

Fingering Fanatics Edition

AROUSING HER
APPETITE WITH
HAND MADE
PLEASURE



Fingering *Fetish*



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Part One: Introduction to Fingering?

Introduction: Lovemaking 3.0: Becoming a Better Lover

Hello Lover!

Welcome to my latest program, Naked U 3.0, where I will be teaching you via eBooks and video courses, advanced sexual skills so you can become the best lover for your partner ever!

Today we are learning advanced fingering techniques in this eBook, Fingering Fetish. We will be focusing on the 3 best positions you can use during fingering sex, why they are the best, and of course, how to do them expertly so you can become a rock star in the bedroom.

Erotic fingering, when done correctly, can be a big turn on for your partner and give her the most amazing orgasms ever. Pair that with the perfect fingering positions—so she can enjoy the most comfort and you can conserve the most energy—and expert fingering can be like the digital acrobatics of the sex Olympics, where you both achieve a gold metal win!



In this eBook you will learn why the hands and fingers play such a big part in giving a woman sexual pleasure, advanced fingering techniques to put her over the edge into continuous body-quaking orgasms that go on and on and on, and how to use sexual positions to your advantage during sexual fingering play.

This eBook is written with the most up-to-date information on advanced fingering techniques including the 3 best positions for fingering sex. It features hands-on exercises and techniques to help you easily learn new sexy skills that you can start using on your partner today.

Check out our eBook to learn all about Passionate Positions at: <www.gabriellemoore.com/launch/nus1>

So, are you ready to join me? Super! Let's begin!

The Best Way to Go Through This Program

Whether you start by reading this eBook first, or by watching the video, it is a good idea to start from the beginning, read or watch ALL the contents, until the end.

If you are a visual learner you may want to watch some techniques a few times before you get the hang of them, so you are confident when doing them on your own and can remember the steps.

If you learn better from reading, you may want to highlight a part of this eBook to reread for more clarity, and then watch the video and come back to the eBook again. You can even print this eBook out and refer to it while you watch the video and take extra notes, especially if one of the techniques seems more complicated. You could even write yourself out "cheat" notes to refer to before your practice try-outs!

If you want to learn how to become the best lover and last longer in bed, check out our eBook: Last Longer Tonight : www.gabriellemoore.com/tw/llt

Why Fingering?

Why would you want to do fingering with your lover instead of the usual sexual intercourse or even oral sex?

The biggest reason you may want to incorporate fingering with any type of sex, especially penis to vagina sexual intercourse is because 70% of women do NOT get off or reach orgasm with penetrative sex allow. Most women need clitoral stimulation, and/or other types of stimulation to orgasm.

So, hands can be very helpful, indeed necessary, when it comes to giving women orgasms during penetration.

Another reason why fingering may be useful is because fingers are much more dexterous than a penis is. Fingers can bend, move, flex, circle, come hither, and create so many other “acrobatic” movements that a penis simply cannot do. That doesn’t mean that fingers are better than a penis, it only means fingers give you many more options. More options means more ways to pleasure your lady, that can only lead more orgasms and pleasure for her, and that is what our end goal is. Right?

Fingers can reach places that a penis normally can’t reach. Not matter the length of your penis, fingers can reach more places just because they are adjustable and bendable. That means being able to massage the G-spot better and the ability to hit the cervix and deep spot with skill and dexterity.

The “old in and out” can get boring after a while, especially if that is the only trick you have up your sleeve. So, you need to learn how to spice things up a bit by adding new tricks to your repertoire.

So, you can see why adding fingering to your lists of sexual skills can have a big advantage over just straight sex. The only question I have is, “Why not?”

If you are interested in learning some amazing oral sex techniques, check out our eBook: Oral Rapture: <www.gabriellemoore.com/tw/or>

Finger and Hand Warm-Ups

Before you begin with fingering your partner, you will want to make sure your hands and fingers are warmed up, so they don’t cramp up, to relieve strain, increase strength and dexterity.



Making a Fist

Make a fist with thumb across fingers and hold for 1 minute. Release first and stretch out fingers. Repeat on both hands 5 times.

Grip Strengthenener

Get a worry ball and squeeze in your hand for a few seconds then release. Repeat 5-10 times on each hand.

Rotate Wrists

Place arms stretched out in front of you. Rotate wrists clockwise and then counter-clockwise 10 times each.

Extend Wrists

Clasp your hands in front of you with your finger interlaced, so palms face away from you.

Gently stretch through fingers, palms and wrists as well as forearms and hold for 30 seconds, then release. Repeat 3 times.

Wrist Shaking

Stand with arms loose at your sides. Shake the arms, wrists and fingers for 1 minute to bring circulate back to your hands and to relief tension in the hands and wrists.



Thumb and Finger to Palm Touches

Hold hands out in front of you, palms up. Touch thumbs to the middle of the palm. Then continue, touching each finger to the middle of your palm from forefinger to pinkie.

Learn more about the female orgasm in my bestselling eBook, "7 Day Orgasm" here: <http://www.7dayorgasm.com>.

Preparing for Lovemaking

Like I said above, you want to prepare your environment for your lovemaking session. And, you also want to prepare yourself beforehand as well.

Now, I'm not going to nag you about cleanliness, you are an adult and I'm sure you know how to take a shower and prepare for a date.

However, for fingering, there are a few extra steps you want to make sure to take.

Wash your hands directly before you touch her genitals. While this may seem obvious, it is important. Bad bacteria or other foreign dirt can get inside her vagina and cause infections, so you don't want your sexy night to turn out with her getting an itchy vagina, or you can be sure you won't be able to go down there again.

Trim your nails short. You don't want long or jagged nails to scratch her delicate skin, again causing irritation or infection.

For more exciting tips on how to spice up your sex life, check out my e-book The Sex



Starved Couple at: <http://www.thesexstarvedcouple.com/>

Vaginal and Deep Spot Orgasms

During this course you are going to be going deep inside the vagina, into the deep spots: the cervix and AFE Zones. Here's what you need to learn to prepare you on your sexy mission into deep space!

Deep spot fingering includes going deep inside the vagina to stimulate the Cervix and AFE Zone. These two erogenous zones are very close together but require different types of stimulation.

According to Barry R Komisruk, Carlos Beyer and Beverly Whipple, who have done extensive research on female orgasms say that a large amount of oxytocin (the love and bonding hormone) is released into the blood stream during cervical stimulation and can be extremely pleasurable for women with deeper full-bodied orgasm.

Cervical orgasms feel much different than clitoral orgasms. They are deeper, full-bodied, and expanded, meaning they expand throughout the body. Instead of a steep linear peak and release, deep spot orgasms come in waves of pleasure, like rolling hills and valleys and can last for hours. The clitoris only has one nerve (the pudendal nerve) that sends pleasure signals to the brain, whereas the cervix has 3 nerves (hypogastric, vagus and pelvic). This is why cervical orgasms feel very different from clitoral or G-spot orgasm and may be why are so expansive on nature and even described as "spiritual" in nature.

“Give your partner an advance warning before doing things you’ve never done before.”

“Orgasm elicited from vaginal stimulation has been described as ‘deep, heaving’, orgasm; from cervical stimulation as a ‘shower of stars’...” or like ecstasy.

In Taoism the cervix is called the third gate, which releases an orgasmic fluid called ambrosia aka female ejaculation (a “thick, viscous fluid”) when stimulated. According to Taoist lovemaking, it is important to open the first gate (clitoral) and second gate (G-spot) first in sequence in order to open the third gate.

As always, learn as much as you can about the subject (check out my other eBooks and video courses), and proceed with caution.

When approaching the cervix or AFE zone, be very gentle. Some women experience cervical pain and/or numbness. The cervix stores tension, and emotional pain and past traumas. You may need to de-amore the cervix first, before engaging in deep pleasuring (see next section for how to do this). Too hard or too fast stimulation can become very uncomfortable for a woman and may even be painful. So, tread lightly!

Entering the Depths of the Vagina

The average vagina is 3-4 inches deep from opening to cervix when unstimulated and up to 4.7 inches when stimulated.

Female Erogenous Zone: Image 1 – Female Sexual Anatomy

The Cervix lies at the back of the vagina and is the entrance to a woman's womb or the lower part of a woman's uterus. It is a rounded shaped button, like the end of the nose that protrudes into the back of the vagina about 1 inch. This part of the cervix is called the Ectrocervix, while the opening into the uterus is called the Internal OS.

Female Erogenous Zone: Image 2 - Cervix

The A-spots

On the underside and behind the cervix are two erogenous zones called the A-spots (Anterior and posterior fornix refer to front and back), also know as the AFE Zone (see fornix in the Female Erogenous Zone: Image 1 - Female Sexual Anatomy). The A-spot is located on the



belly side just below the bladder, while its twin is next to the anus.

Sexual stimulation of the A-spots can produce intense orgasms and a abrupt gush of copious vaginal fluids within 5-10 seconds of stimulation. According to Dr. Chua Chee Ann who “discovered” the A-spots, with regular stimulation a woman can experience 30-40 orgasms in one minute. That sounds like a heck of a lot of orgasms!

The A-spot can be stimulated during deep vaginal intercourse, or by using the fingers, a long G-spot type toy, or penis. In this chapter we will be learning techniques to stimulate this area via fingering and penis massage.

“Take advantage of her lustiest peak by grabbing her for sex as often as possible...”

Gather Your Tools

Gather any sex toys, or other things you might need to use during your lovemaking, including her favorite vibrator.

This may include a few absorbent towels for G-spot play and a thin sheet of plastic to cover your bed (can get this at the hardware store, like the ones used to cover furniture when you are painting a room). Massage oils or massage candles if you are using them.

- /// **Gloves.** You can wear gloves if you feel you need extra protection, but if you have clean hands and trimmed nails, you shouldn't need the gloves. Also, remember that some women are allergic to latex gloves so make sure to find out that before you start.
- /// **Lube!** Bring lots of water-based lube and keep it handy. With fingering, you may need more lube than usual to begin with, so keep your lube handy and use it often if needed.

A jug of ice water and glasses to stay hydrated, especially if you are doing G-spot play and female ejaculation, and if you are planning for a marathon play session.

To learn more about the art of female ejaculation, check out our eBook: Squirting Orgasm Shortcuts: <www.gabriellemoore.com/tw/sos>

Snacks. You may want to have a few snacks on hand, if you are planning an all-nighter, or a few hours of sexy time. Some things that work good for this are grapes, crackers, cheese, other types of fruit, oysters, a small veggie tray with dip, energy bars, or whatever types of snacks you both prefer.

Sexy Supplies: Our Handy Helpers!

Not every couple is porn star and it can be quite difficult (if not impossible) for most ordinary people to get into all the Kama Sutra positions (even advanced missionary) without a little help.

That's where advanced positioning tools like slings and sex pillows come in handy to help you both get into a comfortable position and be able to maintain it for a length of time.



That way you can become a Rockstar in the bedroom, and an expert in all kinds of sexual positions. Advanced positions are excellent for facilitating better sex, so don't be afraid to get a little help!

Liberator Wedge

"The subtle slope and firmness of the Wedge is ideal for providing support and lift for missionary and anal, as well as providing the perfect angle for longer oral sessions without suffering from a crick in the neck. It also makes new positions easier and more satisfying by deepening the angle of penetration to heighten sensation and reach the G-spot."—Liberator

G-spot Sling for Easy Positioning in Missionary

"This Sling support reduces leg fatigue and lower back pressure while the angle created enhances G-spot stimulation during penetration."—Sportsheets

Positioning Pillow for Advanced Missionary Penetration

"Sculpted to follow the contours of the human form, this Shape cradles you perfectly to provide ideal comfort and support with the flowing arches giving you and your partner access to an assortment of new sexual positions that will thrill and intensify your lovemaking. The high and low curves are designed to bolster your head, back, and knees to create optimal lift and angles in missionary or from-behind positions, and reinvigorate oral by boosting the body to provide better access."—Liberator

Vibrators 101

You may have heard that vibrators, not diamonds are a girl's best friend. Vibrators certainly do help women achieve orgasm, quick, easily and efficiently.



But, there are 100s of styles of vibrators to choose from, so which one should you get?

Well, since most women (70%) get off on clitoral stimulation, a clitoral vibe is a must have. However, if we want to also include G-spot play in the equation, then a vibrator that can accomplish both clitoral and G-spot stimulation would be ideal.

Rabbits - While many manufacturers will sign the praises of Rabbit Vibrators, in reality they don't work that well. This is because every woman's anatomy is different, and most Rabbit Vibes are not flexible enough to reach both the clitoris and G-spot simultaneously together.

Clitoral Vibes - Clitoral vibes are usually small, powerful vibrators that direct pinpoint stimulation to the clitoral head. These are the most popular type pf vibrator.

G-spot Vibes - G-spot vibes have a bulbous head and curved neck or shaft that is specifically designed to hit and stimulate the G-spot.

The Best Solution?

The best option is to get a G-spot vibe with a large bulb shaped head, made out of hard material like ABS plastic, so it resonates vibrations well for clitoral stimulation, and has a curved neck to reach the G-spot like this Slimline G Vibrator.

Part Two: Fingering Techniques

Technique 1:

Cowgirl Dueling Fingers: Girl on Top for G-spot & Clitoral Pleasure with Fingering

Cowgirl or Girl on Top Position

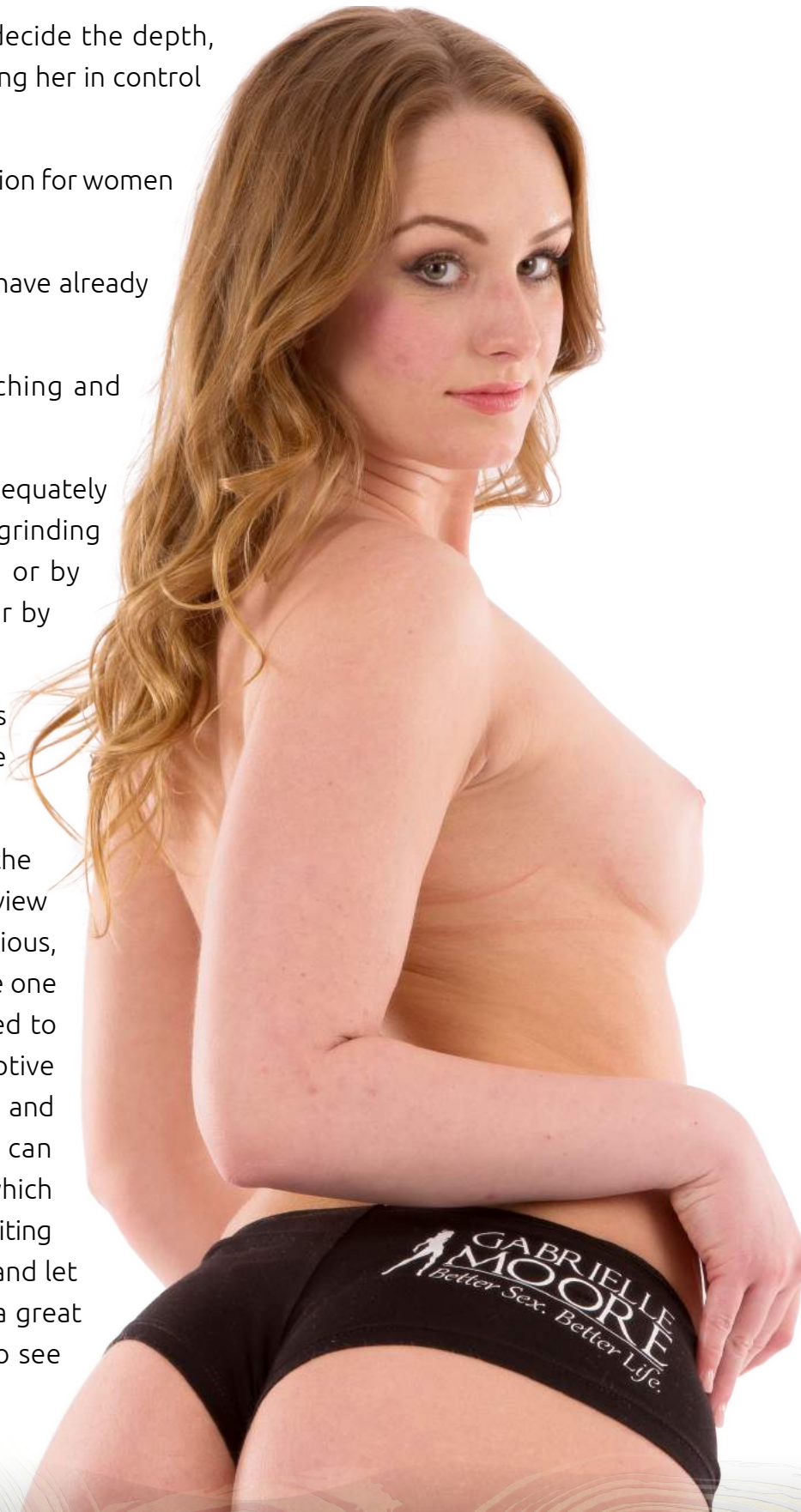
Girl on Top or Cowgirl Position is one of the best positions used in fingering because you get to lay back while she positions herself on your fingers (for penetration), and your other hand can be free for clitoral or other types of stimulation. This takes more effort off you and can give you more stamina

for lasting longer. It also allows her to decide the depth, position, and rhythm of penetration, putting her in control of her own pleasure.

Girl on Top is often said to be the best position for women to get off on for a few reasons.

1. She has control of her pleasure, as I have already stated above.
2. It is also the best position for reaching and stimulating the G-spot.
3. It is one of the easiest positions to adequately stimulate the clitoris, either by her grinding and rubbing it against her partner, or by digital stimulation performed on her by her partner.
4. Lovers can gaze into each other's eyes which makes this position more intimate.

While it is an easy position to perform for the guy (you just simply lay back and enjoy the view and the ride), she may feel a bit self-conscious, awkward in this position because she is the one who needs to "perform". She may be used to being on the bottom and being the receptive partner. Also, she may feel more exposed and more vulnerable in this position as you can clearly see her bouncing on top of you, which may be quite enticing to you, but more inhibiting for her. So, make sure to encourage her, and let her know she is "doing it right" or doing a great job, and how much it is turning you on to see her up there.



Girl on Top position may also be very empowering for her, and if that is so, then still encourage her and cheerlead her on. It is very sexy to see a woman turned on, in control and in her power!

Giddy up!

How Cowgirl Position is Performed

With Girl on Top Position the man lays on his back while the woman straddles him with her legs on each side of his waist, either in a kneeling or squatting position. She can use her hands to balance herself by placing them on his chest, shoulders, or thighs. She can also put her hands behind her and lean back.

Now, instead of planting herself on your penis, she can open her thighs wider, thus giving you access to both her clitoris and vaginal opening. In fact, in this position, you have full access to fondle her breasts, her stomach, her genitals and grope her butt cheeks as well. If she leans forward, you can also lick and sucks on her nipples and breasts.

With your finger or fingers inserted inside her she can bounce up and down, stay still while you stimulate her, grind herself into your hand or thigh, move forwards or backwards, slide side to side, or rotate in a



Try playfully tickling the undersides of her breasts and along the sides...

circling motion to give her various types of stimulation. She can even take some time out and rest, by laying down upon you chest to chest, while still straddling your hips.

Variations on Girl on Top Position

Asian Cowgirl Position

The Asian Cowgirl Position is quite similar to the regular Girl on Top or Cowgirl Position, but with a few slight variations.

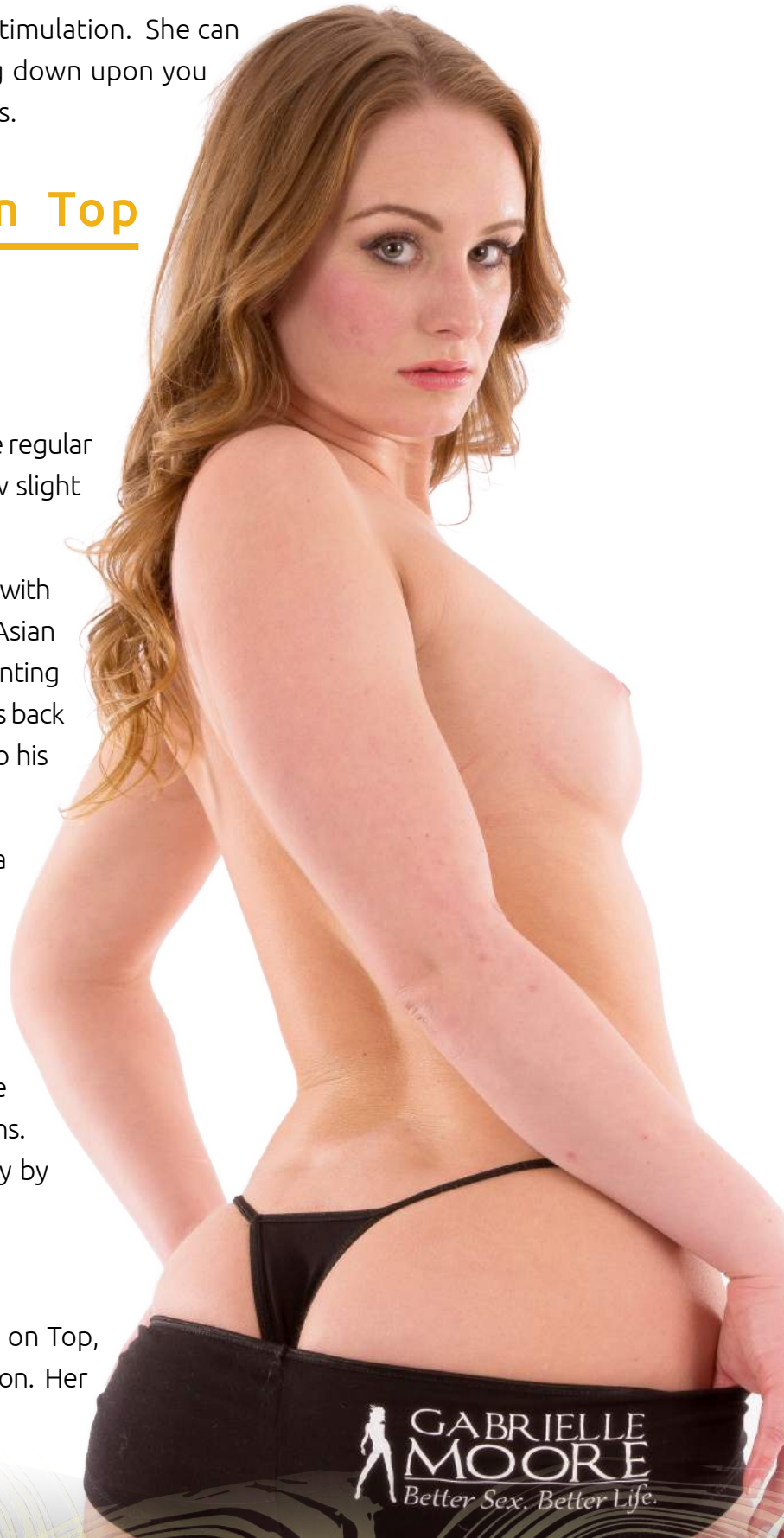
In Girl on Top Position she is kneeling on the bed with knees on either side of the man's ribs. With Asian Cowgirl she is in a squat position, with knees pointing up. She can balance herself by placing her hands back on his thighs and leaning back, or forward onto his chest.

Drawback: This position requires more stamina and flexibility than regular Cowgirl for the woman, so only try it for short periods of time until she gets better at it.

Advantage: If he raises his knees she can lie back on his thighs in this position to expose more of her vulva, and vagina to his finger explorations. This also helps her not get tired out so quickly by giving her back support.

The Crab

The Crab Position is another variation of Girl on Top, which is a bit modified to the Asian Cowgirl Position. Her



knees are bent and pointing towards the ceiling, much like Asian Cowgirl, but her legs are more widespread and relaxed. In this position she is forced to bend back more and use her arms behind her to hold herself up. Or, he can bend his knees, thighs together and she can use his thighs for support. This position has the same advantages and drawbacks of Asian Cowgirl, yet gives him a better view and access to her vulva.

Fast Frog Position

The Fast Frog Position is very much like how it sounds. She crouches over him in a frog position, squatting on his pelvis with her legs and arms in leap frog position. In this position she can get a lot of leverage and hop up and down on his fingers (or penis). In this position the man needs to bend his knees with his feet planted on the ground.

From this position, the woman slightly hovers over the man, while he thrusts his fingers (or penis) up inside of her rapidly. This allows for shallow G-spot penetration and very quick hard stimulation, rather than deep stimulation.

Drawback: She will not be able to stay in this position long.

Advantage: It makes for easy access to the G-spot.



Lotus Position

The Lotus Position much like Yab Yum in Tantra is one of the most intimate positions you can get into, as a couple. To learn more about Tantra Sex see our eBook: The Tantric Touch: <www.the-tantric-touch.com>

She sits on his lap with her legs wrapped around his waist. He sits lotus-style or can stretch his legs out in front of him. In another variation of this, he can be sitting on a stool or in a chair, with knees bent and feet on the floor.

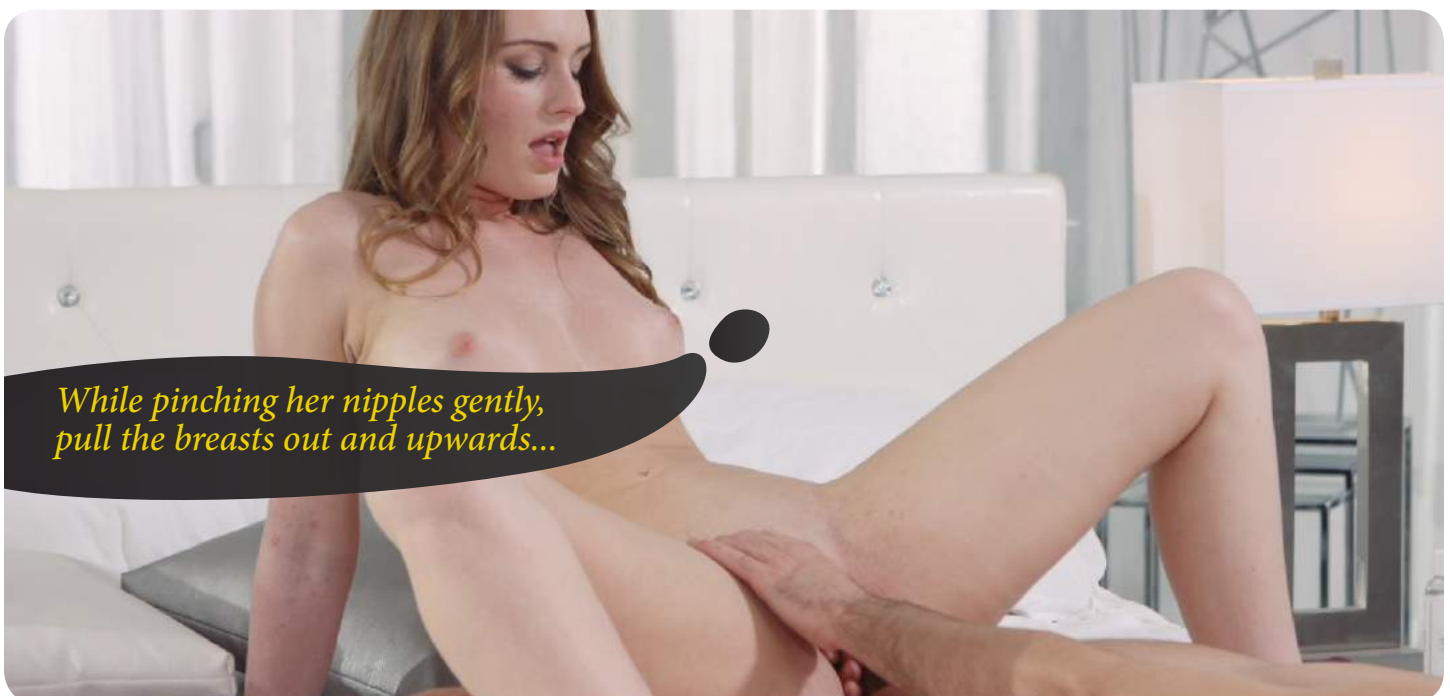
In this position he can cup her vulva with one hand and curl his fingers inside of her vagina, in a come hither motion perfect for G-spot stimulation. She can also lie backwards and give him more access to her clitoris at the same time.

Disadvantage: This position may cause leg cramps for him if he is not flexible or over long periods of time. If she is heavy, it may also be an uncomfortable position for him.

Advantage: This position is great for making out, making eye contact, kissing, hugging, and enabling her to grind and rock on top.

Mastery Position

The Mastery Position is almost exactly like Lotus, except rather than being in bed, he is sitting up in a chair, or sitting up on the side of the bed, knees bend and feet flat on the floor.



*While pinching her nipples gently,
pull the breasts out and upwards...*

She will find this position a bit easier to ride him. This position also allows for many variations.

Seesaw

The See Saw Position is like the Crab Position, except he is sitting up, so therefore more intimate.

He should lean up against a wall to make this position easier to do, and to free his hands for fingering play. She could use a pillow positioner behind her, such as the Liberator Wedge to allow her to comfortably lay back during fingering sex, rather than leaning back on her arms. She can alternately put her hands on his shoulders to hold her in this position.

This position gives her better thrusting action, while also giving him a better angle to penetrate her with his fingers.

Octapuss

The Octopus Position really gives him great access to her genitals. In this variation, he has his legs outside hers, with hers closer together and lifted so her ankles go around his neck. Again, he should have a wall or something to lean back against, so he can have his hands free for fingerplay. She leans backwards on her arms or uses a wedge pillow for support.



If she caresses your chest, you caress her breasts. If she kisses your neck, you kiss hers.

As mentioned above this position puts her pussy front and center for him to finger, fondle and play with.

Chair Rider

The Chair Riding Position is almost like the Lotus Position, expect you are both on two chairs facing each other. Make sure the chairs are both sturdy and strong. Both partners have their legs in a lifted, bent kneed position. Alternately, she can put her ankles over his shoulder s as well to give him better access.

Fingering Techniques 1: Cowgirl Dueling Fingers

Girl on Top using fingering for G-spot stimulation + clitoral stimulation.

So now that you are well versed in the various “Girl on Top” positions, you can choose any one of these to start with and change them up during your sex play session. There are obviously some positions that are better with some techniques, and others that will be easier or harder for your or your partner to perform. I suggest you try each and see which ones work best for you and the technique you are performing.

Now, let's get to the finger techniques!

During this section you are going to learn:

3 ways to stimulate the clitoris and G-spot during cowgirl position using fingering:

- // Thumb clitoral circles with fingers come hither technique.



- // Thumb clitoral stimulation with fingers penetration squeezing technique.
- // Sweet spot clitoral stimulation with pulling/rubbing internal technique.

Steps to This Technique

Step 1: Tantric Vulva Massage - Awakening Her Vulva

- // We will assume that you have performed at least 20 minutes of foreplay on your lover to warm her up first, touch all her erotic zones and getting her hot and horny.
- // First get into one of the Girl on Top Position. To begin, I suggest leaning against a wall and getting her into Crab Position, so she can relax while you begin to stimulate her genitals. You may also want to bend your knees, so she can lean back on your thighs.
- // Apply a bit of water-based lubricant for women to your hand and rub your palms together to warm it up.



If she's a taste-lover, give her a flavored kiss.

- ✓ Lovingly begin to massage your lady's vulva with your palms and fingertips.
- ✓ Use the palms of both hands to stroke her closed outer labia from top to bottom (Mound of Venus to perineum) in slow repetition.
- ✓ Next, using the outer side of your palms, placed on either side of her vulva, press palms together to gently squeeze the outer labia to warm her up. Slowly slide palms up and down to create soft rubbing.
- ✓ See our top selling eBook: *Flesh on Flesh* for more advanced massage techniques: <www.gabriellemoore.com/tw/fof>

Step 2: Open Sesame - Opening her Pussy Lips

- ✓ Once her outer lips are sufficiently warmed up and she is inviting you to touch her more, you can now open her pussy lips and preview her beautiful inner lips and vulva.
- ✓ Apply more lubricant to your hands and warm it up.
- ✓ Stroke her pussy softly from above her clitoris to perineum, careful to avoid touching her clitoris directly. Her clitoris may be very sensitive, so you want to approach it very gently. Some women don't like direct clitoral stimulation at all, and some enjoy it after they are warmed up. So, allow her body to guide you. But for now, we just want to tease around her clitoris until she is begging



you for more. Continue stroking up and down for a couple of minutes.

Step 3: Polishing the Pearl - Clitoral Stimulation Hood Strokes

- Clitoral Circles: Making sure you have a well lubed up finger, use either your index finger or thumb and begin to softly stroke in circles around her clitoris. Make sure to pay special attention to the top and sides of the clitoral hood, without stroking the clitoris directly.
- The Clitoral Cross: If she welcomes more direct stimulation, you can now lightly caress her clitoris top to bottom and back up again, and then side to side, as if you are making a small cross. Repeat this for a few times and then go back to clitoral circles.

Step 4: Entering the Velvet Glove – How to Gently Enter to Vagina

- While your one hand is busy doing the clitoral strokes above, use your other hand to stimulate the opening of her vagina. With your thumb, slide over the vaginal opening up and down from the bottom of the clitoris to her perineum, slowly, gradually focusing on and around the vaginal



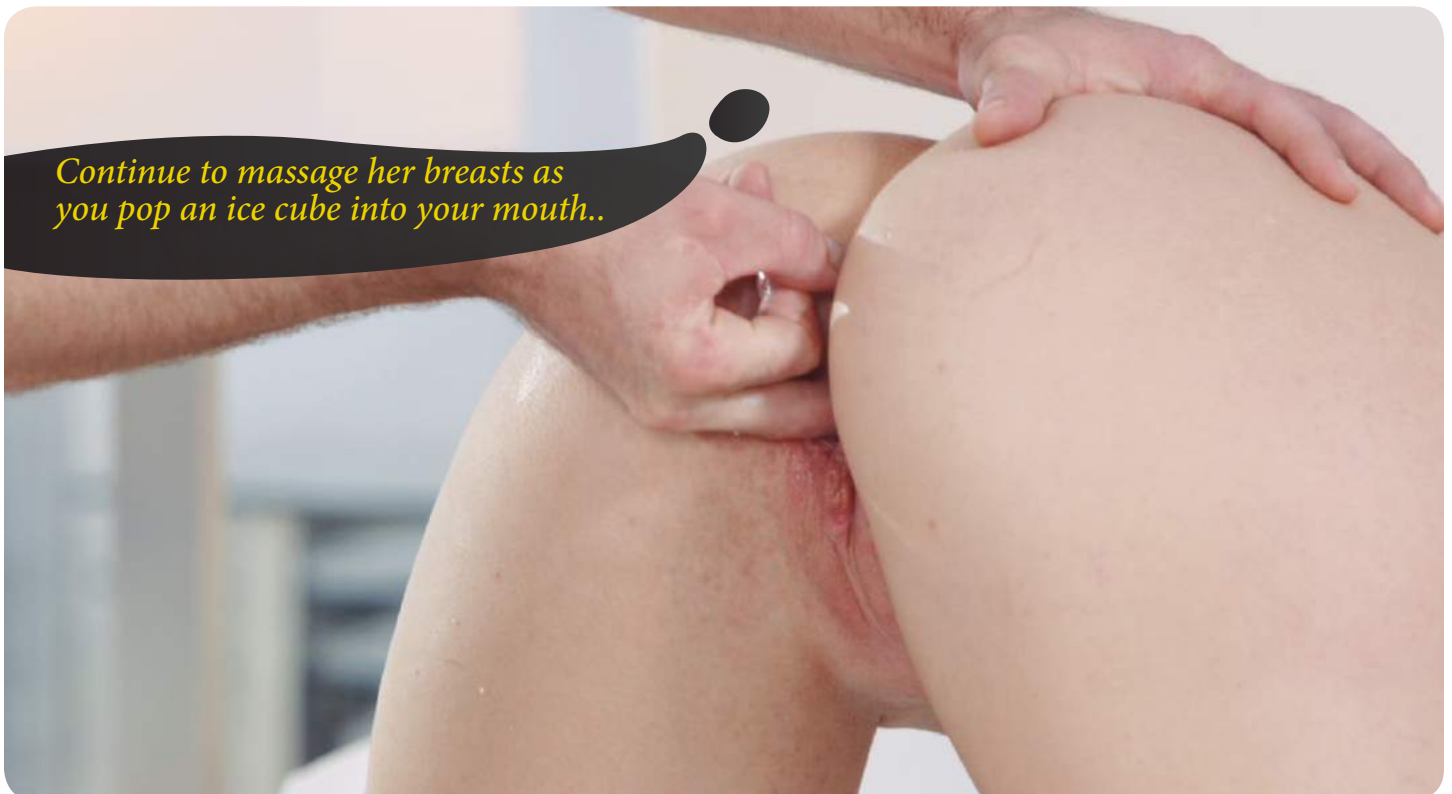
Softly drizzle the warm candle wax over your lover's breasts, watching how she responds to it.

opening. Each time you slide down over her opening, press the tip of your thumb at the opening or slightly inside. Once she responds by opening her vagina for you, you can then start to slowly insert one thumb until you reach the second knuckle, then move your thumb in small, slow rotations around the top, sides and bottom of her vagina in circles.

Step 5: Come Hither Bonanza – G-spot Stimulation with Clitoral Strokes

- Continue to stroke the clitoris using the Clitoral Circles and Cross techniques. Now, remove your thumb from her vagina and insert one finger, palm facing up. Lightly stroke the top of her vaginal wall with the one finger, feeling around for her G-spot, the wrinkled prune-like area in the top wall of the vagina.
- The G-spot should begin to swell and make itself more noticeable as you stroke it. Insert a second finger, if it feels good to her, and continue to stroke the G-spot. Apply more pressure as if you are pushing into the G-spot, as you curl your fingers back in a “come-hither” stroke. If she wants more fingers, apply three. If less, stay with one finger until she wants more.

Continue to massage her breasts as you pop an ice cube into your mouth..



- Continue to apply more pressure as she becomes more and more aroused. Get her feedback for what feels the best. Press directly into the G-spot with deeper thrusts, then curling your fingers back in the
- At this point, she may be ready to orgasm. If so, deny her that possibility for a moment and slow down the clitoral stimulation. You want to bring her back down, so you can build her up again to have an even more powerful orgasm when she does.
- With your fingers still inside her vagina, position your thumb slightly above her urethra on the U-spot and gently press down on it. Next, use your fingers inside to press up onto her G-spot as if your thumb on the outside and fingers within are making a clamp. Continue to squeeze in this position, slightly rubbing the G-spot as you squeeze down and pull towards you without removing your fingers. Make sure the pressure is firm yet feels good to her. Don't squeeze to hard.

Step 7: The Sweet Spot - Advanced Clitoral Stimulation

- With this final technique, she should be reaching climax. Go back to stroking her clitoris with your other hand using index finger but narrow the stimulation to the top left and top right of the clitoris. You are searching for her sweet spot.
- The Sweet Spot, or most sensitive spot on the clitoris is located at the left hand upper quadrant (on some women it is the upper right



hand) where the clit meets the clitoral hood at about 2 o'clock. This is called the corona.

Sweet Spot Technique: Once you find her sweet spot, which side she likes best, begin stroke on the clit and up over the lip of the corona. Use just the tip of your finger, and very gentle, light pressure (as if you were touching your eyeball), stroke up over the corona, lift at the top and go back down and continue stroking up only. Next try stroking down, then up and down with a continuous stroke until you find the one she likes best. Vary stroke speed and pressure based on her feedback. Continue to stroke this spot until she has an orgasm unless she tells you otherwise.

Step 8: Juicing the Peach

Juicing the Peach: This G-spot Pull and Trust Technique is called Juicing the Peach, because it is similar to squeezing a peach to make sweet nectar. Once you find the stroke she likes the best, you can now use the other fingers already inside her vagina to do the G-spot Pull and Trust technique. This is similar to the G-spot Squeeze technique, except you remove your thumb from her U-spot and just concentrate stimulation to the G-spot alone. For this technique you want to start thrusting deeper into the G-spot, so not back in the vagina, but, rather up into the G-spot. Make sure you are gentle and only use as much pressure as she feels good with, but still keep the thrusting firm. When you pull back, use your fingers as if you were juicing a ripe peach, in a deep



stroke towards the vaginal entrance as if you are pulling the ejaculation out of her. Get ready for some water works, because she should be squirting soon!

- Further Tips: During any of these techniques, she can also choose to move her hips side to side, lean forward or back to adjust stimulation, and also bounce up and down on your fingers, or rick her hips to meet your thrusts.
- Aside Note: Not ALL women can perform female ejaculation for one reason or another. It may be that she can't physically do so, or it may be an emotional or psychological reason. For whatever reason, it is okay if she doesn't experience FE. As long as she has pleasure that's fine. And, most women experience orgasm without female ejaculation anyway, so having FE happen is just a bonus.

Watch Gabrielle's instructors demonstrating any of these above techniques by clicking [here](#) to go to video.

Technique 2:

Deep Spot Doggie Boogie: Doggie Style with Deep Spot Fingering

Doggie Style Position

Doggie Style Position is another great position to use with fingering because it gives you full access to her vagina for



deep penetration. This position is very comfortable for her as she bends over on all knees and gives you most of the control.

The best thing about this position is that you can both stimulate her with your fingers, and also insert your penis, then rotate between the two for the best stimulation for yourself and your lover.

Doggie Style is said to be an excellent position for stimulation because:

- // Depending on her angle, doggie style creates more G-spot stimulation through friction.
- // She can easily control the thrust by moving back against you for deeper thrusts.
- // Many guys enjoy watch their lover's ripe bottom during sex.
- // It's comfortable for both partners and easy to perform.
- // It animalistic and wild!
- // It allows you to multi-task with your hands.
- // There are several variations of doggie style to choose from to get the exact position you need for various techniques.

These techniques will drive her wild with abandon and make her super wet with orgasmic bliss.



A good rule of thumb is to handle her breasts the way you might hold a full water balloon...

How this will drive her crazy because of the different sensations between fingers (slimmer, more pinpoint) to penis (thick, fuller). But, first, here are the best positions for reaching these deep erotic zones of the female body.

Regular Doggie Style Position

Doggy Style is performed with her on her hands and knees (or a slight variation of that), and you kneeling behind her, with pelvis positioned against her back end.

For fingering you may want to try sitting behind her to get better access instead of kneeling but try both to see which is most comfortable for you.

From here, you can spread her thighs apart and reach her vagina easily.

With doggie style she can push back against you for deeper, harder thrusts. She can also perform stimulation on her clitoris while you are penetrating her from behind.

If she likes it you can also take on a more dominant role and spank her bottom, pull her hair, reach around and grope her breasts while fingering her deep spot.

This position also gives you direct access to her anus. So, if you are both into anal sex you can try



stimulating her rosebud (just the anal opening), penetrating her anus with your finger or penis, or adding an anal toy like a butt plug while you finger her vagina at the same time.

To find out more about how to do anal sex, see our eBook - Anal Pleasure for Her: <www.analpleasureforher.com>

Variations of Doggie Style

Use a wedge style pillow as shown in the last technique to prop under her hips and bring her butt higher.

If you are into bondage, you can hand cuff her hands to a best post in front of her, or behind her back if she leans forward and rests her head on a pillow.

Doggie style can also be performed beside the bed, where she can rest her head, arms and upper body on the bed.

Other Variations on Doggie Style: The Fire Hydrant

The Fire Hydrant sex position is very similar to Doggie Style, except she straddles your legs while you bend one knee. This give you more access to her vagina as her legs are wider open and allows her to grind her clitoris against your pelvis and thigh. In this position, you position yourself insider her legs and lift one knee.

Frog Leap

The Frog Leap position is another variation of Doggie Style, not to be confused with Leapfrog position which is very different. In this position you kneel behind her, and



she positions herself like a frog about to leap away, balanced on her hands and feet, knees bent. She can vary the height of her pelvis by spreading her legs wider. She can also bounce more up and down on your fingers if she has strong thighs or swivel her hips.

Advantage: This position gives you better access to her clitoris if you want to stimulate both clitoris and deep spot simultaneously.

Drawback: This position is harder to get into and needs stamina on her part to maintain.

Leapfrog

The Leapfrog position is another variation of doggie style where she leans forward and rest her head and chest on the bed. This thrusts her butt higher in the air for better access and gives him and even better view. She can also use a wedge position pillow under her hips to support her. She can also use a pillow for her head for added comfort.

Advantage: This is a very comfortable position for her. This position allows for the deepest penetration, which is great, because our goal is to hit that deep spot.



Breast biting can be a real turn on for some women, but it can also be painful...

Turtle

The Turtle sex position is a slight variation on the Leapfrog, with her arms wrapping behind and hugging her knees. This is a great position for the edge of the bed, where you can stand beside the bed and she positions herself on the edge.

Advantage: This can be a very submissive position for her if she likes that.

Drawback: She needs to be fairly flexible to get into this position. Because she is resting on her head, this could put her neck at an awkward angle, so having a pillow for her head is encouraged so she doesn't get a neck cramp. If she has bad knees she will want to avoid this position all together.

Fingering Techniques 2: Deep Spot Doggie Boogie: Doggie Style with Deep Spot Fingering

Now that you have the various Doggie Style positions down, let's learn the fingering techniques for deep spot penetration. You can choose any of the doggy style positions to start with and change them up as you explore deep spot penetration. Some will be better for different techniques, and some will be better depending on you and your partner. Try out the various styles to see which one(s) work best for you and the technique you are performing.

Deep spit penetration is a very advanced technique and takes a lot of practice, skill, and patience. But,



it is well worth the journey as it will completely expand and deeply your love relationship and pleasure with your partner.

Now, let's get to the finger techniques!

During this section you are going to learn:

1. How to open the 3 Sacred Gates to Sexual Pleasure and Amazing Expansive Deep Orgasms
2. How to give her sensual cervical massage and de-armor her cervix.
3. The step-by-step techniques to fingering and penis penetration for deep spot orgasms.

Steps to This Technique

Step 1: Opening the Sacred Gates Awakening

- As I said before in the introduction to this section, women often don't like cervical and deep spot penetration or stimulation because it can be painful. It is therefore very important to go slow during this journey and give yourselves a few hours (yes, hours!) to explore. If you rush through this experience it could result in something that is less than pleasurable and you will likely not get another chance to experience and give your lover one of the most transcendent types of orgasms that are available to her. So, foreplay is an absolute MUST for deep spot play. And, don't forget to use lots of lube during each step!
- Open the 1st Gate: Once you have completed at least 20-30 minutes of foreplay (that's about how long most women take to get aroused), you can then begin to open the 1st gate of pleasure, which of course is the clitoris. I have mentioned lots of techniques for finger play with the clitoris in Part 2: Girl on Top for G-spot & Clitoral Pleasure with Fingering, so pick some of her favorites and get busy!
- Open the 2nd Gate: Once she has been stimulated to where she wants you to enter her, you can move on to opening her 2nd Gate, the G-spot. Once again, I have offered several techniques on how to stimulate her G-spot in Part 2: Girl on Top for G-spot & Clitoral Pleasure with Fingering, so use the ones that really turn her on.
- Open the 3rd Gate: Now that she is very aroused, and she may have already orgasmed via G-spot pleasuring, you can move on to the 3rd and most sacred gate, the Cervix. Assume Doggie Po-

sition (which ever variation suits you). To begin with you simply want to find this area first which is in the very back of the vagina, as previously mentioned. She will want to be aroused to a level 8 (from 1-10 on the arousal scale) before touching this area. When a woman is extremely turned on the vagina balloons out, causing the cervix to tilt making it more easily reached during sexual penetration.

- ▮ Gently feel around with your finger(s) in this area and you will find the ridge of the AFE Zone, which feels like a smooth ridge and groove, like the rim of a frisbee rim, with the cervix in the center. It should be about 4 inches or more inside the vagina at the very back on the top belly side. The cervix will protrude a little bit inside the AFE zone. For now, we want to focus our attention on the AFE Zone rather than the cervix.

Step 2: The A-spot Shuffle - Stimulating the AFE Zone

- ▮ You may begin stimulating this region by inserting 1-2 fingers (usually the middle finger as it is the longest), palm facing down towards her belly and feel for the groove and ridge around the cervix. Beyond the ridge is a valley that you can gently press into with your fingertips. Just slowly press and hold as you explore around this valley.
- ▮ Next, use your fingers to stroke inside the valley pulling up to the rim, and then sliding



your fingers along the ridge in a back and forth motion. Remember to be gentle.

- As she responds favorably to your soft fingering strokes, you can apply a bit more pressure in the groove. She should begin to lubricate in a gush at this point and may want to press back into your fingers. Encourage her to rock and undulate her hips to meet your thrusts. If this happens, awesome! Keep going!

Step 3: Cervical Sensual Healing - De-armoring the Cervix

- De-armoring the Cervix:** You may now attempt to touch the cervix with your fingers. Again, do so very gently. At first, simply touch the cervix and stay there. Don't stroke or move, simple touch as if feeling for a pulse. Let her get used to the sensation of having her cervix touched before going any further. If she experiences pain or numbness you will want to de-arm her cervix before going further. It can sometimes take months to remove the built-up tension and trauma in her cervix and re-wire her brain for pleasure, so be prepared to stay the course, and you may have to do these steps over and over again for many sessions. But don't give up, it is well worth the journey!
- During the de-armoring process, she may release all kinds of pent up emotions such as anger, sadness, tears, laughter, so make sure you are both prepared. This is okay, and is what you want to happen, so allow her to release these emotions and hold her if she chooses.



- To de-arm her cervix, you need to just apply gentle pressure into her cervix with your finger tips and push against the pain or numbness for about 1 minute as she releases the tension, pain and emotions. She should also practice deep breathing during this and breathe into the painful areas. Repeat this in other areas around her cervix if needed. She will often want to be comfortable and held after this is over. Make sure to check in with her during this entire process.

Step 4: Deep Spot Shimmy - Cervical Massage

- Once you have de-armored the cervix for a few sessions, or until she is able to begin feeling pleasure there, you are ready to give her a cervical massage and orgasms with fingering. Start again, as above by just touching the cervix and holding until she is ready to proceed. Next you can try gentle movements and penetration using slow, steady, rhythmic, and repetitive kinds of touch. Try slow circles around the cervix, or back and forth motions, or very slow, rhythmic penetration to gently apply pressure against the cervix.
- It can take up to 45 minutes of cervical stimulation before you get the kind of pleasure that will result in amazing orgasms, even after de-armoring.

Step 5: Deep Spot Kiss – Deep Spot Intercourse with Penis

- Now that she is totally warmed up and ready for pleasure, you can remove your fingers and slowly enter her with your penis. You can also use your fingers to stimulate her clitoris if she wants extra stimulation. Use the end of your penis to push into her cervix as if trying to enter it (again slowly and gently), as if kissing her cervix with the head of your penis. Glide in and out with slow, deliberate penetration, as her orgasm begins to build. Keep this motion smooth and rhythmic, softly bump, bump, bumping against her cervix, penetrating her fully and deeply and with each sensual stroke. This should be a slow, steady build up until the big finale.

Step 6: The Deep Spot Screw - Sexy Pelvis Hip Circles or Screwing

- Now, let's change it up and bit and try moving your hips around in circles so you are drawing a small circle around her cervix with the tip of your penis. Yes, this may take some practice, but try to imagine this in your head and your hips (and penis!) should follow! Alternative the direction your are screwing for variation.

Step 7: The Deep Bump & Grind - Deep Thrusting

- She should be now on the verge of erupting into orgasm! Go back to deeper thrusting and penetration, including gringing the head of your penis against her cervix. As she begins to orgasm place the tip of your penis against her cervix again, unmoving and just apply pressure as she goes through waves and waves of ecstatic release. This may feel as if the cervix is opening and closing like a flower, or a sucking sensation. She may experience a higher state of orgasm and multi-orgasms

So that's it! You did it! Well done!

Watch Gabrielle's instructors demonstrating any of these above techniques by clicking [here](#) to go to video.

Technique 3:

The Dynamic Duo: G-spot & Clitoral Stimulation with Advanced Missionary

Description:

Using fingers to simultaneously stimulate the G-spot with a vibrator for clitoral pleasure.

Using positioning slings for advanced, easier and more comfortable positioning.

Missionary Position

I'm sure you are quite skilled at the regular old Missionary Style position. However, it does have a lot of drawbacks:

- The woman on the bottom has limited movement.
- The man on top can become tired from holding himself up for long periods of intercourse.
- The woman doesn't get enough stimulation to her clitoris.
- Research has shown that if a man is tensing his muscles, as he must do to hold himself up, it affects his ability to control ejaculation, so the missionary position can aggravate problems of premature ejaculation.

But, don't be so quick to remove Missionary from your playbook just yet. There are many modified variations on Missionary Style that are perfect for fingering and sex!

Launch Pad Position

The Launch Pad position is a great position for fingering and vaginal (or anal) sex and gives you full access to your lover's pussy, because her hips are lifted high in the air.

In this position he kneels in front of her, instead of lying on top, and she lies on her back with knees bent and feet supported on his chest.

Advantage: This position allows for very deep penetration, so he can reach her deep spot or cervix with both fingers and his penis.

Drawback: She needs to be very flexible to get into this position.

Deep Impact

A variation on Launch Pad Position is Deep Impact, which as it sounds, allows for even deeper penetrative sex. This position is also perfect for fingering and is comfortable for both partners.

In this position she lies on her back and rests her feet on his shoulders while he kneels in front of her.

Advantages: Comfortable for both partners, easy position to get into and maintain, and gives him lots of access to her pussy for fingering.

Praying Mantis

I really love the Praying Mantis sex position which is almost like Deep Impact except she bends one knee to wrap her leg around his waist with one leg straight and pointed to the ceiling, foot resting on his shoulder.

Advantage: Fairly comfortable position for both partners and allows for a different angle of penetration.

Drawback: Requires a bit of flexibility on her part.

Fingering Techniques 3: G-spot & Clitoral Stimulation with Advanced Missionary

The Dynamic Duo

So, as you can see there are many advanced missionary positions you can use with G-spot and Clitoral finger techniques. Try out the various positions to see which works best for you and your lover, and each technique.

Now, let's get to the finger techniques!

During this section you are going to learn:

Using fingers to simultaneously stimulate the G-spot with a vibrator for clitoral pleasure.

Using positioning slings for advanced, easier and more comfortable G-spot positioning in Missionary.

Using a positioning pillow for advanced G-spot penetration in Missionary

Steps to This Technique

Step 1: Gather Your Gear

- Make sure to gather all your gear that you will need for your sex play date. Vibrator, lubes, gloves (if needed). In case she squirts, you will also want the following: G-spot blanket, absorbent towels, and Plastic sheet (a drop sheet from the hardware will work!).
- Spread plastic drop sheet over bed, or a G-spot blanket. Place large absorbent towel under her butt and have vibrator the lube near by and easy to reach.
- Assume one the advanced missionary positions that we have already discussed. At this point you will have gone through your foreplay and warm up.

Step 2: The Vulva Three Step - Vulva & Clitoris Warm Up

- Begin warming up her clitoris and vulva using the same techniques as explained in Part 2: Girl on Top for G-spot & Clitoral Pleasure with Fingering including Awakening Her Vulva, Opening her Pussy Lips, and Clitoral Stimulation Hood Strokes. We don't want to go right to our trusty vibrator yet because we want to prolong her arousal, pleasure and build up to an orgasmic explosion.

Step 3: The Vibe Revive - Vibrator Massage warm-up

- Now that you have her clitoris warmed up, you can pull out the G-spot wand to give her a stimulating vulva massage. Again, we are not racing to the finish line yet, so don't stimulate to close to her clitoris, we go a way to go yet. Lube up the head of the wand and start to slowly massage her vulva, over her inner labia lips, up and down the vulva, over the U-spot and vaginal opening, and even the perineum.



Step 4: Knuckle Dive - Entering her Vagina

- Stimulate the mouth of her vagina with the vibrator but don't insert it. Allow her vagina to begin to crave the stimulation and start to open on its own. Once it invites you in, insert 1-2 fingers inside to the 2nd knuckle and just hold there, while you continue to massage her vulva with the head of the vibrator. You can stroke around the clitoris, but still don't make contact directly with the clitoris yet.

Step 5: G-spot Come Hither Strokes

- ✓ You can begin to feel around for the G-spot 1-2 inches inside the vagina as you continue to stimulate her vulva with the vibrator. Once located, use the Come Hither stroke that you learned in Part 2, to begin to awaken her G-spot. Continue to stimulate this area adding more pressure as she desires. Vary fast and hard, with slow and sensual strokes.

Step 6: Sweet Spot Vibe - Clitoral Stimulation with a Vibrator

- ✓ Now that she is very turned on, you can start to stimulate her clitoris with the vibrator, while you continue to stroke her G-spot. Pay attention to what she likes best, what rhythm, speed, impact and pressure to apply to the G-spot.
- ✓ Start to stimulate around the clitoris in circles, especially the upper left and right top quadrants. Remember her sweet spot? We are trying to locate that area again. Once you find it, you can stroke back and forth over this spot with the vibrator. Be careful. She may not be ready for direct stimulation to her clitoris yet. Go as close as you can with what she is comfortable with. If she finds it too overwhelming, back away. If she wants more, go closer and move the vibrator slightly back and forth over her sweet spot. She may also like it if you just hold the vibrator still, directly on that spot and turn up the speed to full throttle.

Step 7. Blast Off – G-spot Orgasm

- ✓ Your lover should now be on the brink of orgasm. Continue to thrust into her G-spot with as much pressure as she likes, while stimulating her clitoris with the vibrator. You will know when she is ready to come. Don't change anything if she is on the brink of orgasm unless she tells you otherwise. Don't remove your fingers unless her vaginal muscles push you out and don't stop with vibrator until she pushes it away with her hand. Allow her to go into the orgasm and continue to experience the rolling waves. If she experiences female ejaculation or squirting, continue to stimulate her until she has exhausted this, or can't come anymore.

Extra Tips

- ✓ You can also insert your penis in her vagina while stimulating her clitoris at some point to feel the power of her orgasm and experience it with her.

- ✓ You can also use the G-spot vibrator inside of her and stimulate her clitoris with your finger tips, or vary clitoral to G-spot stimulation with the vibrator and fingers so see what she likes best.
- ✓ Once she is finished having an orgasm, it doesn't mean that the party is over. If she is ready, and able, after a short rest, start all over again!

Watch Gabrielle's instructors demonstrating any of these above techniques by clicking here to go to video. For more advanced G-spot techniques see our eBook - G-spot Orgasms Made Easy at: <www.gabriellemoore.com/tw/gsme>

In Closing

Okay, Lover! I sincerely hope that you found this eBook and video course helpful and learned lots of new techniques that you can use with your lover today! Remember, reading about these skills without putting them into practice is not going to make you an expert lover. You must essentially do the work. So, I encourage you to set up a sexy date night with your sweetheart right now, tell her you have something VERY special for her, and surprise her with your newly learned skills. She will be forever grateful to you for giving her the gift of orgasmic pleasure and fall in love with you all over again.

For more fingering techniques check out our eBook - Flirting Fingers at: <www.gabriellemoore.com/tw/ff>

Good luck, play safe and have fun!



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