit to this extremely pleasurable pose: you can easily wrap your arms around your partner and give her breasts all the attention they deserve. My variations encompass a little more than what you're usually used to receive from this position, so keep on reading and take notes for the following nights.

The power of cuddling

Sure, wrapping your arms around each other makes you and your guy feel good. But you may not realize that snuggling can serve a lot of other functions in your relationship – from strengthening your bond to

Lie down on the bed, face-to-face, and wrap your arms around each other.

Watch this technique
on video.



turning you on. “Touch is the most powerful form of nonverbal communication. In the same way that we use words to convey our thoughts, we use touch to express our feelings”, says Audrey Nelson, author of *You Don’t Say*. Since different nestling positions can help fulfil and express different emotional needs, the first step is learning what they are and when you should use them. Once you do, you can spoon your way to a more satisfying twosome.

The need: To bond with your partner

Key position: The face-to-face

There are a ton of ways to connect with your lady, but nothing – not even a romantic candlelit dinner or a long walk together – brings you closer than a few minutes of quiet nuzzling. The best intimacy-boosting snuggle: Lie down on the bed, face-to-face, and wrap your arms around each other. “For a lot of couples, being close enough to feel each other’s breath and hear each other’s whispers is connecting. Women especially like this up-close interaction because the intense eye contact makes them feel so emotionally linked”, says Paul Rosenblatt, author of *Two in a Bed: The Social System of Couple Bed Sharing*. It’s also a good position when you want to get something off your chest. You’ll be so comfortable with her, you won’t feel the need to hold back.

The need: To calm down

Key position: The chest press

If your partner has had a hellacious day, there’s plenty of potential to turn it around when she



gets home. But rather than having her sit next to you to moan about her misery, lie down and have her lie on top of you with her head on your chest. “Sitting next to someone doesn’t really provide comfort, which is what she needs. But lying directly on top of you and hearing the sound of your heartbeat will make her feel reassured and protected, the same way she felt cared for in her mother’s womb. She’ll relax almost instantly”, says Ava Cadell, author of *The Sexy Little Book of Oral Pleasure*. And you’ll love it too. This position will remind you that she still needs you and that you’re her rock. If you’re the one who needs to decompress, then all you have to do is switch places so you’re resting on her.

The need: To make her feel loved

Key position: The lap rest

It’s no secret that in order to keep your woman happy, you need to shower her with proofs of love and adoration every now and then. This sneaky trick will give her a love hormone rush and make her feel like a goddess without your saying a word. The next time she’s sitting on the couch or bed, saunter over and lie down perpendicular to her so your head is resting in her lap. When your head is in her lap, it creates a submissive sexual undertone that serves to make her feel loved and cherished. The fact

A close-up photograph of a man with dark hair resting his head on the shoulder of a woman with long, wavy brown hair. The woman's eyes are closed, and she has a serene expression. The man's face is partially visible, looking down towards the woman.

Wrap your arms around her, kiss her neck softly...

Watch this technique
on video.

that she's physically higher than you helps to make her feel strong and able to satisfy your needs, which puts her in complete control. Not to mention that her hands and legs are free to move as well, so she won't feel tied down. That's a good thing, because this pose is likely to spike her libido. She'll want to move her hands all over you.

The need: To get it on

Key position: The sexy straddle

Granted, it sometimes takes a helluva lot of work to get your partner into bed, but if you want to slowly tease her into a frenzy, try the sexy straddle – it will put her in a sultry, seductive mood. Just sit on a chair or on the edge of the bed and invite her to straddle you, facing you. The physical nature of this position and the fact that she's sitting on you are arousing. But they're not the only things that excite her. The visual stimulation is a big turn-on too. Want to really drive her crazy? Wrap your arms around her, kiss her neck softly, then put your hands on her hips and start rotating them so she's putting pressure on your genitals. By kissing her and gyrating her body, you're alluding to sex without actually acting it out, which is really titillating for her. It also tells her that you're ready for more.



The need: To connect post-sex

Key position: The spoonfest

Those sleepy, bask-in-the-glow moments after a sack session should not – repeat not – be wasted. Think about it: During sex, you and your woman are literally merged. To maintain that closeness – physically and emotionally – snuggle up behind her. Spooning her from behind, especially after sex, makes you feel more powerful and masculine. It's a comfortable position for you because it's not face-to-face, so you don't feel so vulnerable. She can also spoon you from behind. Aligning her body with yours extends the sexual experience and lets you know that she wants to be close. Women love this position because it helps maintain intimacy after you've just had sex. And if you're in the mood for round two, your hands are free to roam her body to boost her arousal.

The Ta-Ta Spooning Tease Step-by-Step

The sultry spooning variations are extremely hot because your hands are free to explore her body inch by inch and plus, your partner's hands are free as well, and she can use her palms and fingers to guide yours to where she needs more pressure. Another passionate plus? This relaxing position is perfect for long, languorous lovemaking, and the fact that you're so close increases the intimacy, allowing you to slow things down when you want to really feel each movement and speed it up and reaching the grand finale together.



Before showing you what this spooning variation entails, start by showing her breasts some special attention.

If you read the previous books in this program, you know that her breasts and nipples are part of her primo pleasure zone, but too often, the girls get the short shrift because all the attention goes to what's between a woman's legs. Men tend to focus on the vagina and clitoris, but touching, stroking, and lightly fondling the breasts can give women intense satisfaction, as you've already seen.

To treat your partner's breasts to a new level of bliss, rub your hands with a warming lubricant then softly caress her entire chest area to warm and perk them up.

Next, slowly and gently run your fingertips up and down the patch of thin skin between her breasts, then circling them with shallow movements.

By this point, her heart – as well as her other body parts – will be pounding with anticipation.

So use your tongue to trace a big W along the outline of her breasts: down one side, up the middle, down the middle, and up the other side. Mix the amount of pressure you apply – a soft flicker one minute, a harder press the next. By alternating your moves, you're providing delicious distraction, and soon



her eyes will be rolling back in her head with pleasure. When she's in such a frenzy that she can barely breathe, it's time to get in position.

- **Lie on your sides with you behind her so you're both facing the same direction.** Then have your partner wrap her legs around your top leg, pulling you close and pushing her butt toward you as you enter her. At this point, you've got two options moving forward, and we recommend doing them in this order for a slow buildup of intensity.
- **Start with the Slow Burn Variation, slowly turning her body so that it half faces yours and leaning down for a long, deep kiss.** Both of your hands are free, so make this count! Use one to make gentle circles around her clitoris, while the other plays with her breast, soft at first and firmer once she warms up to it. Try things like bouncing her breast in the palm of your hand, massaging it in circles, or gently smacking it with your fingers with playful movements – either on the sides or underneath the breast. You can also make a 'Live Long and Prosper' sign with your lubed up hand and massage the entire breast with the nipple positioned between the V shape. Each time you sweep your hand up, the nipple will be gently squeezed between the fingers, and you can decide how much pressure you want to use. For more tips and tricks on the right fingering methods to use, check out my program on the subject, Naughty Fingers - <http://www.mynaughtyfingers.com/>

pressing your penis powerfully inside her while your fingers are free to play with her nipples...

Watch this technique on video.



Finish things off with the **Leg Up Tornado**, which means positioning yourself in a half spooning, half missionary pose, with one of her legs up. This is a more intense pose so change the pressure of your thrusting accordingly – pressing your penis powerfully inside her while your fingers are free to play with her nipples, which are highly erotic! Gently grab both nipples at the base and slightly pinch and roll them between your fingers, coordinating your moves with your deep thrusting. Maintain these steps until you both climax together.

CARNAL POSE TWO

Breast Friend with the Reverse Cowgirl

The Reverse Cowgirl put a whole new slant on female superior orgasms. The reason why this pose is so good, with the proper variations, is because the angle you're creating your bodies stimulates her G-Spot, while your hands are free to do the necessary breast work while she pounds up and down your member.

But first, sex

Imagine this scenario. It's date night, and the mood is right for romance... and possibly some overdue sexual intimacy. You make a reservation at that cozy little restaurant, your partner pulls out her silkiest underwear, gets all dressed up. But after three courses and a bottle of wine (so filling!), you're home



watching TV splashed on the couch (so distracting!) and feeling your eyelids close after an busy week at work (so exhausting!). How are you supposed to rip each other's clothes off when you can barely floss before falling to bed?

People are getting it on less than ever before, with millennials, parents of school-age children, and couples in their fifties showing the sharpest decline, according to a new study in the Archives of Sexual Behavior. "But regularly making time to be intimate has a cumulative effect in a relationship. Desire feeds desire, and sex leads to more sex", says Kristen Mark, author of The Good in Bed Guide to Sexual Adventure. Plus, the frequency of sex is as important as quality for long-term relationship satisfaction because the closeness in bed spills over to nonsexual aspects of your relationship. Not only does this make your relationship spicier, but the mutual feeling of prioritizing each other will lead to more powerful orgasms and unexpected easeness into pleasuring one another.

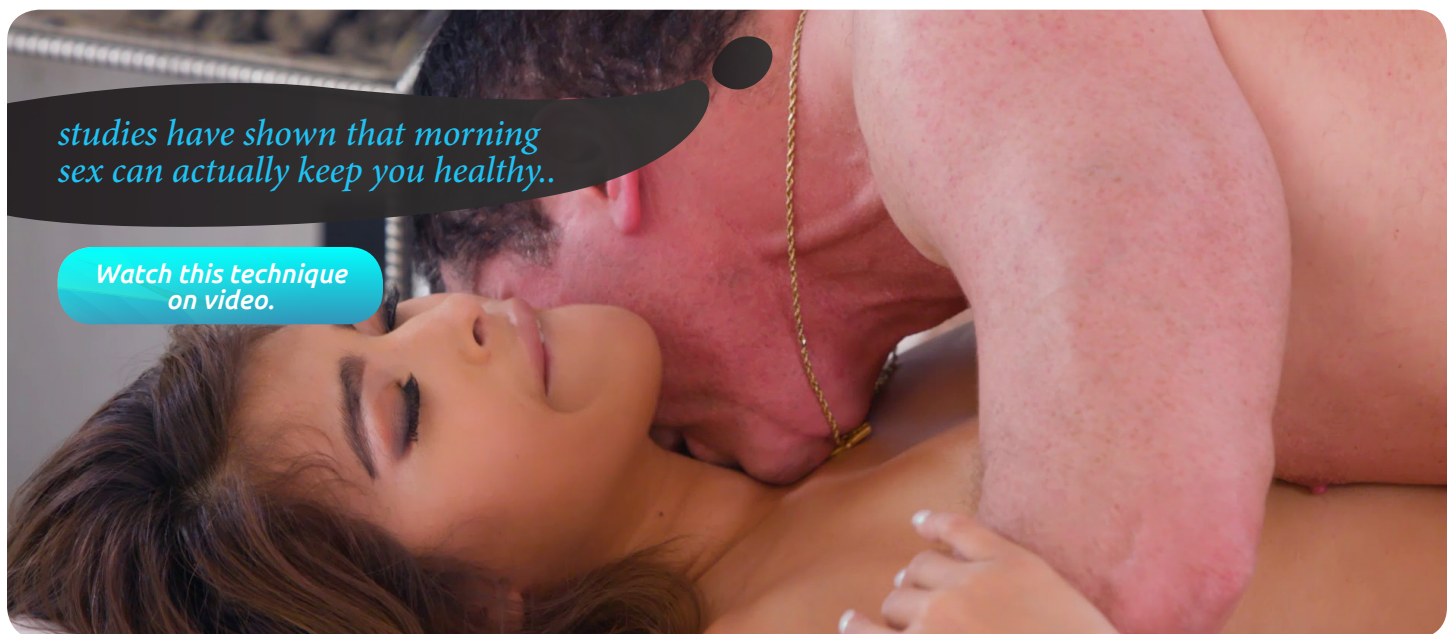
How to stop the dry stretches from becoming deserts? It may not sound sexy, but preplanning is key. So I devised an experiment for you. For two weeks, you have to decide to prioritize sex the way you usually prioritize everything and everyone else. Here's how to move sex to the top of your to-do list.

Do it before, not after

Say you're having friends over for a game night. Instead of spending all your time prepping and ensuring you will be perfect hosts, pull your partner to the couch, hors d'oeuvres be damned, and take advantage of the ripe opportunity of doing it fast and furious, before the guests arrive and the doorbell rings. Plus,

studies have shown that morning sex can actually keep you healthy..

Watch this technique on video.



this way dinner will go especially well since you both worked up an appetite and will be completely relaxed and satisfied with yourselves. Or if you have to go out, your date night will be even better if you do the deed before (shower sex), and after (who doesn't want round too?). "Once you have your eyes open to all the "off times" sex can occur, you start to see opportunities for intimacy everywhere, and be more excited by them", says Jill McDevitt, author of *Sex Positions for Every Body: From Kama Sutra's Clasping Position to the Weightless Doggie*.

Morning passion

Morning sex with sunlight streaming through the windows is something that should never be taken out of your daily to-do list. If you have a busy day ahead of you, simply set an alarm to give yourselves enough time to do it before you start your day. Plus, getting it on in the a.m. isn't just a way to break out of your sex routine, it actually has a ton of emotional and physical benefits. First off, if what you do at the beginning of the day sets the tone for the rest of it, then having an orgasm is pretty much the best possible way to feel upbeat. Plus, studies have shown that morning sex can actually keep you healthy, strengthening your immune system by boosting your levels of IgA, an antibody that protects against infection. "Having sex in the morning also releases oxytocin – the cuddle hormone – making you feel more connected with your partner and more in love. These warm feelings will stay with you throughout the day", says Ruth K Westheimer, author of *Dr. Ruth's Sex After 50: Revving Up the Romance, Passion & Excitement*. If you're



afraid of being late to work, cut down on time by showering together and getting dirty before you get clean. For the best water sex position, have your partner bend over while you enter her from behind. For more deliciously creative carnal poses and variations of getting it on, go ahead and check out my program on this matter, Orgasmic Sex Positions - <http://www.orgasmicsexpositions.com/>

Make quickies count

Only have time for the swiftest of trysts? Maximize her pleasure with these tips and tricks.

- ▀ **Use your words.** Arousal for women begins in their heads, so pregame foreplay before you get home by trading some sexts about what you're looking forward to. Continue the sex talk in person. "The more you talk and the more sounds you make, the more turned on she'll be", says Elizabeth Cramer, author of 131 Dirty Talk Examples: Learn How to Talk Dirty with These Simple Phrases that Drive Your Lover Wild & Beg You for Sex Tonight.
- ▀ **Stay a little dressed.** Keeping some clothes on – like your partner's skirt, her bra, or even her underwear (and pushing them to the side, "Drunk in Love" style) – adds a sense of urgency to spontaneous sex, making it exponentially hotter.
- ▀ **Create some buzz.** The easiest way for women to orgasm is with a vibrator – multiple studies back this up. So use a bullet vibe on her clitoris before sex, or while your behind her during the deed.



Arousal for women begins in their heads, so pregame foreplay..


Watch this technique
on video.

/// **Take care of her first.** Start by going down on your partner – this makes it all about her pleasure from the get-go. Plus, it's a shortcut to quick lubrication when she's mentally primed but not fully ready physically. Another pro tip: Keep lube nearby.

Reverse Cowgirl Step-by-Step

When it comes to Reverse Cowgirl, you never jump right into it – you want your partner as aroused as possible, otherwise the deep penetration and the intensity will not feel pleasurable and she won't be able to enjoy the pleasure you're giving her breasts either. "Physiologically speaking, it takes women longer to become primed for sex. Which is why in order to satisfy her, you have to extend foreplay", says Aline Zolbrod, author of Sex Smart.

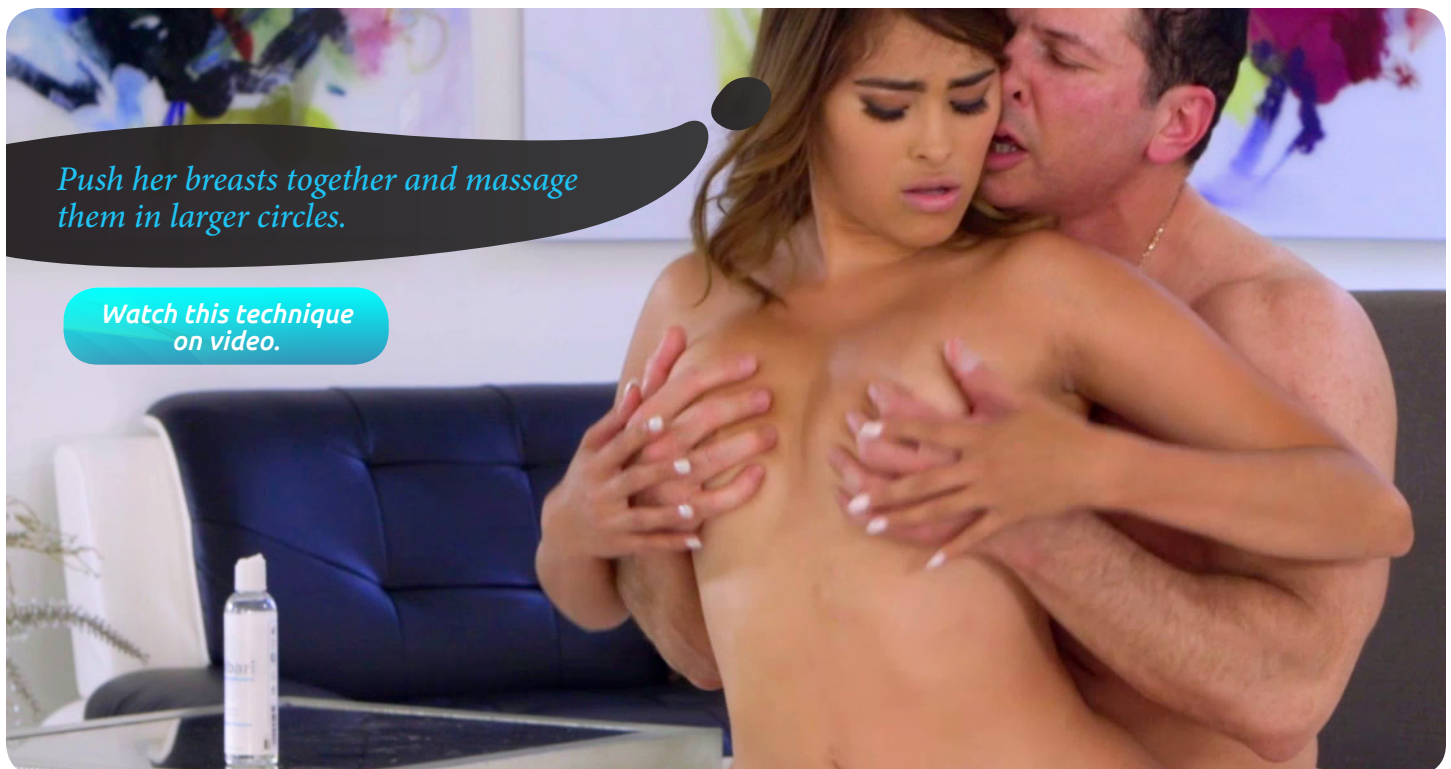
/// **Start by slowly planting tiny kisses along her jaw line, working your way to her mouth.** At the same time, explore her breasts and inner thighs with your fingertips. Let the anticipation build and she'll be aching for more. You don't have anywhere to be, right? Next, move on to some oral sex play to get her wet and ready for action. Tease her senselessly by kissing and licking along the skin just above her panties first, then, while she still has her undies on, gently exhale hot air down there, as if you were hogging a mirror. This will set her on fire!



...explore her breasts and inner thighs with your fingertips.

Watch this technique
on video.

- When she can't take it anymore, push the panties down, hold her thighs apart, and slowly begin to lick her vulva, opening her inner labia to your tongue and mouth. Make the 'mmm-MMM' sound while you're downtown. It's flattering and the vibrations will knock her nail polish off.
- Once she is very aroused, begin to lick and kiss up her belly and torso until you reach her breasts. Hold her breasts in both hands and lick and suckle her nipples and areolas softly, before continuing up her neck and then passionately kissing her on the lips. Don't just go for the jam-the-tongue-down-the-throat kiss. Take your time. Explore with your tongue – give her pecks on the neck, ears, forehead, all over, then pause and look her in the eyes to connect. And do it in crescendo: that means gradually increasing the volume, force, and intensity of your kisses.
- Once you are ready, get into position. There are two variations that are spectacularly good for breast fondling. The first one is The Boob Booster and will help you reach carnal climax while also setting the sisters on fire.
- While you're seated with your legs folded beneath you, your partner should slowly lower herself onto your penis, supporting herself on the soles of her feet and grabbing your

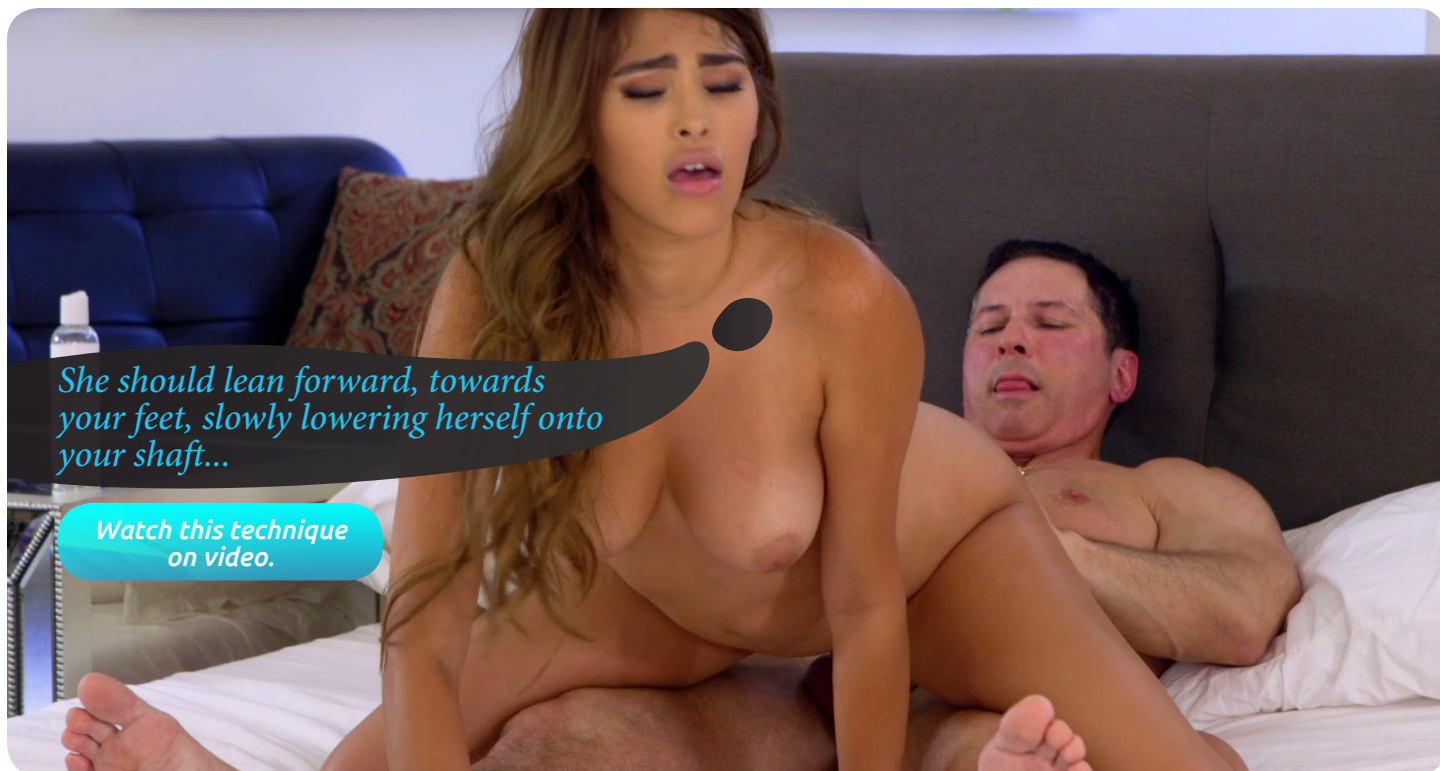


thighs with her hands for added stability. Before the actual penetration, rub her with your equipment for as long as you both can handle it – this will seriously amp up your erotic excitement and prep your bodies for an intense climax.

▮ **Once your inside of her and while she motions her pelvis up and down and in circular motions, varying the depth of the penetration and the angle of the thrusts to hit the G-Spot, kiss the back of her neck slowly as you cup her bouncing breasts, fondling the nipples as they swing.** Go back to the types of touches and techniques we learned in the 1st video of the series and use them here. Gently dig your fingertips into her breasts, denting their weight. Push her breasts together and massage them in larger circles. Bounce her breasts in the palms of your hands, then knead them with your fingertips.

▮ **Next, change positions and go for the Tantalizing Tilt.** In this variation your legs are extended before you while hers are arched back on both sides of your torso. She should lean forward, towards your feet, slowly lowering herself onto your shaft and grabbing your knees with her hands for support.

▮ **As she pumps away, grinding and rotating her hips to stimulate her vulva, clitoris and**



G-Spot, your hands are free to make the rest of her body moan, so use them to play with her breasts using a variety of pressure and massaging movements. Alternate between breast massaging and butt fondling. But massages are totally underrated, but if you treat her cheeks like you would her breasts – just some gentle kneading – she’ll love you for it. And since you’re in the area, gently rub the small of her back as well – there must be a million nerve endings there that crave attention.

Once her moans grow louder and louder, signaling she’s more than sufficiently aroused, start rubbing her breasts in smaller circles, working towards the nipples. Draw circles around her nipples and areolas with your pointer or middle fingers, then pinch and pull them out slightly, for added ecstasy. When you feel she’s about to come, squeeze her breasts harder to enhance the ecstasy of her orgasm!

CARNAL POSE THREE

Titillate me, doggy!

You’d think that doggie style doesn’t provide closeness, but it actually does and it’s a prime position for breast fondling as well. If you were searching for a pose that’s both carnal and intense, but also perfect for providing boobgasms, look no further because this is the real deal!



The sex she'll die for

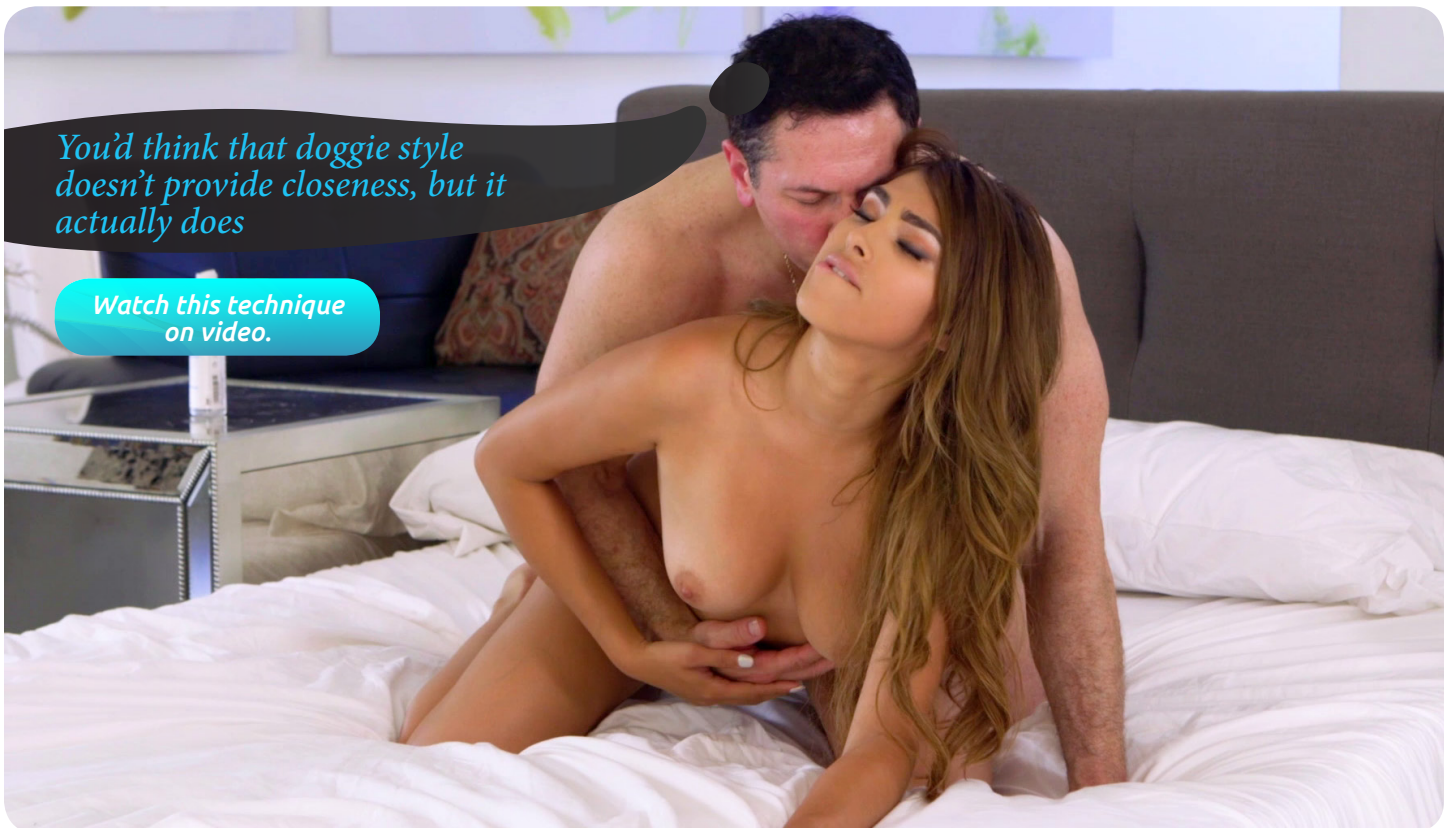
You may be convinced that you have your woman's carnal code cracked, but there isn't just one way to unlock her passion. "In fact, her lusty leanings can change with her hormones, stress levels, and even the time of day", explains Geoffrey Miller, author of *Sex, Evolution, and Consumer Behavior*. Clueing in to your partner's covert bedroom urges can make the difference between mediocre and mind-blowing nooky. Get a read on exactly when – and how – your partner wants to be wowed in the sack by checking out my sexy hints below. You'll reap the pleasurable benefits too.

Animalistic Sex

Her mood clues: After your woman nails an important deal at work or she finishes a big project all by herself, she's likely to crave an uninhibited quickie against a wall or a lusty shag anywhere there's a smooth surface. The reason? Her alpha female instincts take over. "When women enjoy a professional success, their testosterone levels tend to go up", says Helen Fisher, author of *Why We Love*. Translation: She's dying to throw you down on the bed for a serious pleasure session. She may also be prone to having sex first thing in the morning, because levels of testosterone tend to be higher when first waking up until around 10 a.m. She's likely to wake up already turned on and feeling assertive.

*You'd think that doggie style
doesn't provide closeness, but it
actually does*

Watch this technique
on video.



How to rock her world: When she starts gloating about a mini success or she's flushed after a win, bait her by slowly stripping off your clothes across the room – in her eye line – but out of her reach. Just looking at your naked body can further raise a woman's testosterone, feeding her desire. When you've tortured her for a few minutes, let her get her hands on the championship prize: you. Then initiate a primal move that fuels her animalistic cravings. "Standing sex, where you hold her up against a wall with her legs wrapped around your lower back, gives her an animalistic challenge", says Yvonne K. Fulbright, author of *The Hot Guide to Safer Sex*. You are in the aggressor role since you're holding her up with your arms and lower body, but she's the one getting the visual thrill of watching you muscle up with it. Kick it up a notch by letting yourself revel aloud about how hot she's getting you, or tell her a specific thing you want her to keep doing because it feels so good. Verbally boosting her ego can help build orgasmic intensity for you both.

Supersensual Sex

Her mood clues: Women often desire slow-burn sexual intimacy. In fact, the biggest complaints among women is that men don't touch them enough during sex, which is a common way of maintaining emotional closeness in a relationship, according to *The Hite Report on Male Sexuality*. The trick is nailing down exactly when your lady longs for steam-up-the-windows romantic sex. Surprisingly, women crave this type of intimacy



after experiencing something new and unusual. Having novel experiences with your partner releases dopamine, which triggers lust and desire. That's why your woman may suddenly feel the urge to get superclose when you're in a new locale, whether it's diving into your hotel bed or snuggling under the stars on a camping trip. Another lust trigger for slow, body-meshing sex is in the aftermath of something scary. The novelty of a dangerous situation you'd see in a horror movie or after trying a slightly risky, adrenaline-fueled activity together can also feed dopamine levels and make her want to feel emotionally closer to you via sex.

How to rock her world: Next time she tries anything new, from rappelling down a mountain to seeing a spine-tingling flick, take her home and introduce a new move that feeds a mental and physical connection, like the Kama Sutra position Yab-Yum. Here's how: While she sits on your lap face-to-face with your legs wrapped around each other's back, you and your partner can gaze into each other's eyes as your hands roam freely. All the while, your private parts press sensually against each other, furthering intimacy. This is an all-access position that allows you to see and touch her entire body. And because it provides more direct stimulation to the breasts and clitoris, she is more likely to orgasm than in the missionary position.

slide her over and take her from behind with your hands balanced on her tush for support.

Watch this technique on video.



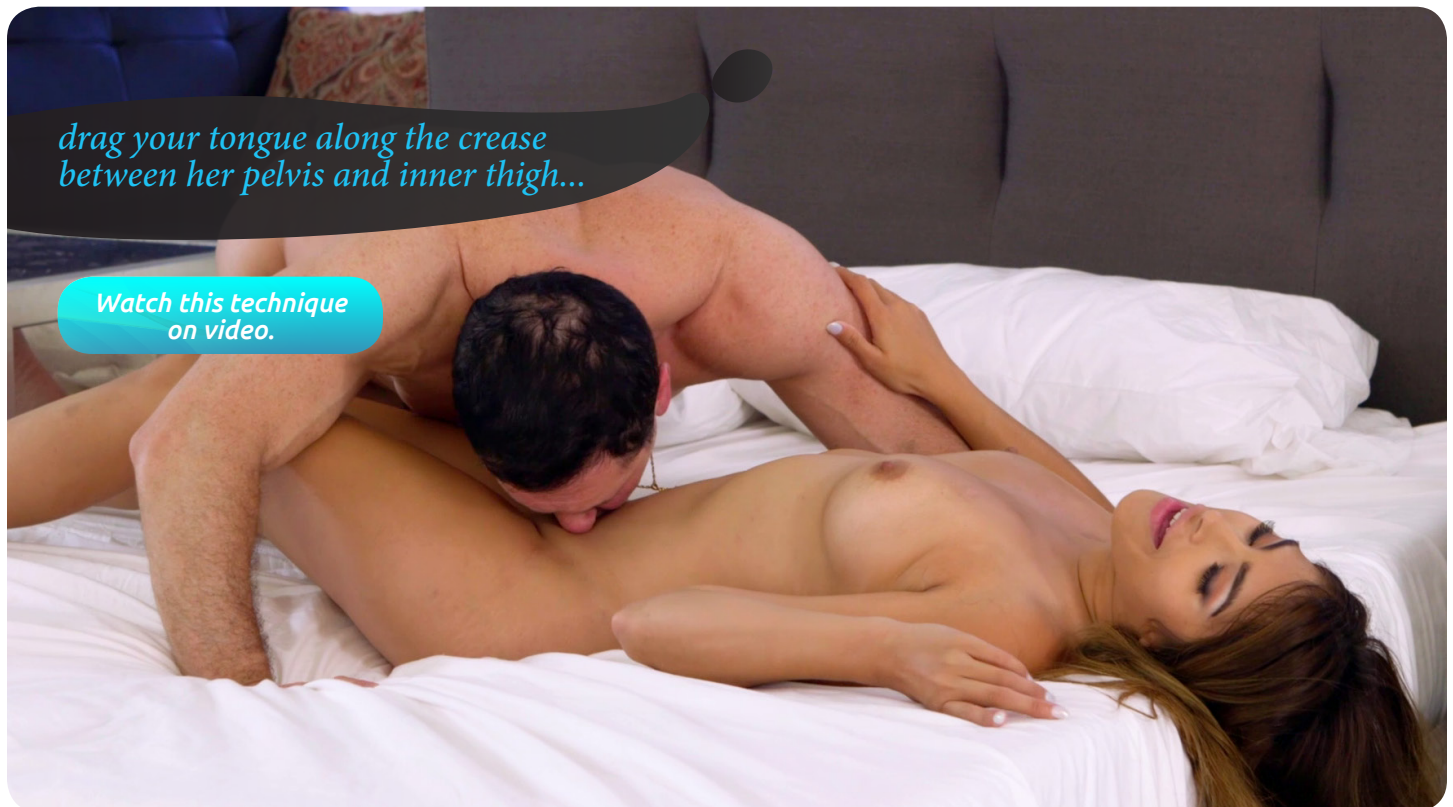
Don't-lift-a-finger Sex

Her mood clues: Chances are, if your partner has been placating annoying relatives, wiggling about finances, or dealing with a demanding boss, stress is likely to make her crave low-maintenance sex (where all she has to do is take off her clothes, if that). Anxiety's onset drives up levels of dopamine and, thus, testosterone, which combined with workday exhaustion is likely to leave a woman craving sexual release without much effort. If your partner can lie back and feel sexually taken care of, it can improve her overall state of mind as well as the sensations her body is capable of experiencing.

How to rock her world: When you sense your partner is stressed, help her unwind by telling her she doesn't even have to get off the sofa. Then take the reins by stripping off her dress and slowly kissing her from her neck down to her waistline, follow by some below-the-belt action. To make her head spin as you're pleasuring her, try this trick: Break away every now and then to drag your tongue along the crease between her pelvis and inner thigh, which will flood her lower body with increased sensation. Next, slide her over and take her from behind with your hands balanced on her tush for support. Lower yourself down to grab her breasts and massage them as you thrust deeper and deeper, with slow, languid movements. You can also try slightly lifting her butt to reach down and directly stimulate her clitoris for complete bliss.

*drag your tongue along the crease
between her pelvis and inner thigh...*

Watch this technique
on video.



Doggy-Style Step-by-Step

Any version of wild doggy can be highly erotic. This type of rougher, more dominant sex is great for when you want your partner to feel more naughty and submissive. Pro tip: Put a wide mirror on the wall facing your bed, so you can see yourselves getting it on. This helps build a stronger erotic bond because you get to look each other in the eye, which has the added bonus of more intimacy! Since doggy tends to be animalistic, use the same type of dominance during foreplay as well. So, think Cave Man or savage beast, and show her who is in charge!

Start by playfully grabbing her and holding her in your arms for a deep erotic kiss.

While you are kissing her, massage her ears and neck. Remove her blouse and turn her around as you make out in front of the mirror, sucking and biting (gently!) on her neck. As you ravish her, undo her bra from behind. Grope and massage her breasts in front of the mirror, making her watch as you man-handle her.

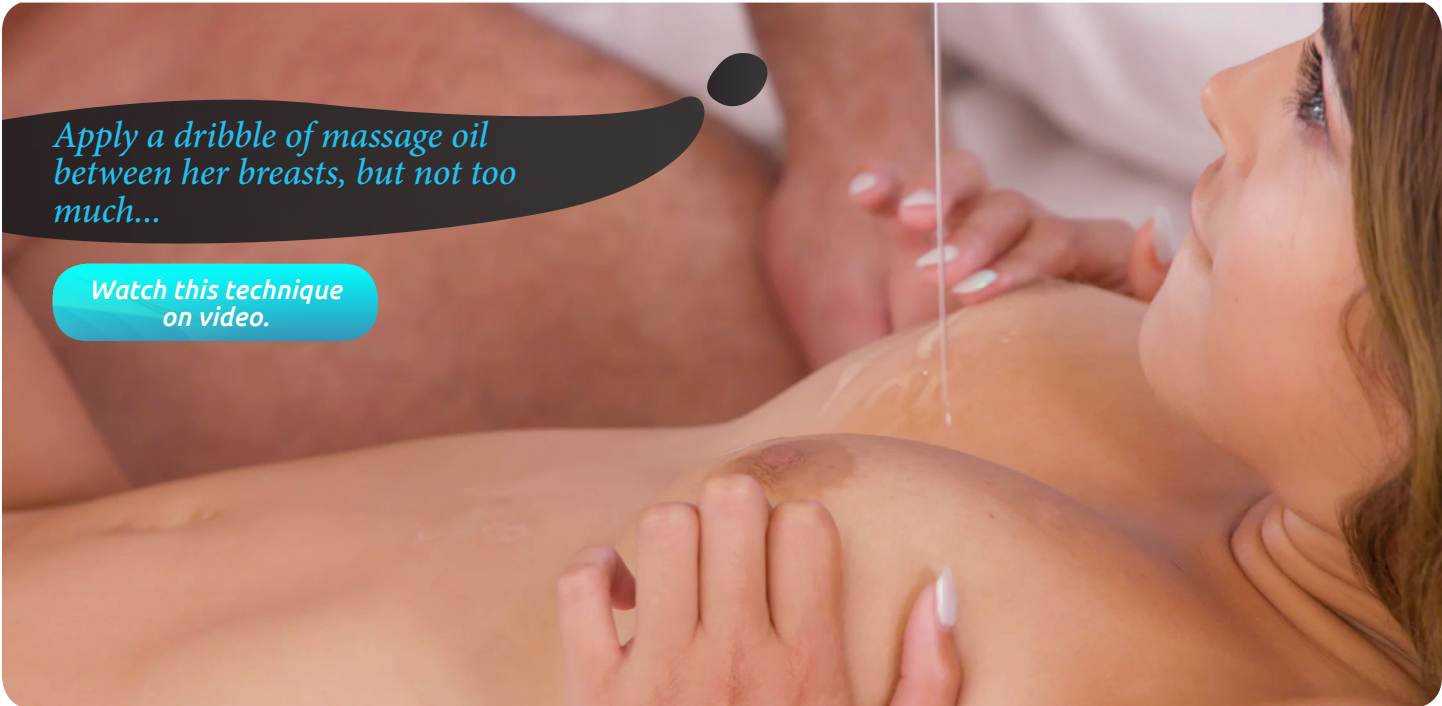
Next, begin to work your way down her body, kissing her belly, and caressing her legs, inner thighs and then moving in for oral sex – licking and kissing and sucking on her labia and clitoris with ur-



gency, setting that area on fire. Put your hand in the mix as well – when you’re cupping her vaginal lips with your palm and flickering her clitoris at the same time, all in the same rhythm, there’s so much going on at once that it’s like a continuous wave of ecstasy.

▮ **Now it’s time for some erotic breast sex.** Apply a dribble of massage oil between her breasts, but not too much as you want to be able to hold her breasts, so they can’t be too slippery. Just enough to lubricate the cleavage is all you need. Place your penis between her breasts and push her breasts together, so they make a channel for you to penetrate. Hold her breasts together with both hands. The firmer you push, the tighter the area between her cleavage and the more stimulation both of you will get.

▮ **Once she’s screaming to be penetrated, push her into the bed and try the Sideways Doggy to start.** While she’s lying on her side, with her head resting on her palm, position yourself sideways, slowly penetrating her and grinding your penis in and out, varying long, slow thrusts with fast and hard movements. Reach down and hold her breast in your hand as you thrust into her, allowing it to rub against the palm of your hand following the momentum of your thrusts. Make sure to use the same rhythm, so the harder you pump away, the more pressure you put on the breast, so that she gets the same type of movement throughout. Look her deeply in the eye and you’ll know when she’s ready for even more carnal ecstasy.



*Apply a dribble of massage oil
between her breasts, but not too
much...*

*Watch this technique
on video.*

- Once she's given you the silent signal that she wants more, change the position with the **Crouching Tiger variation**. Pro tip: When you're changing positions, give her an oral-sex break. It last mere seconds but it's unbelievably pleasant and gets her ready for the next carnal adventure. While she's lying on her belly, with her torso raised and supported on her elbows and legs slightly splayed, crouch behind her, your feet planted on the bed and your hands cupping her breasts, and start pumping away.
- Nice and slow... Easy stud, you don't want to blow your orgasm too early!** Try various thrusting movements – slow, fast, short, long – and pressure to get the right angle and rhythm that you both enjoy. As you do this, tease her breasts and nipples with soft caresses: hard, soft caresses, playful smacks and squeezes and lots of nipple stimulation. For more information on holding a rock-hard erection for longer periods of time, check out my program on the matter, Last Longer Tonight - <http://www.lastlongertonight.info>
- Okay, lover here is the finale!** Thrust into her deeply as she comes while tugging on her nipples with your fingers. Right as she's about to explode, make gentle pulsing movements on her nipples in time with her orgasmic contractions.



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