

Fingering Fanatics Edition

AROUSING HER
APPETITE WITH
HAND MADE
PLEASURE



Oral Fingering Fantasy



GABRIELLE
MOORE
Better Sex. Better Life.

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Table of Contents

Sensual Delights: Fingering Bliss during Oral Sex

Part1- Introduction: To Oral Sex and Fingering

Fingering is Hot!

- Do:
- Don't:

Fingering Supplies

Choosing the Best Lubricant for Fingering

Erogenous Zones for Fingering

Other Types of Erotic Touch

Erogenous Zones for Oral Pleasure

Oral Zones on the Genitals

Tongue Workouts for Oral Sex

Sexy Oral Tongue and Mouth Tricks

Oral Sex Tips

Oral Sex Do's & Don'ts

- Do:
- Don't:

Best Oral Sex Positions for Advanced Fingering

- Spread Eagle
- Lifted Eagle
- Side Winder
- Face Sitting
- Reverse Face Sitting
- Oral Doggie

Part Two: Oral Sex with Advanced Fingering Techniques

Oral & Fingering Techniques 1: Sensuous Venus Mapping

- Steps to This Technique

Oral & Fingering Techniques 2: Deep Ecstasy

- The Deep Spot
- Deep Spot Orgasms
- Deep Spot Pleasure
- The Chakras
- There are seven major Chakras in the body. These include:
- Microcosmic Orbit
- Practices for Microcosmic Orbit

Oral & Fingering Techniques 2: Deep Ecstasy

- The Inverted Spiderman Position
- Steps to This Technique

Oral & Fingering Techniques 3: Forbidden Fruit

- Oral Doggie
- Steps to This Technique

In Closing

Bibliography

Part1- Introduction: *To Oral Sex and* *Fingering*

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, Sensual Delights: Fingering Bliss During Oral Sex. During this course you are going to learn how to combine advanced fingering techniques with oral sex moves: two types of lovemaking that are sure to give her amazing orgasms.

You have probably heard before that oral sex is one of the best ways to give your lover exquisite pleasure and make her orgasm. Well, that is definitely true. However, if you pair delicious oral sex techniques with fingering and penetration, that brings her orgasmic potential to new heights of ecstasy, awakening more erogenous zones simultaneously, for bigger, more explosive, combined orgasms that she will become addicted to!

So, she will become addicted to your lovemaking, to your touch, and to you!

This eBook is written with the most up-to-date information on advanced fingering techniques that can be combined with oral sex, for the ultimate in orgasmic pleasure. It features hands-on exercises and techniques to help you easily learn new sexy skills that you can start using on your partner today.



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

Fingering is Hot!

You may think that fingering is very adolescent, something you did as a teenager to try to get into your girlfriend's panties. But, fingering can be very orgasmic to women when done correctly. That's because hands themselves are super sexy. Many women get turned on by their lover's strong hands holding them, touching them, caressing them, fondling them, playing rough and even spanking them, oh my!

So, how do you perform fingering correctly? Here are the Do's and Don'ts of Fingering.

Do:

- Trim, file and cut your nails to make sure there are no hangnails or rough edges that can hurt her delicate vulva and vaginal tissues.
- Make sure your hands are super clean and hygienic.
- Wear gloves if uncertain.
- Make sure she is well lubricated either naturally or use lots of water-based lubricant.
- Ask her permission to enter her first.
- Take your time and go slow.
- Get her feedback on what she likes and doesn't like.
- Try a variety of moves and techniques so it doesn't get routine.
- Prepare her with lots of foreplay.
- Start off gently and build up momentum.
- Tease her until she goes crazy and begs for more.
- Use one finger at a time, and more as she likes it for penetration.
- Be patient. Rome wasn't conquered in one night.
- Multitask with several moves at once.

Don't:

- Be a jackhammer and pound into her too fast, hard or rough, especially at the beginning.
- Stop stimulating her when she is about to orgasm.
- Go straight to the vagina without stimulating her clitoris and other important erogenous zones first.
- Ignore her body language.

Fingering Supplies

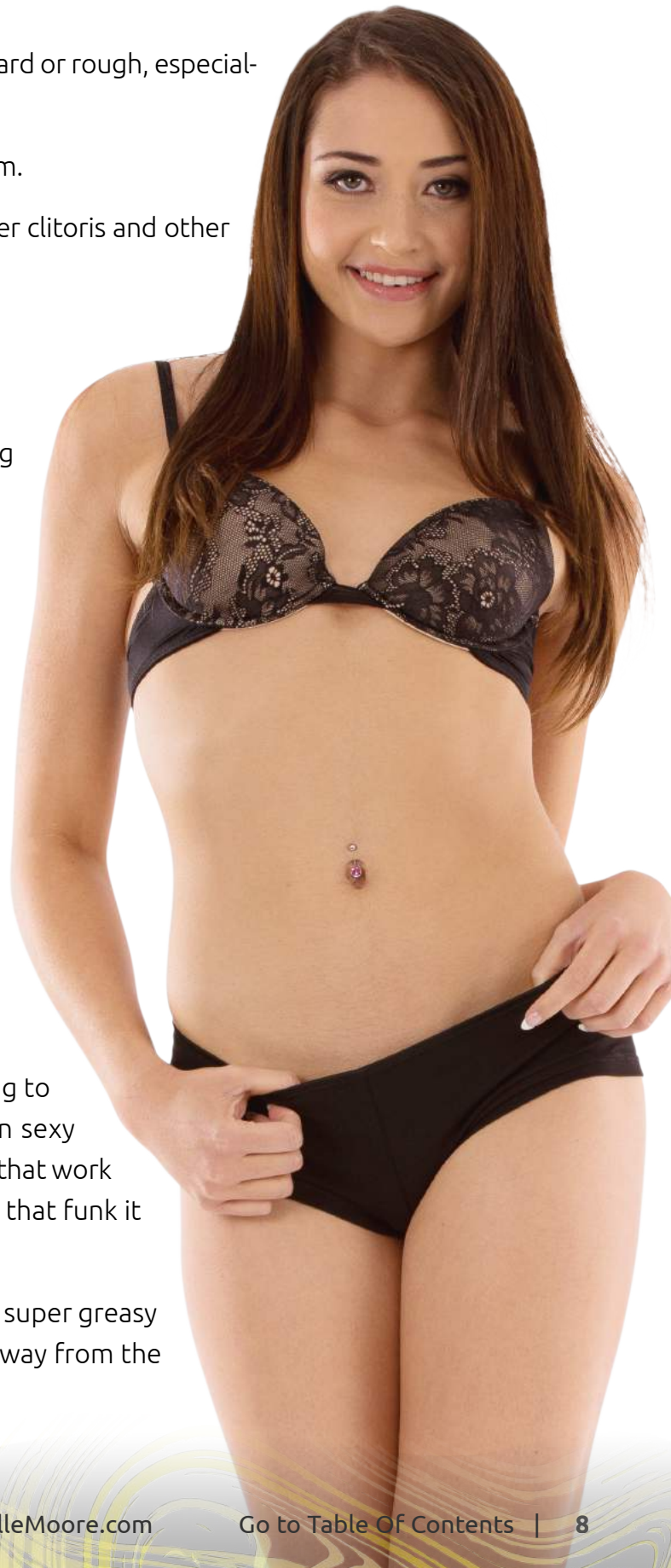
There are a few things to have on hand when fingering your honey. These include:

- Gloves
- Massage Oil
- Water Based Lubricant
- Coconut Oil
- Absorbent Towels for G-spot Play
- A Plastic Sheet for G-spot Play
- Sex Pillows for Better Positioning

Choosing the Best Lubricant for Fingering

When it comes to vaginas and fingering, you are going to want to use lubricant, even if she produces her own sexy juices, at least to start with. But there are good lubes that work with the vagina's delicate flora system and bad lubes that funk it up. So, which ones do you choose?

- Oil-based Lubricants - These types of lubes are super greasy and great for penis hand jobs, but keep them away from the



vagina as they tend to get stuck up in her and go rancid. Yuck! This includes cooking oils, olive oil, KY Jelly, petroleum oil, Vaseline, Baby Oil, and mineral oils.

- /// Silicone Lubricants – Although technically silicone lubricants are okay for the vagina, they are a chemical based product and not “natural”. Personally, I prefer a natural, water-based lube myself. However, silicone lubes are extra slippery and last a long time, but they do leave a thin slippery coating that is hard to get rid of, especially internally.
- /// Water-based Lubricants – Just because a lubricant is water-based, doesn’t mean it is good for the body or vagina. Many manufacturers put other stuff in their lubes to help with consistency, make them last longer, smell and taste better, and so on. Read the ingredients and avoid anything with parabens in it: parabens like methylparaben, ethylparaben, or anything else ending in -paraben, glycerine, glucose or sugars (bad for yeast infections), flavored lubes, Arginine, Nonoxynol 9, menthol, scents, perfumes or pheromones, or any weird chemical ingredients or petrochemicals you can’t pronounce. Avoid waxes like beeswax, shea butter, and jojoba oil. Don’t use any lubes in her vagina that tingle, cool, warm, desensitize, heat, tighten or warm. Stay away from anything that says antibacterial, because we don’t want to kill off the good bacteria in her vagina.





Try to find natural, water-based lubes with as few ingredients as possible like Aloe Cadabra, Blossom Organics, Sliquid, or Intimate Earth.

Erogenous Zones for Fingering

Just about any part of a woman's body can be touched by your hands and fingers.

First, start with the non-erogenous zones such as the neck, shoulders, backs of arms, scalp, underarms, ears, face, lips, eyelids, breasts and nipples, sides of torso, inner thighs, behind the knees, and of course the toes and feet. Use feather light caresses, deep body massage, tickling, squeezing, fondling, long sensual strokes, soft teasing, percussion, rubbing, kneading, groping, pinching, tugging, light slapping and playful spanking!

After she is warmed up you can then explore her erogenous zones such as the Mound of Venus, vulva, labia lips, U-spot, clitoris, perineum, G-spot, A-spot, cervix, anus and butt. Try gentle types of touch on her E-zones like subtle circles, flickering, feather light touch, soft rubbing, gentle poking and prodding, come-hither strokes, fingering and thrusting.

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>

Other Types of Erotic Touch

The Kama Sutra dedicates several chapters to

various types of erotic touch including “sounding or pressing of nails” which is erotic scratching and digging nails into the skin (think of during sex when a woman sinks her nails into your back) or creates a line of marks on the skin called a “token of remembrance.” Sounding is erotic slapping techniques that make sounds such as with an open palm. Other types of touch include friction or churning and rubbing or pressing.

Erogenous Zones for Oral Pleasure

Technically, oral sex is defined as “oral stimulation of the genitals” including cunnilingus, fellatio and anilingus. But there are lots of other areas of the body that the mouth and tongue can be used upon to warm her up and turn her on during foreplay and sex.

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

All sexual activities involving the use of the mouth, lips, tongue, or teeth to sexually lick, kiss, suck or nibble the genitals could be considered oral pleasure. However, oral sex is technically using the mouth and tongue to stimulate and arouse the genitals.

Like fingering, there are many zones (erogenous and not) that are suitable for oral pleasure. Places that can be kissed are just about anywhere on the body: eyelids, ear lobes, cheek, corner of the mouth, lips and tongue, side of neck and back of neck, collarbone, all over the torso, breasts and nipples, inside of wrists, inner thighs, buttocks, feet and toes.

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

Oral Zones on the Genitals

The female genitalia enjoy slippery stimulation, so anywhere is fair game down there to lick, suck, kiss, tongue tease, and nibble. Wet licking is especially divine on the clitoris, U-spot and inside of the inner

labia. The inner labia are rich in nerve endings connected to the clitoris, and some women can get off with oral sex applied to their inner lips alone! The clitoris also loves sucking, while the vaginal opening likes tongue probing, lapping and tongue teasing. The word, "clitoris", derives from the Greek word for "key", because it is the key to female sexuality.

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

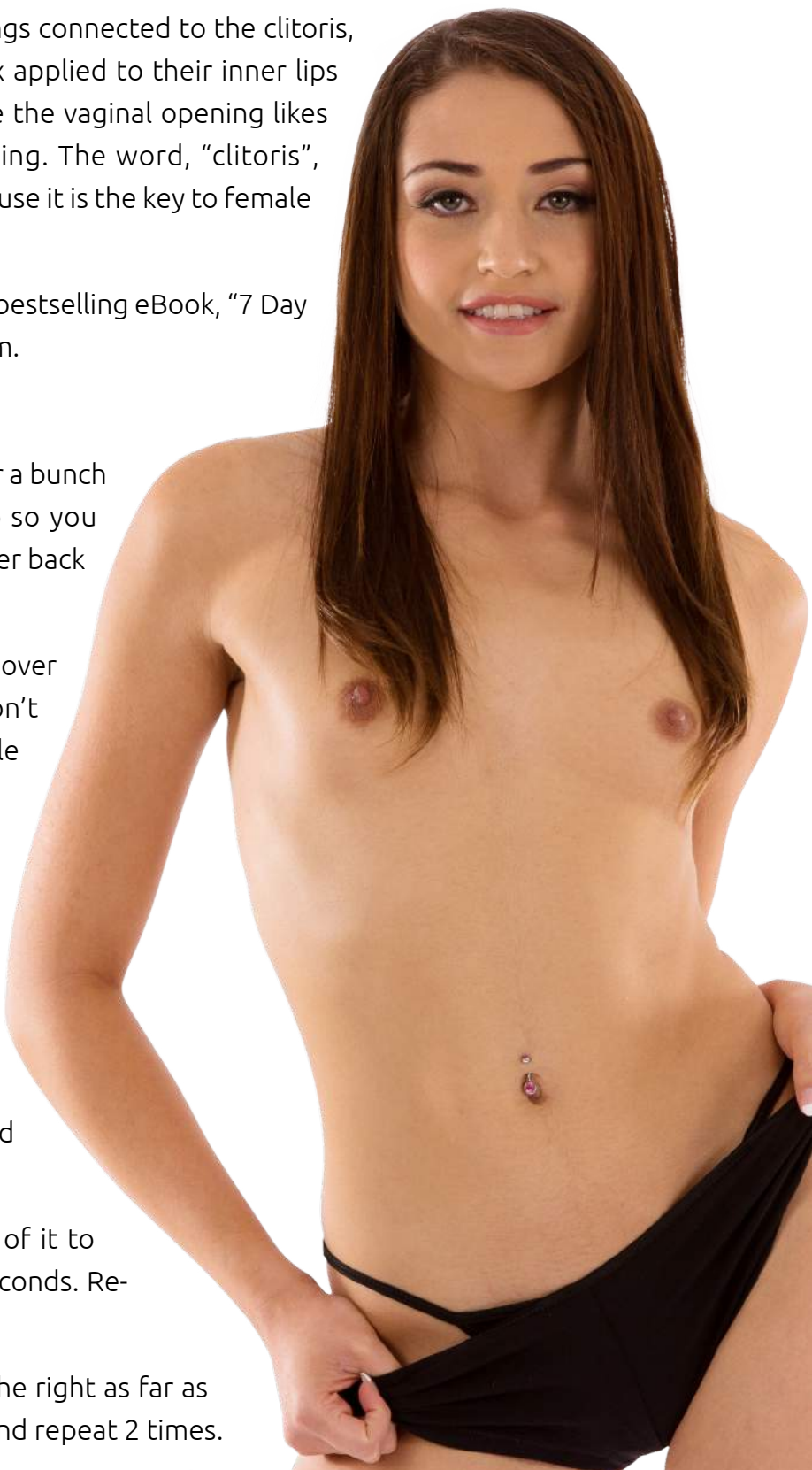
Tongue Workouts for Oral Sex

In the first eBook of this series we went over a bunch of finger and hands workouts you can do so you don't cramp up during fingering. Please refer back to that eBook and video for tips on that.

In this eBook and video we are going to go over some tongue and jaw workouts, so you don't get lock-jaw or tongue burn-out in the middle of oral sex. There is nothing sexy about that.

Try the following oral sex tongue workouts daily or a couple times a week to get your tongue and jaw in shape for super cunnilingus:

- ✦ Extend your tongue between your lips as far as you can. Hold it steady and straight for 10 seconds. Relax and repeat 3 times.
- ✦ Retract your tongue, lifting the back of it to the roof of your mouth. Hold for 5 seconds. Relax and repeat 3 times.
- ✦ Stretch your tongue out, move it to the right as far as you can. Hold it for 5 seconds. Relax and repeat 2 times.



- // Stretch your tongue out, move it to the left as far as you can. Hold it for 5 seconds. Relax and repeat 2 times.
- // Move your tongue to the far left and then far right as fast as you can. Repeat 20 times.

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

- // Stretch your tongue out and up to the tip of your nose. Hold for 3 seconds. Relax and repeat 2 times.
- // Stretch your tongue out and down towards your chin. Hold for 3 seconds. Relax and repeat 2 times.

Sexy Oral Tongue and Mouth Tricks

Your tongue is a very flexible muscular part of your anatomy which is why we have developed the ability of speech and such an extensive vocabulary. But, that isn't all it can do honey! The tongue has lots of sexy moves that you can use during oral sex to give her various types of touch and pleasure from hard to soft, pointy to flat, flickering to lapping and a lot more!

So, let's get started learning some new sexy oral tongue tricks!

- // **Flat and Slack** – Use your tongue to lap at her vulva, pussy lips, U-spot and clitoris for wet soft strokes.
- // **Flexed** – Flex your tongue to get it into various positions for flickering, or hard, pin-point stimulation to her clitoris or vaginal opening. Try up, down, left, right and diagonal strokes in both directions to see what she likes.
- // **Circles** – Use your flexed tongue to trace circles around her clitoris and other sensitive erogenous zones.
- // **Lap** – Lap her vulva like you are licking an ice cream cone.

- /// **Kiss** – Softly kiss her pussy with closed soft lips. Open your mouth for a wet French oral kiss. Pucker your lips for stronger stimulation.
- /// **Alphabet** – Use your tongue to draw letters of the alphabet, or symbols, swirls and circles.
- /// **Tug** – Use your lips to tug and nibble on her labia lips and around the clitoris.
- /// **Suck** – Suck her clitoral hood and erect glans into your mouth and lap at it with your tongue.
- /// **Flicker** – Flicker your tongue up and down and back and forth on her clitoris.

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/>

Oral Sex Tips

Oral sex with fingering is a serious skill, so I want to make sure you get it right. Here are even more tips you can use for orgasmic oral sex on her.

- /// **Position** – Make sure you get into a comfortable position. You will be thankful in the long run, believe me. This will make sure she can relax totally, and so you can avoid cramping and a stiff



neck, or bend your neck and body into an uncomfortable position.


- Communication – Encourage her to tell you what she likes and doesn't during your sexy time. Pay attention to her body language.
- Be Enthusiastic! – Seriously! You want her to feel comfortable so show her how much you enjoy giving her pleasure and appreciate that she feels open enough with you to let go.
- Loose Jaw – Keep your jaw as loose and open as possible to reduce fatigue.
- Take a Break – Take a break and just use fingering when necessary.
- Breathe – Don't forget to breathe while you are performing oral sex. Breathe in through your mouth and out through your nose.
- Tease – Go slow, linger and enjoy the journey. Don't rush to the end goal, it is not a race.
- Use Variation – Try different techniques, especially when warming her up, and see what she responds to best. Repetition can also make her go numb or get overstimulated, so change it up.
- Warm-up – Tease all around her vulva before going near her clitoris to build up arousal and desire.
- Praise Her – Tell her positive things you love about her, her appearance, how she feels, tastes, smells and make her feel good about herself.
- Rhythm – When she is getting ready to climax and you are doing the thing that is really turning her on, don't change it, don't change the rhythm, pressure, spot and DON'T STOP, whatever you do.



Oral Sex Do's & Don'ts

Do:

- /// Make sure to have a clean shave. Nothing worse than rug burn on the va-ja-ja.
- /// Use flavored lubes outside on the vulva if she doesn't have any reactions or allergies to them.
- /// Brush your teeth and use mouthwash.
- /// Eat her like ice cream. Yum!
- /// Be enthusiastic. Let her know how much she turns you on.
- /// Tell her she tastes good.
- /// Say "Mmmm" every once in a while.
- /// Tease first to slowly build excitement.
- /// Lick, suck, lap, kiss, and make love to her pussy.
- /// Try warm and cool temperature play with ice or warm tea in the mouth before you lick her.



..begin scattering tiny kisses from her chin up to her ear...

Don't:

- // Blow smoke or air into her vagina. Never!
- // Use flavored lubes inside the vagina, unless you want to give her a yeast infection. Not nice!
- // Don't lick her anus and then go for her pussy. That's a way to infect her vagina with bad bacteria.
- // Don't jam your tongue into her pussy.
- // Forget the other parts of her body. Breasts, thighs, belly, buttocks!
- // Forget her pussy lips.

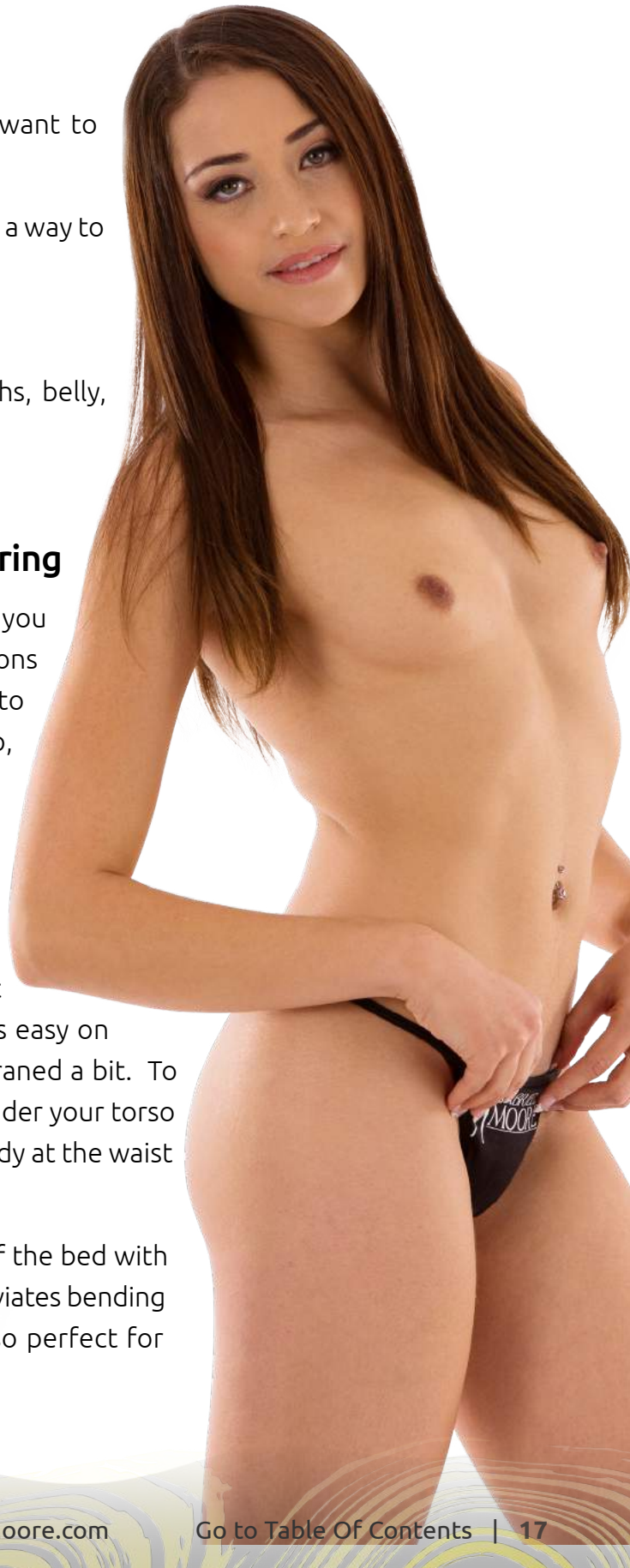
Best Oral Sex Positions for Advanced Fingering

To perform oral sex and fingering on your gal expertly, you need to get into the best, and most comfortable positions so you can last longer. Here are the easiest positions to perform so you won't strain your neck, get cramped up, and so you can both relax and enjoy the ride.

Spread Eagle

The Spread Eagle position is the most common position with her lying on her back, knees bent and legs wide. You then lay down or kneel between her legs, so you can get your face into position above her pussy. This position is easy on her, but a bit harder for you as your neck needs to be craned a bit. To avoid strain on your neck, place a pillow or sex wedge under your torso to keep your neck aligned with your back and lift your body at the waist rather than bending the neck back.

A variation on this would be her positioned at the end of the bed with you kneeling on the floor between her legs. This also alleviates bending your neck at an awkward angle. Both positions are also perfect for fingering during oral sex.



Learn more about the amazing female orgasm with my eBook: "7 Day Orgasm"- www.gabriellemoore.com/tw/7do

Lifted Eagle

Lifted Eagle is basically the same position as Spread Eagle, except she lifts her hips up to meet your face. This make it easier for you to keep your back and neck aligned but may put strain on her lower back and thigh muscles. To avoid strain, again use a wedge or pillows to support you both. This position works well with fingering too, as long as she is supported by a pillow so you can use your hands.

Side Winder

The Side Winder is a very easy position to perform and comfortable for both of you. You both lie on your sides, with her top leg raised and bent so you can position yourself between her legs. You can rest your head on her lower thigh. She might like a pillow for her head in this position as well. Easy position for fingering too.

Face Sitting

Face Sitting, also called Queening, is when you lie down on your back and she sits on your mouth, facing forward. While this is a great position for oral sex, it is a bit more difficult to get your fingers in there. You can easily access her anus from this position for fingering, but not her vagina. Very comfortable position for both partners.

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



Reverse Face Sitting

In the Reverse Face Sitting position (or Reverse Queening), she sits on your mouth, facing towards your feet. In this position you can easily access her vagina for fingering if your arms are on the insides of her thighs. She can also lean forward slightly to give you better access.

Oral Doggie

Oral Doggie, also known as Forbidden Fruit is when she gets into doggie position and you kneel or lay behind her. This position is perfect for oral, plus fingering the vagina or anus, and has a lot of erotic possibilities.

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

Part Two: Oral Sex with Advanced Fingering Techniques

Oral & Fingering Techniques 1: Sensuous Venus Mapping

Exploring her erogenous zones via oral sex and fingering

Before we dive right into eating pussy, we want to learn what parts of her vulva get turned on the most during oral stimulation, as well as which techniques work on her the best.

So, during our first session we want to go slow and map out her erogenous zones with tongue and lips, concentrating on focused movements and her response. It is also important during this initial session that she provide you with feedback on what she likes, and which techniques do nothing, or perhaps even feel uncomfortable. Even better, you can get her to rate each move from 1-10 (10 being the most orgasmic).

Do this in a playful manner and make it like a game, where in the end she receives the ultimate prize of orgasm!

During this section you are going to learn:

Several ways to stimulate her vulva and clitoris orally, ending with G-spot fingering.

Okay, let's get started!

Spread Eagle

We will be using the Spread Eagle position during these technique, although you are free to try any of

the other techniques described above to change it up.

Steps to This Technique

Step 1: Prepping for Oral

- /// To begin, make sure you are both ready for oral sex. It is a nice idea to take a bath or shower together to prepare for oral sex and start the foreplay then as you sensually wash each other and begin to relax. She should also use the washroom to eliminate any urine. For excellent tips on Foreplay, get my eBook: "Turn Her on Faster" - <http://www.turnheronfaster.com/>
- /// Either before or after your shower, you can prepare your space for lovemaking. Make the room love-ready by dimming the lights, putting on sensual music, turning up the heat, and gathering all your supplies together including gloves, towels, plastic sheets, massage oils, coconut oil, lubricant and sex positioning pillows.



Step 2: Foreplay

- Warm her up with all the usual moves to get her turned on and in the mood. It is very important not to forget this step! Begin petting her Mound of Venus with your fingers as you move down her body kissing, licking and sucking her tender places. If you want to be a guru on Female Arousal, check out my bestselling eBook: "Double Her Desire" - <http://double-her-desire.com>.

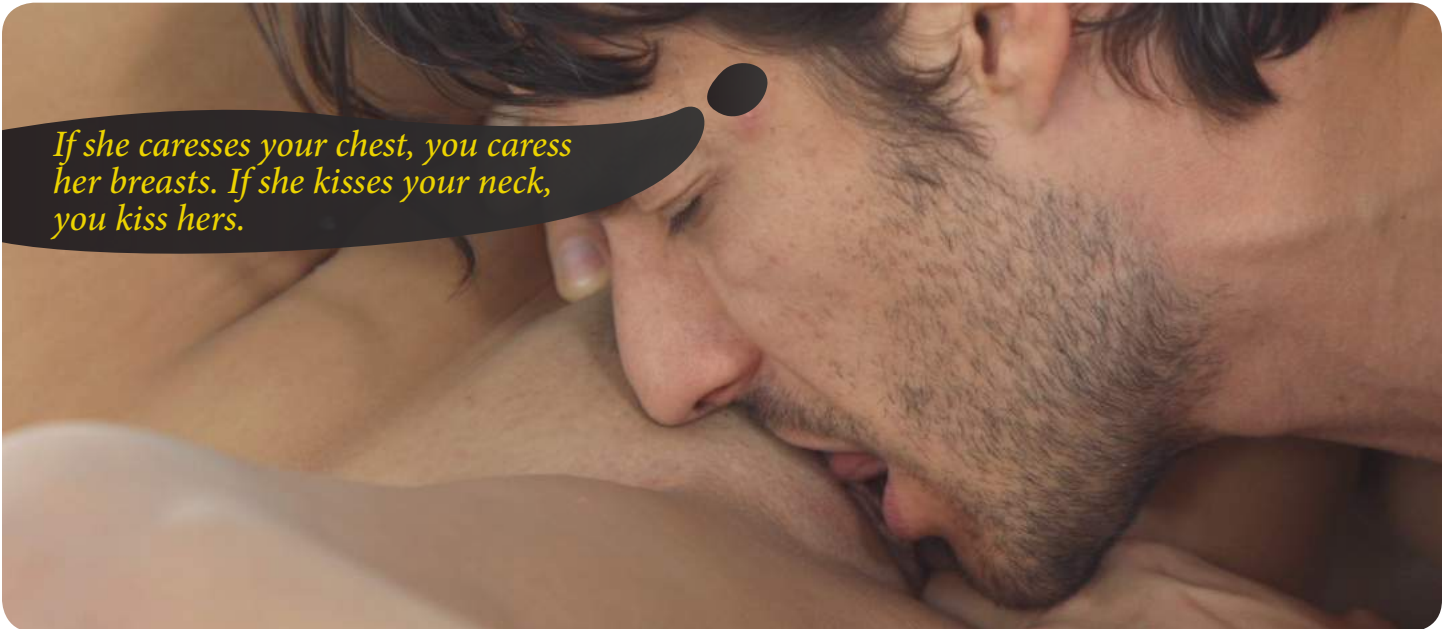
Step 3: Sensuous Venus Oral Mapping

- Your tongue is a very flexible muscular part of your anatomy which is why we have developed the ability of speech and such an extensive vocabulary. But, that isn't all it can do honey! The tongue has lots of sexy moves that you can use during oral sex to give her various types of touch and pleasure from hard to soft, pointy to flat, flickering to lapping and a lot more! So, let's get started learning some new sexy oral tongue tricks!
- Each of these moves you are going to try for about a minute, get your lover to rate it, and then progress to the next move. During this process you will want to try and make a mental note of what she likes best.
- Position your fingers on either side of her labia lips and spread her pussy lips apart. Use a hot "Haaa..." breath as you slowly breathe against her vulva from perineum to clitoris. Be careful



that you don't blow into the vagina with this move.

- Next, with a wet flat tongue lap her pussy in the same manner, from perineum to clitoris, very slowly. Stop and hold your tongue on the clitoris for a second, then go back to perineum and repeat several times.
- Wind the Clock – Point your tongue and trace counter-clock wise around her vulva just inside her inner labia and along the labia lips, from perineum to clitoris up the right side, and from clitoris to perineum down the left side. Again, do this in a slow, leisurely manner several times. Then repeat in the opposite direction.
- Slack – Use the tip of your slack tongue to lap at her vulva, pussy lips, vaginal opening, U-spot and clitoris in tiny, soft, wet strokes. Again, begin at the perineum and slowly work your way towards the clitoris, moving back and forth and up as you go. Here you want to pay particular attention to any part of her vulva which is extra sensitive.
- Pointy – Now do the same technique as above, but this time using a pointy tongue and applying more pressure, but still keeping the licks very small. Again, which areas give her an extra tingle of excitement?
- Pointy Circles & Licks – As you continue to explore, use your pointed tongue to draw circles over her perineum, around her vaginal opening, around her U-spot and around her clitoris. Try four cir-



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

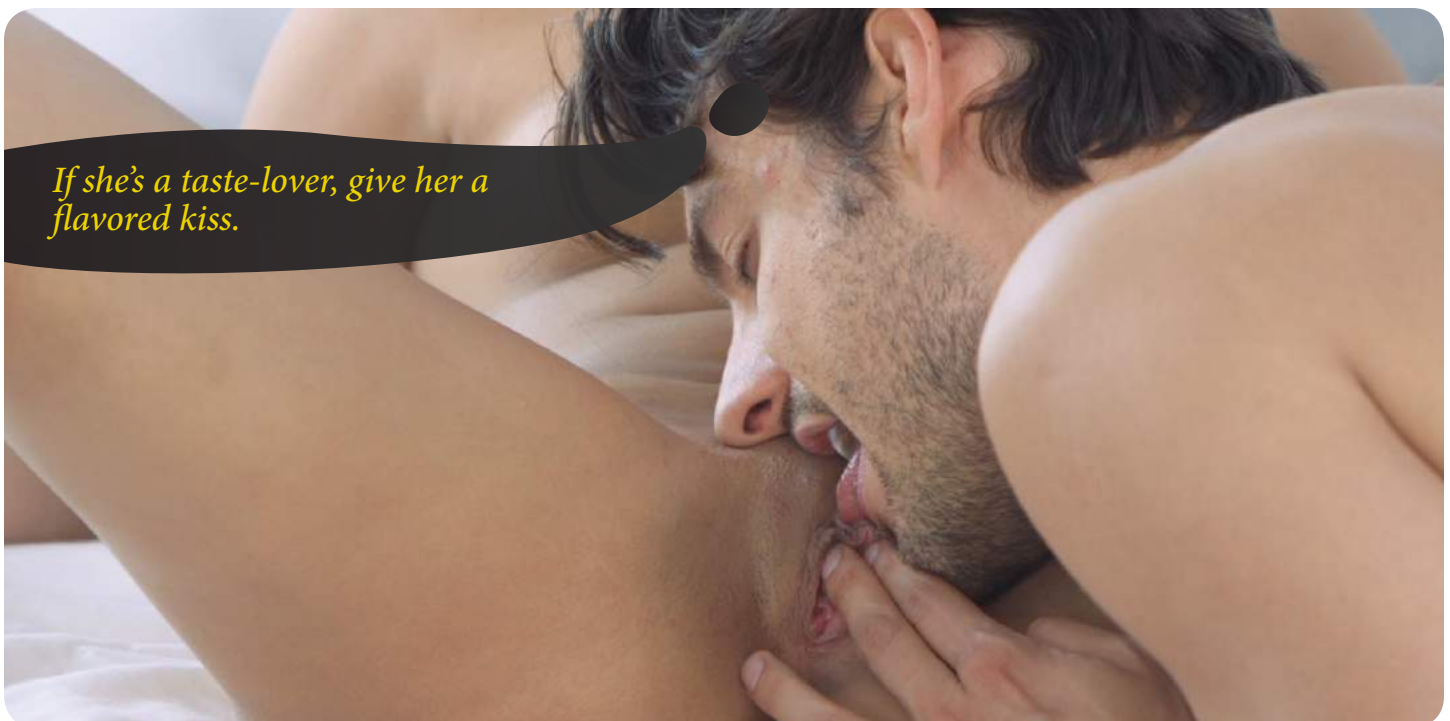
cles, then four tiny licks directly on the vaginal opening, and continue doing the same to each of the other two erogenous zones.

- // Ice Cream Licks – Next use long wet licks to lap at her vulva (again pay special attention to her 3 main erogenous zones there: vaginal opening, U-spot and clitoris). Lick her vulva like you are lapping at an ice cream cone savoring every lick, as you move up to the clitoris.
- // U-spot Licks – Now, focusing on her U-spot (especially above and to both sides) try short, pointed tongue, up and down licks, side to side licks and diagonal X-licks. Try four each and then repeat.
- // Clitoral Licks – Do the same to the clitoris (again focusing on the top and sides) and repeat.
- // Vaginal Licks – Now, go to her vaginal opening, using the same licks, but this time end with pushing your tongue softly up against her opening.
- // Vaginal Tapping - Use your tongue now to tap softly (not penetrate) against her vaginal opening as if you are knocking on the entrance way to her vagina.
- // Clitoral Tapping – Tap now with a flattened soft tongue upon her clitoris.
- // Clitoral Flickering – Change the tapping to a quicker flickering motion up and down concentrating top left and top right and repeat. Next try back and forth at the top of her clit close to the where the hood is attached.
- // Soft Lip Smooches – We will now try some



lip movements to spice things up a bit. First start kissing her entire vulva with soft open lips, paying attention to the places she likes best.

- // Firm Lip Kisses – Now, purse your lips and repeat the same above with firmer kisses.
- // Wet Lip Kisses - Open your mouth again and use your mouth and tongue to apply wet French kisses all over her vulva.
- // Lip Nibbles & Tugs – Next, purse your lips again, and use your lips like a horse grabbing hay from your hand, and nibble and tug on her inner labia lips, then her clitoris.
- // Suck – Suck her clitoral hood and erect glans into your mouth and lap at it with your tongue.
- // Suck & Flick Combo – Now, suck on her clitoris and as you do so, try flicking the head with the tip of your tongue. Start slow and build up speed. Vary direction with your tongue flicks.
- // Clitoris Roll - This time suck on her clitoris and try to roll it between your lips.
- // Mmmm Sound – Place your lips over her clitoris and make an “Mmmm” sound to vibrate against her clitoral glans.
- // Sweet Spot Oral – Now, find her sweet spot with your tongue (either top left or top right) and



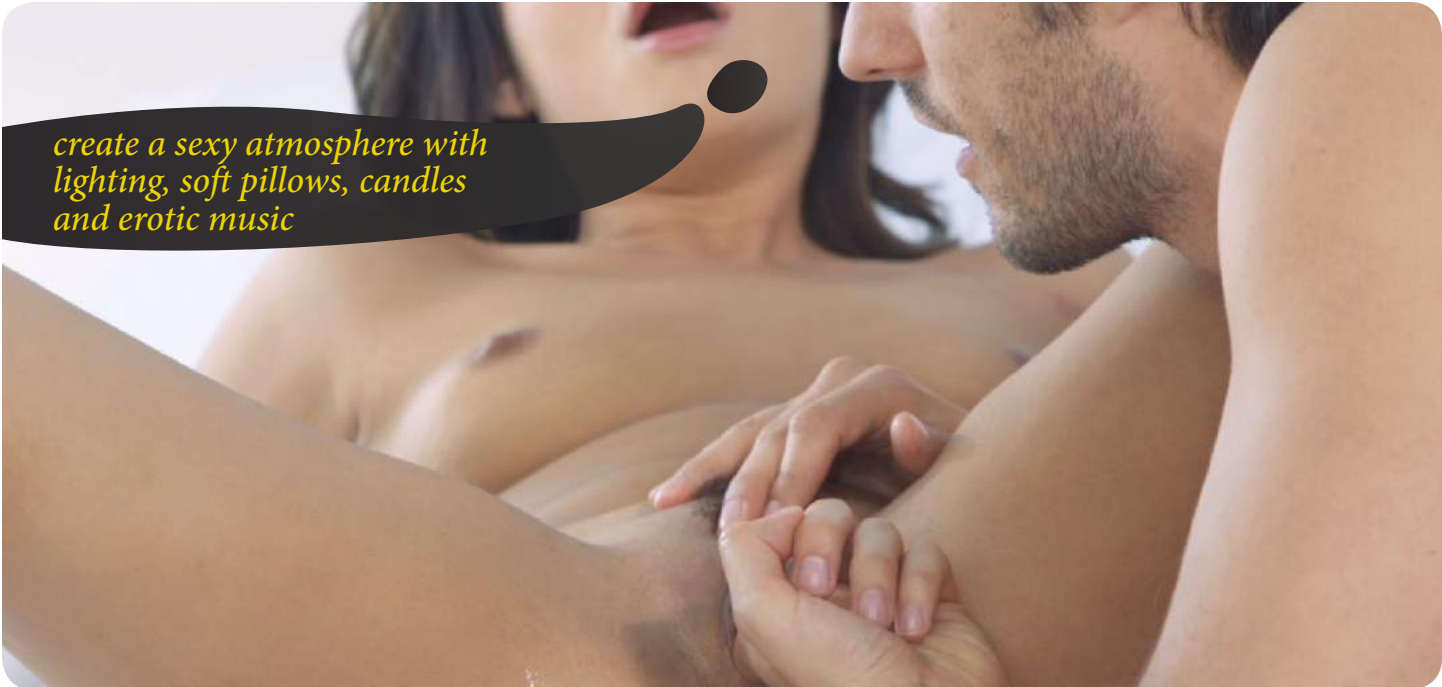
give it some oral loving. Try the various oral techniques you have already learned to see which move excites her the most.

Step 4: Putting it all together

- Now that you have successfully mapped out her vulva with your tongue and lips and received her feedback, it is time to put that knowledge into action. I hope you were paying attention! Do all the moves she liked the best focusing on her clitoris and U-spot.

Step 5: Add Fingers

- Finally, we can start adding some finger moves into the equation. While your lips and tongue focus on her clitoris and U-spot, use your fingers to tickle her perineum, slowly inching your way up to her vaginal opening.
- Penetration – Using lots of lube, begin to rub her vaginal opening with one to two fingers up and down until she begins to open for you. When she allows, slowly begin to penetrate her with one finger, sliding in and out in slow, short stroke. Go a bit deeper as she allows and feel around inside gently.



create a sexy atmosphere with lighting, soft pillows, candles and erotic music

- Ignite the G-spot – Turn your hand, palm pointing up towards her navel and begin to ignite the G-spot. Slow and soft at first, then gradually firmer. Try long strokes, short strokes, tapping and probing until the G-spot fills with fluid.
- Sweet & G-spot Combo – Continue to excite her clitoris with your oral sex moves. At this point you should have found what she likes best. Stimulate her sweet spot, while your fingers dial up the volume on her G-spot. At this point she make like two to three fingers and harder thrusting.
- Keep Going – She should be very close to orgasm now. Keep going doing the moves that are driving her over the edge. Don't stop until she moves your hand or face away from her, even if she begins to orgasm. Even if she has started to orgasm you can make her go into a continuous climax where she can orgasm several times in a row. She may even experience female ejaculation which is amazing. Learn more about Female Ejaculation techniques in my eBook: "Squirting Orgasm Shortcuts" - www.gabriellemoore.com/tw/sos
- Afterglow – When she is finished and had enough, lay together with her in your arms, if she likes that, or even spooning her, and just hold her.
- Feedback – When she is ready (this may be after a good nap) talk about the experience and what she enjoyed and what moves didn't work for her. This will give you a clear road map for all your lovemaking sessions to follow.



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

- Watch Gabrielle's instructors demonstrating any of these above techniques by clicking here to go to video.
- Now that you know which oral sex techniques make her go wild with abandon, we are now going to learn an ancient Taoist and Tantra sexual secret to becoming multi-orgasm using the Microcosmic Orgasm during oral sex and fingering.

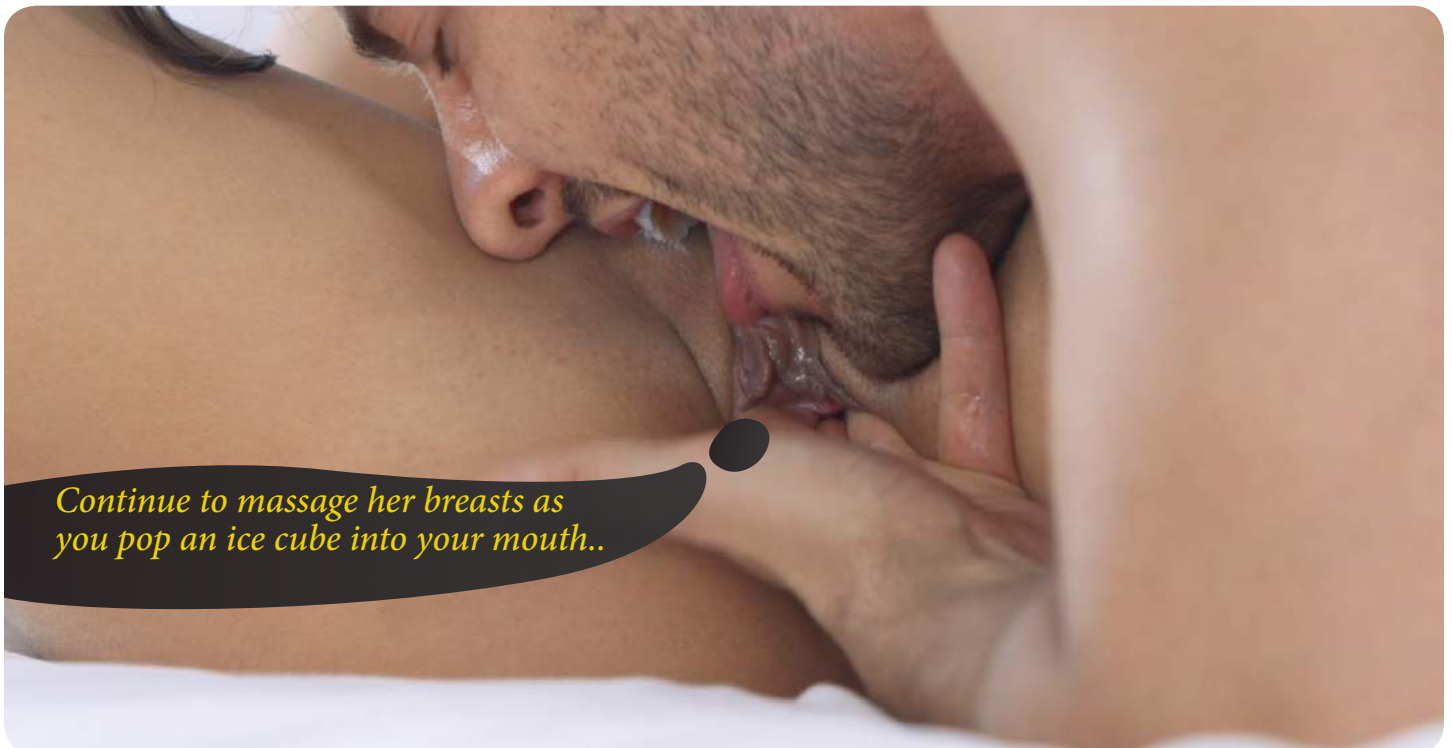
For more advanced exploration of Tantra sexuality, see my eBook: "The Tantric Touch" - <http://www.the-tantric-touch.com/>

Oral & Fingering Techniques 2: Deep Ecstasy

Oral sex with deep spot fingering with Microcosmic Orgasm

The Deep Spot

In the eBook, "Title: Digital Acrobatics: The 3 Best Positions for Fingering Pleasure" I taught you all about the deep spots: the AFE Zones which encompass the A-spot and the Cervix. Please refer to that eBook and video course for more details about those areas, as well as visual maps to those zones.



Deep Spot Orgasms

The Deep spot orgasms from the Cervix, are said to be the “Holy Grail” of orgasms and the most ecstatic and powerful types of orgasms that a woman can have and can keep women in an orgasmic state for several hours. Clitoral orgasms are quick and fast and relieve tension. G-spot orgasms are wet and wild and more animalistic and emotional. Cervical orgasms are more spiritual in nature and create deeper intimacy between couples, like Tantra sex.

Sex educator Kim Anami says that when you “open the cervix (you open the heart”.

“The cervix is the reflexology point for the heart. Stimulating it will cause very intense feelings of love and spiritual transcendence. It’s like taking the feelings you have when you first fall in love, and multiplying that by 10. Or you know how you feel after you’ve had a really good cry? Every cell in your being feels cleansed and revitalized. You feel like you are floating and in extreme bliss. The effects of it can last for hours and even days.”

Deep spot orgasms are also more expansive, as they spread the sexual energy up the energy centers of the body, through the chakras. Having these types of orgasms can lead to spiritual enlightenment or a higher state of consciousness.

In Taoist sexuality, the cervix is known as the third gate, with the clitoris and G-spot being the first and second gate. Taoists believe you must pleasure both the first and second gate before you can arouse the cervix to higher realms of ecstatic pleasure.

Deep Spot Pleasure

To give your lover deep spot pleasure, you must be very




gentle. Unlike the firm thrusting that can be used on the G-spot, the cervix requires gentle, subtle stimulation, performed in a slow, loving way. Also, because the cervix holds emotional trauma, it sometimes needs to be de-armoured to remove numbness, or even pain before it can be stimulated to orgasm.

I go over a de-armouring practice in the eBook, "Title: Digital Acrobatics: The 3 Best Positions for Fingering Pleasure", so please refer to that if you haven't done this with your partner already. Keep in mind, de-armouring may take several attempts, and new types of emotional pain may emerge each time that will need to be de-armoured.

The Chakras

Chakra comes from the ancient Hinduism language of Sanskrit, a word that means "a spinning wheel". The chakra system is a series of seven energy centers in our body that transmit Chi, or life force energy throughout the body. Chi energy is also referred to as sexual energy, or creative energy. We can harness our Chi with various practices, including energy orgasms.

"The word Chi has many translations, such as energy, air, breath, life force, or vital essence. It is the



Start with gentle caresses, then begin raking her bare skin with your nails for a sharper...

life-giving force that creates movement and sustains the universe. Chi is what allows planets, suns, and stars to revolve around each other. It is the motion of the atom in all physical bodies. It is the force that allows a seed to grow into a powerful tree or a fetus into a full-grown human being. Chi is the animating factor in all living things, nourishing the cycles of life.”

In Taoist sexual practices, we can learn to use our orgasmic or sexual Chi to induce multiple, whole body orgasms. Orgasms, like Chi, are a very high energy state, like an electric circuit “that runs from the genitals through the spine...” to light you up with orgasmic energy for expanded states of prolonged full body pleasure and heightened spiritual awakening.

There are seven major Chakras in the body. These include:

- /// The Root Chakra is located at the base of the spine, in the tailbone. It governs issues of survival, money, food and security. Its color is red.
- /// The Sacral Chakra is located within the reproductive organs in the lower abdomen about 2” below the navel. It governs sex, pleasure, creativity and abundance. Its color is orange.
- /// The Solar Plexus Chakra is in the upper abdomen, just below the chest or breasts. It governs self-worth, confidence, self-esteem, and personal power. Its color is yellow.
- /// The Heart Chakra is in the center of the chest. It governs love, joy, peace and compassion. Its color is green.
- /// The Throat Chakra is in the throat and governs communication, self-expression, and speaking your truth. It is blue in color.
- /// The Third Eye Chakra is located between the eyes and governs imagination, wisdom, and intuition. Its color is indigo.
- /// The Crown Chakra sits at the top of the head. It is connected to spirituality, and connects us to the universe, divine source creation and higher states of consciousness. Its color is violet.

Microcosmic Orbit

The Microcosmic Orbit can be used to circulate orgasmic energy throughout the body to bring your lover to higher states of ecstasy. Used with oral pleasure and cervical fingering, this practice can produce mind-blowing energy combined cervical orgasms.

Just as the solar system has planets revolving around a big star, the sun, so too does the body’s energy

move in a circular manner around the body. Sexual energy can be moved up the body from the Root Chakra to the Crown Chakra, then back down again.

Practices for Microcosmic Orbit

There are several practices, or tools we can utilize to practice the Microcosmic Orbit Orgasm. These include the Bliss Arousal Breath, Visualization, Sound, PC Muscle Squeezes, and Rocking Hips.

Bliss Arousal Breath

The Bliss Breath is a conscious breathing technique that energizes the body.

Take long deep breathes in through the nose, constricting the back of the throat so it makes a whispering sound as you inhale and exhale. As you breathe, you should fill up the belly like a balloon.

Next, increase the speed of your breathing as you pump your belly in and out rhythmically very quickly.

Be careful not to hyperventilate.

Visualization

Energy follows thought. Use visualization during sexual arousal to move the energy up the body and through the chakras.



Sound

Moans, ahhs, cries, sighs can all be used throughout this process to help cycle the sexual energy up to the throat chakra and release pleasure.

PC Muscle Squeezes

As she breathes in she can squeeze the PC Muscle, and then relax as she breathes out. This activates, increases and pumps the sexual energy like a fire in the pelvis burning brighter and brighter.

Rocking Hips

Rocking Hips also helps build the sexual energy with undulating sexual hip movements.

Oral & Fingering Techniques 2: Deep Ecstasy

Oral sex with deep spot fingering with Microcosmic Orgasm

We will be using the practices above and combining them with oral sex moves and deep spot cervical fingering for the most mind-altering, whole body bliss orgasms imaginable. Keep in mind, this orgasm practice does take time to become skillful at, and the more she does it, the better she will get at it. Also, building sexual energy increases over time, so the more she does it, the more expansive and electric the orgasms will become.



During this technique, we will focus on oral sex with deep spot fingering in the Inverted Spiderman position.

The Inverted Spiderman Position

In the Inverted Spiderman Position, you get full access to her clitoris, G-spot and cervix, so you can perform oral sex with deep spot fingering. This is also a very comfortable position for her as well.

To get into this position, she lies on her back with her legs spread, knees bend and head hanging off the bed. If she is not comfortable hanging her head off the bed, she can lay it on the bed. Resting a pillow under her butt can also modify this position so her hips are higher for easier access to her genitals.

To begin with you will sit beside her to give her an erotic breast massage. Later you will kneel or lay between her thighs so you can perform oral sex on her pussy.

Steps to This Technique

Step 1: Foreplay & Breath

- Use all your foreplay tricks and techniques to get her fully aroused and relaxed. Make your bedroom a love oasis with fluffy pillows, sensual music, candles. Give her a soothing bath or body massage beforehand. Caress her whole body and give her an erotic breast massage to start to awaken her arousal Chi energy. Use warmed coconut oil and massage her breasts in large circles, pushing the breasts up and in with a circular motion. Make the circles smaller and smaller as you go in toward the nipples and massage the nipples in small circles, pinching and tugging them slightly. Caress her arms, neck, legs and then move lower as you go.



- While you are awakening her libido, she can begin to practice her breathing techniques, the Bliss Arousal Breath to soften, open and awaken the sexual energy and Chi. During this practise she takes deep, full belly breaths in and lets out her breath with a moan or a sigh.

Step 2: Oral Sex & PC Squeezes

- Next, move down to position yourself between her thighs. Warm her up orally by choosing her favorite oral sex moves from what you learned in the last chapter. Use your tongue and lips and start lapping at her vulva and giving her erotic wet French kisses down there. Think of her pussy lips like her mouth and kiss them passionately. Warm her up with sexy oral pleasuring as you move towards the clitoris and sweet spot.
- While you are orally pleasuring her, she can continue breathing deeply, and start to squeeze her PC muscle, moving her hips with each breath to bring the sexual energy to her spine. Squeeze on the in breath, pause to circulate the energy and relax on the out breath releasing the PC muscle.

Step 3: G-spot and Rocking Hips

- Continue to give her oral sex on the clitoris, playing attention to licking and circling the sweet spot with your tongue. Try short small licks of your tongue on the top right or top left of her

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



clitoris, where the glans meets the clitoral hood.

- Next you can move on to awakening her G-spot. Lube up your fingers well, then begin to enter her vagina with your finger (or two). As you push your fingers into her vagina, she will start rocking her hips in an undulating movement to meet your thrusts. Your thrusts into her G-spot should match the rocking of her hips, so each time she comes up to meet you, you put your fingers in further, and when she relaxes, you pull out.

Step 4: Cervical Stimulation

- Now that she is warmed up, you can thrust deeper into her vagina to massage her cervix. Again, each thrust should match the rocking of her hips, meeting together in unison, slowly thrusting in and out. Try various types of touch: circles, slow thrusting, and softly pressing deeper into her cervix.
- As she continues breathing deep, rocking her hips and moving the energy up her body, she can use her hands to help visualize moving the energy up from her pubic mound, to her lower belly, and breasts, up in sweeping movements.



..use your hands to either gently tug on her hair, flicker her clitoris or massage her labia.

Step 5: Sound and Cervix

- As you continue to stimulate her cervix with her fingers and orally pleasure the sweet spot on her clitoris, she can begin to use sounds with the visualization to bring the energy up into her upper chakras in the throat. She can use any sounds that feels natural, such as moans, sighs, screams, or whatever feels most orgasmic. She can move her hands up to her throat chakra to help visualize the energy moving there.

Step 6: Microcosmic Orgasm

- When you can tell she is ready to orgasm (she can let you know via words or body language), continue clitoral licking with rapid flickering of your tongue on her sweet spot. Now, press in and hold your fingers against her cervix as she loses control with an explosive orgasm. She may quiver and shake, cry out, scream, or do any number of crazy things. Keep giving her pleasure until she tells you to stop, because in this state she has the capacity for many continuous, whole body, ecstatic orgasms.
- She can extend her orgasm by continuing to contract her PC muscle during orgasm as well to keep the waves coming. Making noises of pleasure can also intensify her orgasm as well. Taoists believe that the vagina and throat chakras are connected, so opening the throat chakra through sound opens her pussy more to pleasure, so the orgasmic waves will continue to pulse through her.

Oral & Fingering Techniques 3: Forbidden Fruit

Anilingus with G-spot Fingering

So, she has experienced clitoral oral pleasure with cervical orgasm and Microcosmic Orgasm. Now we want to try our final technique which encompasses Anilingus with G-spot Fingering.

Oral Doggie

During this technique, we will use Oral Doggie style position to be able to perform Anilingus and G-spot fingering.

Why Anal Pleasure?

The anus has many nerves that can supply both pleasure and pain stimulation to that area. It can be very orgasmic to both men and women. Anal expert, Tristan Taormino notes that the “anus, anal canal, and rectum are wonderfully erogenous zones, rich in nerve endings and super-sensitive to stimulation and penetration. At the right angle, many women find that you can indirectly stimulate the G-spot through anal penetration.”

Taboos

Anal sex and anal pleasure has been a big taboo in our culture for a long time. As an act of sodomy it was (and still is in some places) illegal to perform, even with your wife. Some of the taboos associated with anal play is that it is unclean or dirty, unnatural and immoral, only performed by sluts or perverts, only for homosexuals, is painful, that women don't enjoy it, and that it is an easy way to get an STD or AIDS.

However, many heterosexual couples now experiment with anal play and anal sex, and it is just another erotic part of the body that can give both partners immense pleasure if they are open to try it. For many couples, it is a regular part of their sexual routine.

Health and Safety Concerns

Bacteria: The bacterial that is inside the anus should never come in contact with a woman's vulva or vagina because it can cause a nasty infection. So be especially careful when you are doing anal pleasure, especially fingering to your lover. Never go from the anus to the vagina. To avoid this always use gloves with anal penetration, then you can remove them for vaginal play.

- /// **Clean Fingers & Nails:** It is important to clean your hands and lower arms to the elbows before anal fingering. Also make sure to have clean trimmed nails. Again, using gloves or finger cots work as well.
- /// **Lube and More Lube:** Because the anus doesn't produce natural lubrication like the vagina, it is imperative to use lots of lube to avoid pain, friction, and tears.



- // Enemas: If you are worried about fecal matter, she can (if she decides) use an enema to clean out her rectum.
- // Clean butt: At the very least she should wash her butt thoroughly.

Anal Do's & Don'ts

Anal Do's

- // Clean yourself and your toys.
- // Use a condom or latex gloves.
- // Trim nails of rough edges.
- // Relax, breath & take it slow.
- // Use lots of lube. I mean lots.
- // Stop if there is pain.
- // Only use toys with a flared base designed for anal play.

Anal Don'ts

- // Move from the anus then the vagina as it may cause infection.
- // Insert sharp or foreign objects or anything too big.
- // Do it if you really don't want it.
- // Hurry or force it.
- // Pressure your partner into it if they are not ready.

Anal Pleasure Supplies

There are a few supplies that you should pick up before performing anal fingering.

- // Several pairs for non-Latex gloves.
- // Good anal sex lube (silicone lube works best for anal sex). Make sure not to get anal lubes with desensitizing agents that numb the anus!

- /// Baby wipes for clean-up.
- /// Dental dams if you plan on performing anilingus (oral licking to the anus).
- /// Condoms if you plan on having penis to anus sex.

Anal Anatomy

The anal canal begins at the anus (or anal opening or rosebud) where there are two sphincters, which keep the anus closed. There's the external sphincter is a voluntary muscle, so you can relax and tighten it up at will. The internal sphincter is involuntary, so you have little control over it. When first entered at the anus, the anus is 1-1 ½ inches in length and then turns into the rectum which is 4-6 inches in length, where it slightly angles more towards the backend or spine. At the junction of the rectum and the anal canal, there is a muscular ring – known as the anorectal ring. The lower part of the anal canal is highly sensitive to temperature, touch, pain, and pleasure. The anus contracts during orgasm.

Anilingus

Also known as “rimming,” anilingus involves kissing and licking the anus. The sensitive nerve endings around and just inside the anus respond well to the soft, gentle, moist, warm sensation of your tongue stimulating this area. You can use a dental dam between your tongue and her anus if you are worried about taste or bacteria, but at the very least, make sure she's clean before you stimulate her anus with your tongue. She may choose to have an enema as well. It is imperative you practice safer sex by



incorporating dental dams and the like in your anilingus play to avoid the transfer of stds, or e-coli which can make you sick.

Steps to This Technique

Step 1: Prep

- /// Gather your supplies that you will need to anal play including latex gloves, a thick anal lube, and a dental dam for oral anilingus. Apply a glove to the hand you will be using for anal pleasure. The other hand can be bare as you will be using it for G-spot play.

Step 2: Oral Warm Up

- /// We will begin with an oral warm up. This is after a generous make-out session and foreplay. You can use the oral sex moves you learned earlier on. Pay special attention to the type of stimulation she liked most, but don't be afraid to change things up a bit and keep her guessing. You don't want your oral sex moves to become routine. Don't just focus on the clitoris. Remember her whole vulva has erectile tissue and can be stimulated, including the U-spot and inner labia lips. Tease her as much as possible before going to the clitoris, and while your hands are free, don't forget to stimulate her breasts and nipples as well.



Begin with lots of full tongue labia licks from clitoris to perineum while rubbing her ass cheeks with the palms of your hands.

Step 3: Clitoral Edging

- Worship her clitoris with your tongue and lips, using swirling circles and sexy licks to her sweet spot. Continue to sweep your licks up to her perineum as you work your way to the anus.

Step 4: G-spot Joy

- Slip one to two fingers in her vagina with lubrication, or make sure she is very wet. With your other gloved hand, stroke her perineum and anal opening and more lube.
- Find her G-spot on the upper wall, 1-2 inches inside. Begin to softly stimulate her there with gentle strokes. Once this area becomes aroused and engorges with fluid, begin the "Come Hither" stroke, curling your fingers as you pull out towards the vaginal opening.
- 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>

Step 5: Butt Massage

- While she is becoming more aroused you can begin to massage your lover's butt cheeks and thighs. Begin by using featherlight touch on her buttocks and inner thighs as you continue to give her oral pleasure. You can use your nails, or the tips of your fingers. Touch her gently, softly, and begin to awaken the nerve endings on her backend.
- As she heats up, incorporate firmer massage strokes and knead her butt cheeks, massaging in large firm circles, and light playful smacking (if she enjoys that). Pay attention to which types of touch turn her on most. Continue the G-spot stimulation as you massage her buttocks.
- See our top selling eBook: Flesh on Flesh for more advanced massage techniques: <www.gabriellemoore.com/tw/fof>

Step 6: Rosebud Blossom

- By now she should be aroused enough to begin to lightly rub your fingers up and down the crevasse between her butt cheeks. Use your gloved hand for this, while you use the other hand to continue massaging her G-spot.

- // Lube up her anus and apply a dental dam in the crevasse between her butt cheeks. A dental dam is a thin plastic barrier like Saran Wrap that will protect you against STDs and e-coli bacteria. It is important to use a dental dam like a condom: only once, and don't flip it over. Applying lube helps the dental dam stick and stay in place and increases sensation. Apply it as flat as you can to the surface of her anus, smoothing out wrinkles.

Step 7: Anilingus

- // Continue to finger her G-spot slowly in and out as you get ready for anilingus (also called rimming). You can also apply your thumb to her clitoris if she requires clitoral stimulation, while still using your fingers to apply G-spot massage. In this position your thumb would be pointed down towards her belly, with the pads of your fingers also pointed down as well. If that is too much to handle, she can apply clitoral stimulation to herself with her own fingers.
- // Her butt should be high in the air, as she is bend over doggie style, with your dental dam secured on her anus. Hold the dental dam in place with your gloved hand. Begin licking the anus with slow flat licks from the perineum up to the top of the dental dam.
- // Next circle around the anal opening with your tongue in spiraling circles, getting closer and closer to the anus itself.
- // If she likes this, next try flickering your pointed tongue over the anus, and then side to side, then try long lapping licks again.
- // Now, try four small licks, then point your tongue push into the anus as if you were going to penetrate applying pressure to the anal opening.
- // For more exciting tips on Anal Play, check out my erotic eBook: "Anal Pleasure for Her" - <http://www.analpleasureforher.com>

Step 9: G-spot Gyration

- // Continue to stimulate her G-spot as you give her anal pleasure with your tongue. Here you can use as much force as she likes, twisting, turning, applying firm pressure, even squeezing her G-spot like juicing a peach. Bring her to the brink of climax using your anal tonguing techniques, licking with different speeds, directions and pressure.

Step 10: Triple Peaks Explosion

- As she begins to experience orgasm, thrust into her G-spot with more force. With your tongue, press it against her anus so you can feel her rosebud wink and clench and twitch in rapid contractions as she experiences orgasm.

Step 8: Aftercare

- After a mind-blowing orgasm like she just experienced, you will want to hold her and give her proper aftercare. She may be very emotional, so hold her and soothe her. Allow her to lie in your strong arms and feel safe for as long as she needs. Right now, a whole mixture of sexy chemicals are coursing through her body including oxytocin, the love and intimacy bonding hormone, so make sure to take advantage of that and create more tenderness and trust in your relationship.

For more exciting tips to spice up your sex life, check out my eBook: "The Sex Starved Couple" - www.gabriellemoore.com/tw/ff

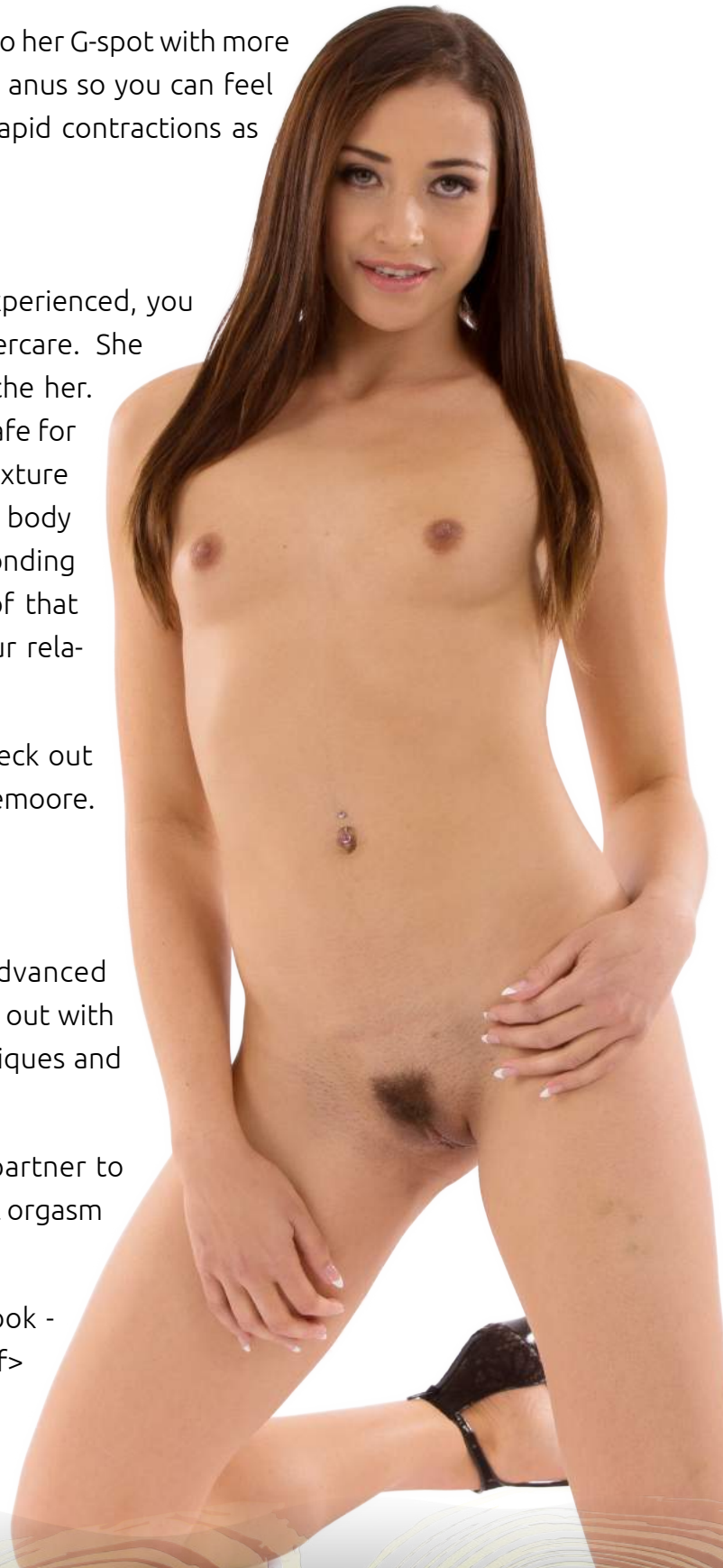
In Closing

Dear Lover, I hope you enjoyed learning these advanced oral sex and fingering techniques and will try them out with your sweetheart. Now, time to practice the techniques and methods that you learned.

Keep exploring new ways to have sex with your partner to become a sex guru in the bedroom and her personal orgasm hero!

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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