

The Oral Obsession EDITION

REIMAGINE
YOUR ORAL
SEX GAME IN
BOMB NEW
WAYS AND
NEVER BE
BORED IN BED



Tongue and Toys

GABRIELLE MOORE'S
NAKED



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MOORE
Better Sex. Better Life.

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Section 1

Facts & Theory

Why you should rethink what qualifies as great oral sex

Couples who have been together a long time know that sex plays a key part in a romantic bond. When the sexual connection is satisfying, it generally takes up a healthy fraction of the relationship's energy. But when the sex becomes unfulfilling

or scarce or there's some other sort of issue surrounding it, all of a sudden, it can overshadow so much else (and not in a good way).

Why does this happen? Well, the answer is complicated. First, it helps to understand that most people have a very narrow definition of sex. Too often, we think just about the physical act: a little bit of foreplay followed by intercourse that ends with an

orgasm. But this description only considers so-called performance and results.

In reality, sex is a multidimensional experience that involves both partners' bodies, minds, and senses, especially oral sex, which is the central topic of this program. It's a way for two people to come together, share their deepest intimacies, and express themselves using a beautiful language. "In other words, it's the physical, emotional, and sensual parts of oral sex that combine to create a rewarding experience, and these are crucial to maintain in a relationship", says Laura Corn, author of *101 Nights of Great Sex: Secret Sealed Seductions for Fun-Loving Couples*. So when a couple's



sexual life stumbles, they're missing out on so much more than that physical act.

To foster or reboot intimacy, it's important to know that having intercourse need not be the central objective. Sex is wonderful, and oral sex is definitely the cherry on every couple's pie, but equally important is keeping the following aspects of your sexual connection alive. These are the three elements that make for an intense erotic bond and that will ensure your oral routine doesn't end in disappointment and/or boredom.

AFFECTIONATE TOUCH

People can live without the physical act of sex, but we can't really live without touch or we become aggressive, irritable, and depressed. That's why the happiest mates are affectionate and come into close contact with each other in some way every day. That might mean foot rubs, back rubs, simply holding hands, or any other touching that feels pleasurable to you. For instance, one of my female clients discovered in an exercise we did that she loved it when her husband stroked her hair. She was amazed by how pleasurable it felt, even though this contact was happening outside their bedroom (in fact, it was happening while they were fully clothed and sitting in my office).

This is a prime example of how great lovemaking can really be a whole-body experience. Try to pay more attention to the way your partner's hand feels when it makes contact with your skin or the way their mouth tastes when you kiss them. These moments can be just as fulfilling and tender as sexual intercourse, and they can make you feel secure and loved. For more juicy tips on making foreplay the best sexual appetizer a woman could ask for, check out my program on the matter, Turn Her On Faster - <http://www.turnheronfaster.com/>

ONGOING DESIRE

Both men and women need to feel wanted by their significant others. Knowing that this person craves you can make your partnership feel adventurous, edgy, and passionate, on top of feeling intimate and steady. That said, desire isn't something you can just force. What you can do is begin cultivating more lusty yearnings for each other by identifying what evokes your own turn-ons and turn-offs and communicating those.

For example, perhaps you feel more sensual and flirty toward your mate after you've taken a relaxing bath, and maybe you feel the exact opposite when you're

really tired. Filling your lover in on such prompts (and vice versa) will allow you both to capitalize on the right moments to express and bask in your desire for each other.

DEEP SATISFACTION

Compatibility in the bedroom alone shouldn't have the power to make or break your relationship. (It's normal to have sexual misses from time to time.) But knowing what makes the sexual experience satisfying for both of you can really improve your connection. To do this, think about sex not just as an act but also as a language that you become continuously more fluent in.

This may take practice, because it is difficult to speak about sex when many of us have grown up learning to be silent about it. To start, try telling your partner what you like in bed, such as "I love when you're on top because I can see you feeling pleasure and I like taking care of you" or "I love when you call me by my name because it makes me let go and completely surrender to what I'm feeling."

"When you put your fantasies into words, you are bringing your truest emotional needs to light", says Michael Castleman, author of *Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex*. From there, you can focus on meeting those needs to ensure your sexual and romantic life remains wholly satisfying.

SIMPLE AND EFFECTIVE ROUTINES

When it comes to sex, women are simple. As in, when it comes to revving a lady up for sex, a little enthusiasm is more than enough. You don't need circque du soleil moves to make a woman want you. Sizzling stealth moves are more than enough. Some examples: Slip a hand into her panties in the wee hours before the alarm goes



off, or crawl on top of her while she's watching TV and give her a sexy clothes-on cuddle – wrap her legs around your body, take her in your arms and start slowly grinding against her. Or while she's standing, run your hands down between her legs, give her vaginal lips a light squeeze, then slide your hands around her sides to her butt and pull her close to you. After a bit of this hot exchange, slide your hands up her sides again and slip off her top, lightly lick circles around her nipples and down her treasure trail. Then take her hand and run it down your neck, over your pecks, and along your boxers, pressing into the areas that respond to her touch. Simple. So leave the sexy stunt work for Charlie's Angels.

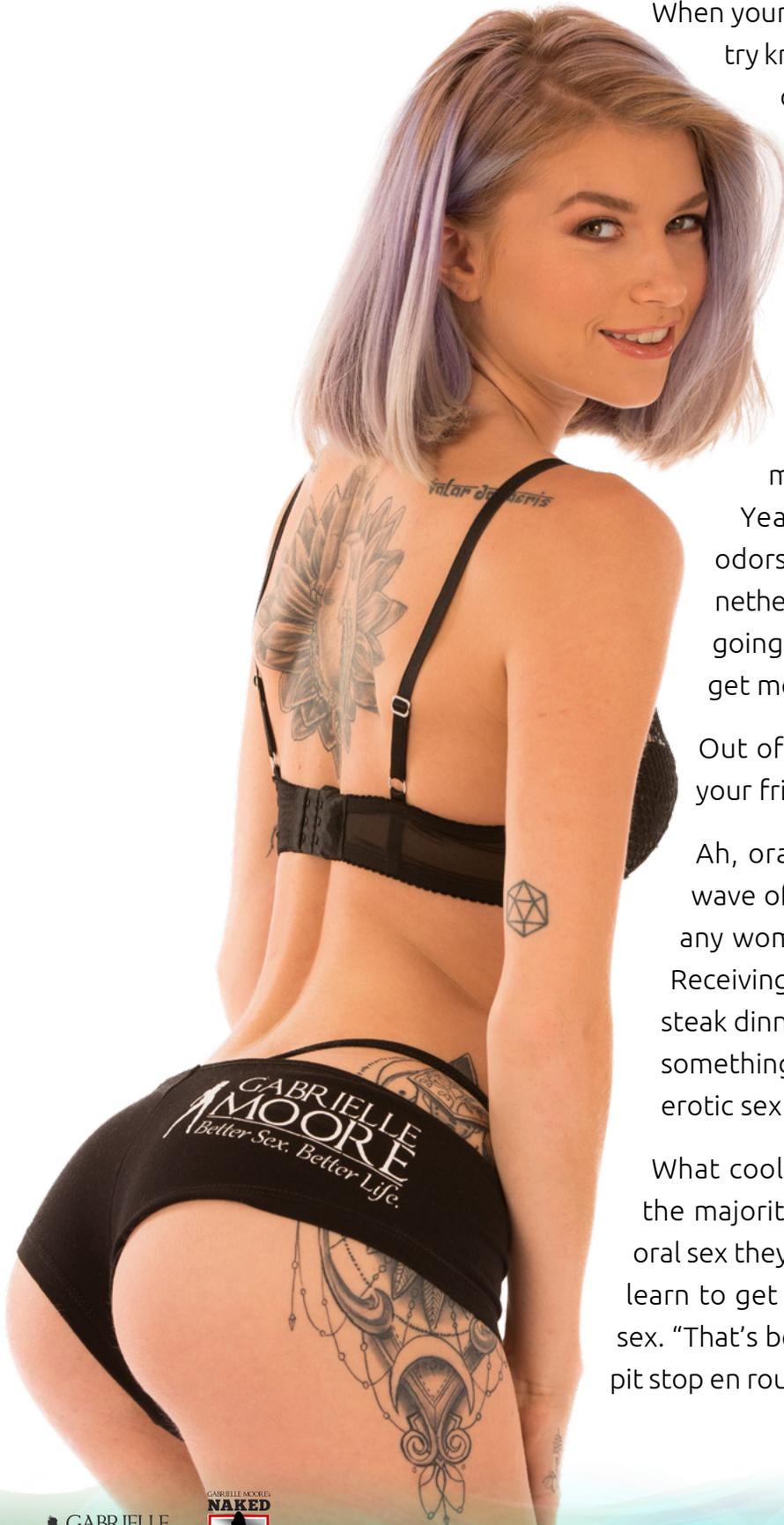
THE KEY TO GREAT ORAL SEX IS BEING RELAXED

One of the biggest misconceptions men have about going down on a woman is that it has to be all tongue, all the time, which is what makes oral sex seem like a chore. "It should never feel like a job. You have total control; just seeing your head down there is a thrill for her. As long as your teeth aren't raking over her flesh, you can do anything and she'll love it", says Ben Rogers, author of *Going Down: The Instinct Guide to Oral Sex*. For instance, use your hands – the sensation of your mouth in combo with a hand stroking her goodies is guaranteed to please. In fact, she really wants to feel a variety of sensations, so you have the perfect excuse to switch gears whenever you get tired. When your lips go numb, use less mouth and more hand and flicker your tongue around her clitoris while you manually stimulate the rest of that hot area.



Give her quick kisses and licks starting with the outer labia...

Watch this technique on video.



When your neck or jaw feels stiff, change positions – try kneeling in front of her so you’re not leaning over and supporting your whole body with your back. Dry mouth? Slather her with flavored lube. Don’t worry whether you’re mastering all the right moves. You learn a woman’s favorite technique – how fast, how hard, how long – over time. The difference between good oral sex and great oral sex is how playful and willing to try you are. Apply this laid-back mantra when she’s going down on you too.

Yeah, yeah, occasionally you stress about odors and stray hairs when she’s touring your nether regions, but get this: Most women loove going south and they couldn’t care less if things get messy.

Out of this world oral... with a little help from your friends

Ah, oral sex... My entire body is awash with a wave of fuzzy warmth just writing the word. Ask any woman and she will tell you the same thing. Receiving oral sex often feels like sitting down to a steak dinner after 40 days in the desert. There’s just something about this really intimate, excruciatingly erotic sex act that sets me on fire.

What cools me down abruptly is the harsh reality: the majority of women don’t get to experience the oral sex they dream of and a great deal of them simply learn to get used to and accept... bad or boring oral sex. “That’s because a lot of guys see oral sex as a brief pit stop en route, rather than a main destination, so they

don't put much energy into honing their skills", says Ian Kerner, author of *She Comes First: The Thinking Man's Guide to Pleasuring a Woman*.

I mea, I get it. Oral sex is one of those topics that everyone has an opinion on. Some people love it, others dread the thought of doing it. Some people think it's more intimate than sex, others see it as no big deal. Regardless of how you feel, many people can agree that when done right, oral sex can feel amazing.

This is actually good news for you, because if you put even a little effort into sorting out your approach and technique, you'll set yourself miles ahead of the pack. When you're done, she'll be blissed out, panting and doe-eyed, looking at you like you're an absolute rockstar. And you'll feel like that yourself, because there's just something about being able to drive a man wild with your mouth (and hands) alone that feels like having a legitimate superpower. So if you want to give a woman the best oral sex of her life, keep on reading because things are about to get really steamy here (and by here I mean her vagina).

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

We already talked about edibles and oral sensation play and we went through all the best positions for performing cunnilingus, but now it's time we took things further on the ecstasy scale by enlisting a couple of battery-operated friends that will serve as juicy companions to your mouth action. For best results, there are three types of sex toys that you should invite to the bedroom with you when you're getting ready to go down on your lady, each targeting a different hot spot.

I know that oral sex is such an event in and of itself that the idea of incorporating sex toys into the experience can seem daunting. It doesn't have to be. If you pick the right sex toy for you and your partner you can transform your oral sex experience into something even more explosive than you ever thought possible. Here are the ones on my oral sex list – I'm pretty sure you'll definitely find one that will definitely enhance oral sex.

The first is a finger vibe. Sliding this bad boy between two fingers gives your hands all sorts of electric

super powers, especially when it comes to enriching oral sex. Just because you're using your mouth, that's no reason to tie your hands behind your back. Use them! The more sensation, the better. This little vibe glides over the skin like a dream, giving direct, intense, pinpoints of pressure, and the rubber grip makes it easy for you to hold onto with no fear of slipping.

You can tease her nipples and breasts with it, you can use it on the clitoris while your mouth is focusing on the labia, the possibilities are endless and we'll go over each one in our first technique of this episode, so stay tuned on the best ways to turn your digits into tiny little sex machines. Trust me, things will get pretty steamy up in this joint when you use this tiny little toy. And by joint I mean your partner's vagina. I mean, this toy doesn't just enhance oral sex, it knows exactly how to mimic the sensations. It's literally whirling around her vulva for her pleasure. So if you think your partner needs more stimulation or you're worried about your tongue going numb, this is a great nifty trick to have up your sleeve.

The second is a trusty G-Spot vibrator. When all you want is to make sure your partner screams with pleasure, badgering the clitoris doesn't always cut it, so knocking on the G-Spot's door will unleash true ecstasy – nothing beats the double O (clitoral and G-Spot). There are a number of vibrators and dildos that promise to find that elusive rubbery spot, pick one that works for you and get ready for some seriously noisy encounters – and some red-hot squirting – the G-Spot unleashes her holy waters like no other.

The third and final type of sex toy that we're introducing in this episode is the naughty anal plug.



Careful, though. No matter how excited you may be to pair oral sex with anal exploration, it can be helpful to get plugs in various sizes so you can make sure your partner is as comfortable as possible.

One other thing: When first trying out a toy, play around with it during the early stage, before things get really intense. This keeps the experimentation on a light-hearted level, where you can both gauge how you feel about the new bedfellow. At the same time, you can decide to use it to get her ready for the main event, which involves your tongue. One of the many things women complain about in bed is that their men don't give them enough pampering before going to the bull's eye. Well, a toy can cut that prep time and put you on a shorter path to ecstasy. For example, rather than giving her a full-body massage before oral sex, you can run a vibrating wand all over her body. Talk about augmenting your foreplay routine! Bonus: you can turn the tables and have her use the same turn-on technique to please you.

Also, have those edible oils and lubes we played with in the previous ebook near. You're going to need them to make sure this turns out to be an orgasmic success story. But enough with the introduction and let's see how exactly are these little friends going to better your oral routine.

Section 2

Sex toys that fire up your oral routine

The key to a well-executed oral routine – one that makes a fab memory – is getting all the help you can get. To keep your cunnilingus sessions from turning into “Sorry, I dozed off” moments, do it right by enlisting the chock-full electric enthusiasm of the proper sex toys. All you have to do is find one (or two or three...) that's right for you. The added excitement of getting busy with a buzz will make you one oral practitioner to remember.

TECHNIQUE 1

Boobs, invited

Ask any woman how many times she's laid on her back, bored and frustrated, her clitoris having retreated deep inside her, with some unexperienced man between her legs, lapping like a thirsty dog, his tongue aching and almost numb, the only stiff part of him being his neck. I think you'll be surprised by the

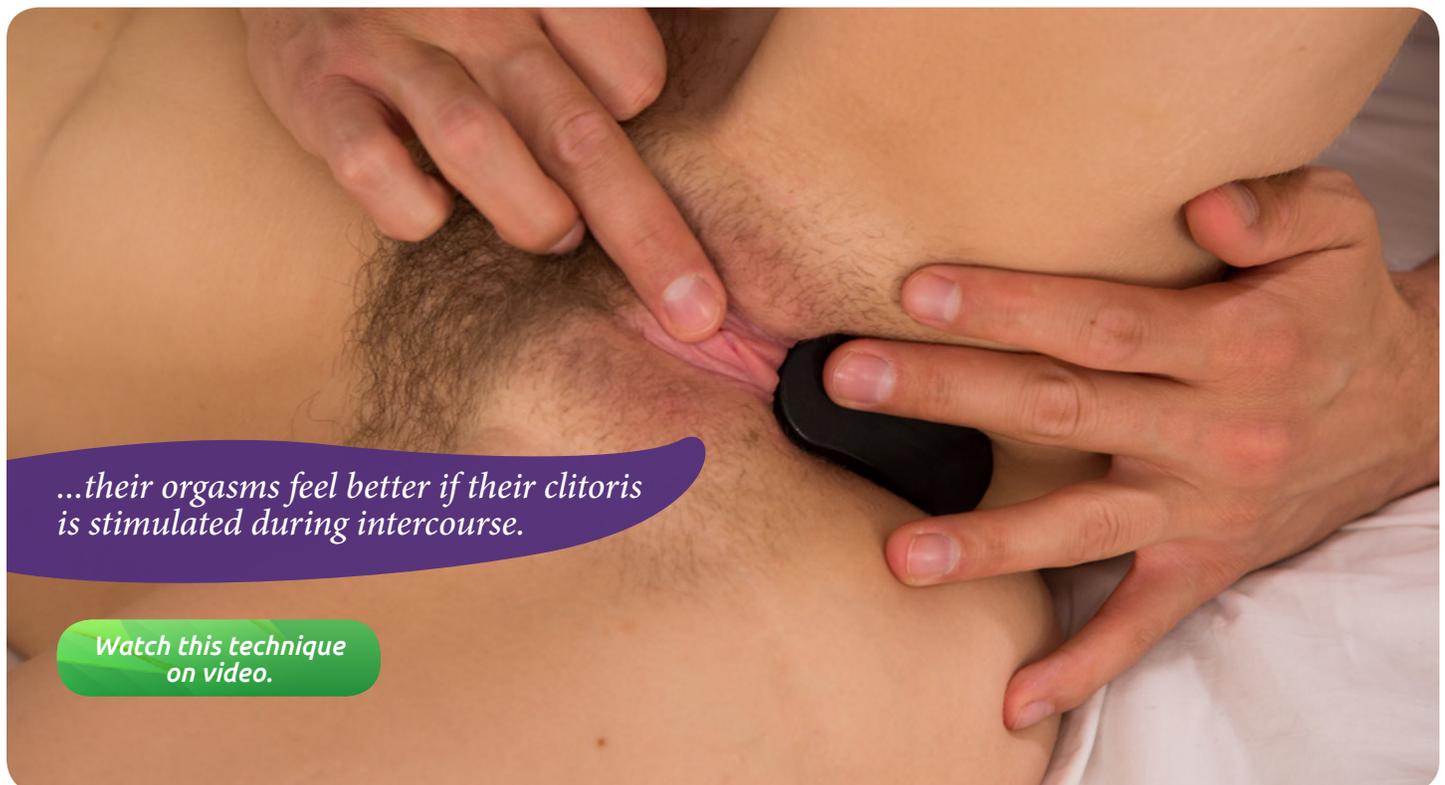
answer. I blame bad communication and porn. Remember the last time you watched a man giving oral sex on camera? She was probably already naked when the film started. He will probably have given her breasts a quick squeeze before going down on her, diving straight in, separating her lips and licking away furiously like a man possessed.

If this is how you give head to your woman, you need to keep reading. Sure, the female arousal process can be very complicated. But once you understand a few things, your neck and jaw are going to thank you. You see, the best oral sex isn't about how long you spend desperately licking and sucking, with a couple of fingers inside for good measure.

Bad oral sex happens. But it doesn't have to happen again.

Bad oral sex is not uncommon, I'm sorry to be the bearer of bad news. Lackluster oral encounters that fall short of being satisfying happen to everyone, even the hottest, most in sync partners. And even if you've heard through the grapevine that all oral sex is great by itself, it's actually not true when it comes to the ladies. Actually, some is pretty damn awful.

Fortunately, it is possible to fix blah oral sessions. There is never a need just to suffer through it, though



...their orgasms feel better if their clitoris is stimulated during intercourse.

Watch this technique on video.

most women do it. I always teach women about this, I tell them that they can stop at any time during oral and lead their partners on the right route to orgasm town. Is it awkward? Sure, at first. But it's worth it to have better oral sex. Follow this guide for how to handle a lame oral lust life – I have several solutions for whatever's amiss.

When there's an unwanted twist

'After a solid kissing session, heavy petting led to nakedness. The guy I was with fiddled around with my hoo-ha, then finally went in with his mouth. A few minutes later, he asked, "Would you like me to lick your butt crack?" – as if he were asking, "May I get the door for you?" He saw my surprise and said, "Oh, I'm sorry. I thought women liked getting licked in the butt."

-SHANNON

How to fix it

If you go for something unexpected and then realize it's not your partner's style but you want to keep the momentum going, say, 'We can talk about that later, let's do what you like instead' Then ask her to guide you to her favorite move. Or you can halt the action for a while and talk about it. "Ideally, this kind of talk about sexual limits should happen before hopping into bed, but both of you can still share your thoughts in the moment or afterwards so that you make sure next time you are on the same page", says Carol Queen, author of *The Sex & Pleasure Book: Good Vibrations Guide to Great Sex for Everyone*.

When a hot sitch goes cold

'I met James at a bar; he was the hottest guy



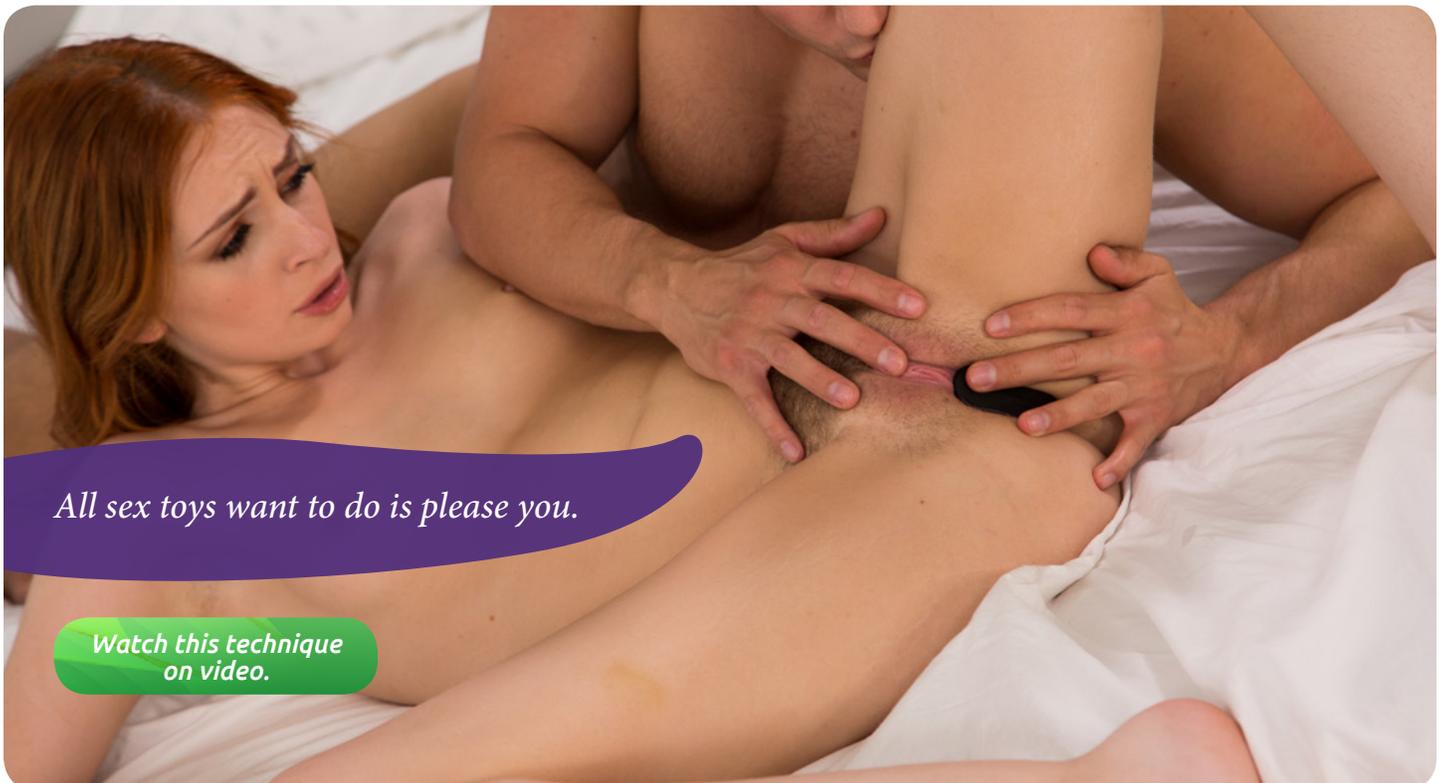
I'd ever seen. We started talking, and eventually he invited me over to his place. I was like, "This guy's hot, let's do this!" Turns out, he did nothing vaguely interesting for me – he didn't even take my shirt off! There was no foreplay, he just took my pants off and started licking like crazy. It was just so bad.'
-JENNA

How to fix it

When you sense she's not feeling your routine at all, grab her hand and ask her to put it on a no-fail hot spot, a zone where she particularly likes to be touched. Or you can ask her to simply show you how it's done with her own hands. This shifts your focus easily and effectively without killing the sexy vibe. Constructive criticism post-oral can also up the odds that next time will be better. Say, "I sensed you liked when I was stroking you there, but I don't think you were crazy about this other moved I tried. Did I get it right? What should I change for next time?"

When it's too textbook

"We were well past the honeymoon phase (although still very much attracted to each other), when my boyfriend and I slid into a routine: making out, a little bit of oral, then missionary until he finished. Every. Damn. Time. Part of me didn't mind it because it was reliable and easy—but I desperately wanted



All sex toys want to do is please you.

Watch this technique on video.

us to break out of our rut and try some new things.’ -ANN

How to fix it

Prioritize your partner’s climax. If you know it takes [XYZ] for her to orgasm orally, start with [Z] and work backwards. It’ll take her to the brink of ecstasy quicker and then when you move on to your finale she’ll be right there with you. You can also halt the action for a little while the minute you feel she’s getting bored with what you’re doing. “Stopping and changing the context can make sex more exciting,” says Marisa Bennett, author of *Fifty Shades of Pleasure: A Bedside Companion: Sex Secrets that Hurt So Good*. Say, ‘Hey, do you want to pretend that we’re somebody else?’ Try role-playing as strangers who just met. It may lead to new erotic scenarios. You can also do some toy shopping (online or in store) together and get a versatile third party, such as a small bullet vibe, to join you in the bedroom. You can rest it on her clitoris during oral– or your partner can press it against her cheek to give you a buzzy blow job.

When disaster strikes

‘While we were on holiday, my partner and I ended up at this fancy hotel room with floor-to-ceiling windows, which was an empowering place to stand naked, palms up against the glass, with my partner on his knees, giving me oral. Things got downright animalistic. Then he attempted to reposition us by lifting me up, only to accidentally drop me! My head landed on the floor, and I got a concussion.’ –GRACE

How to fix it

For minor accidents (in which no-one is hurt), humor can ease the awkwardness. But if it’s major,



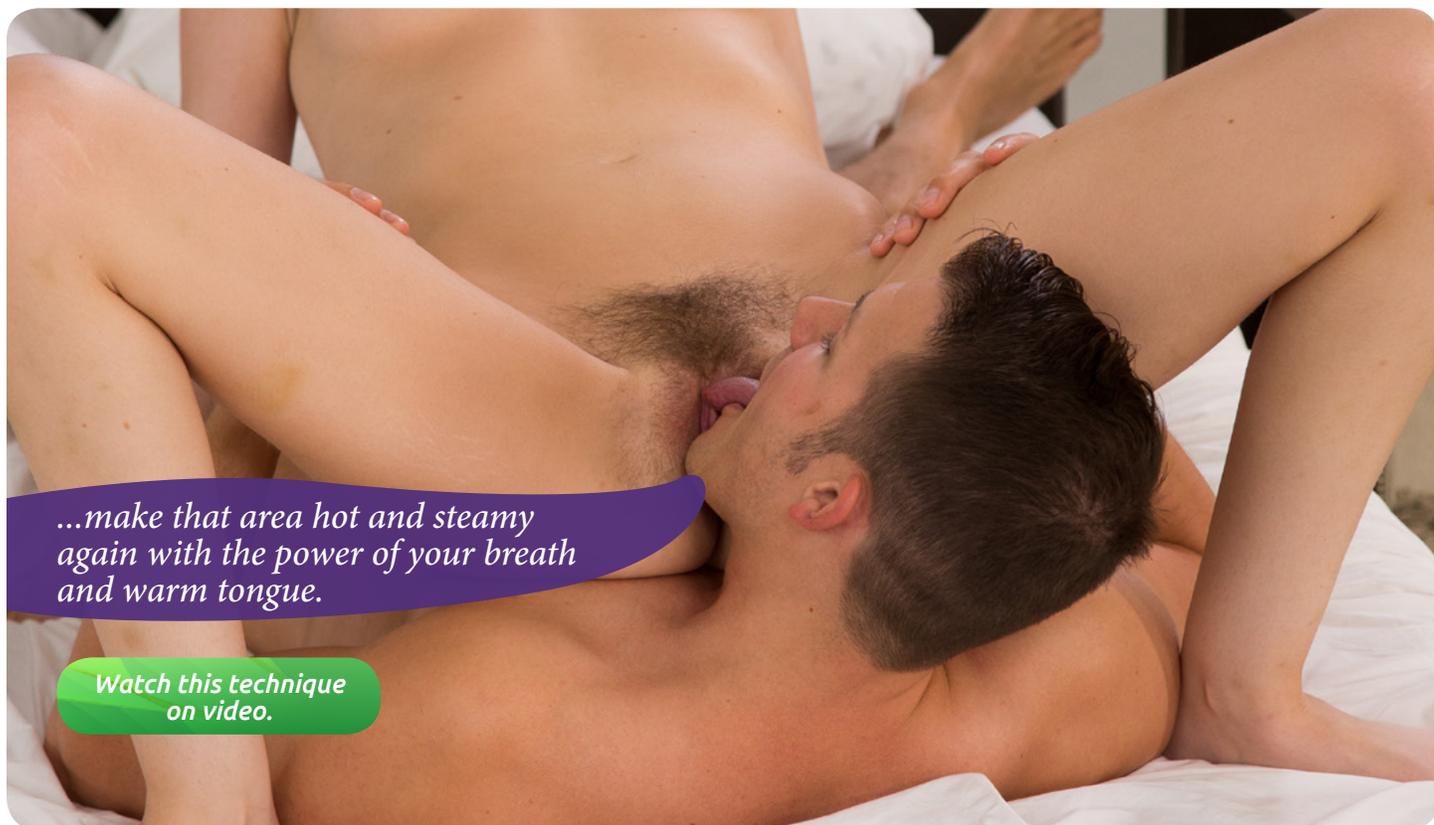
work together to take the next necessary steps. Clearly tell your partner to let you know if she needs a time-out – or that she requires help. Later, if

you think she's feeling better and you want to resume, I suggest saying, 'Now, where were we...?'

Boobs, invited Step-By-Step

The best oral sex is the climax of a chain of events. It's about priming the territory, knowing how to exploit her other hot spots and delicately torturing her, thus creating a sweet build-up that ends in total loss of control. The good news is it's not difficult and all you need is the right sex toy to amp up the oral ecstasy. For this technique, we are going to invite the boobs on the action and tease them with a small finger vibrator. Here's how the perfect breast and oral stimulation unfolds.

- Start by nibbling her ears and pulling her hair backwards to expose her neck. Caress, kiss and bite and put a hand down her panties to make a fleeting contact. But don't leave your hand down there long. Grope her thighs and don't be afraid to be strong and assertive – if she knows you're in charge, she won't know what to expect.



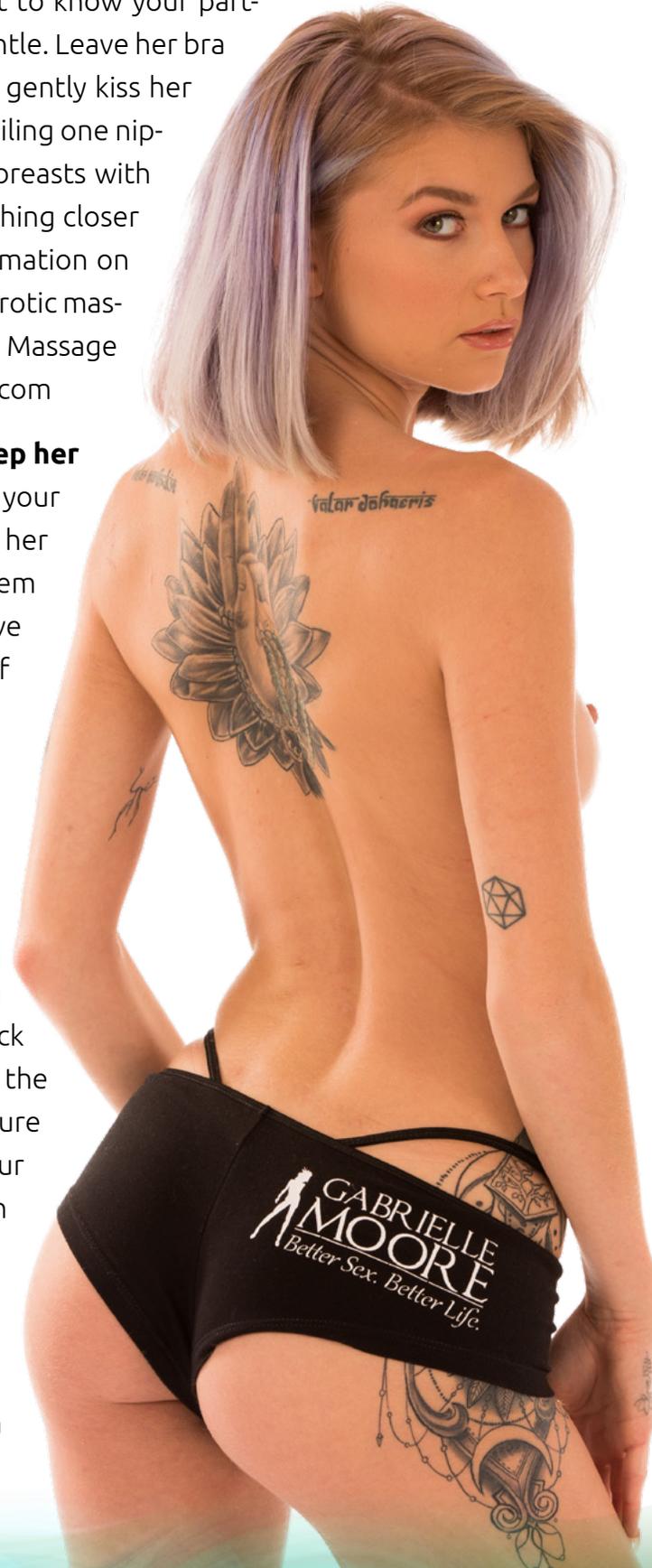
...make that area hot and steamy again with the power of your breath and warm tongue.

Watch this technique on video.

/// **Now pay her breasts some attention.** As you get to know your partner's sensitivity levels, it's good to start slow and gentle. Leave her bra on to begin with, touch her breast with your palm, gently kiss her clavicle while you just squeeze the breasts out, unveiling one nipple at a time. First massage the pulpy flesh of the breasts with the finger vibrator through the cloth of the bra, inching closer to the exposed skin and the nipple. For more information on the sometimes forgotten but oh-so-amazing art of erotic massage, check out my program on the matter, *Erotic Massage for Better Sex* - <http://www.eroticismassagemastery.com>

/// **While you're doing this, push her skirt up and keep her legs closed.** Pull her panties to one side and slide your tongue over her clitoris and between her lips. Keep her thighs closed with your elbows. She'll try to open them to give you better access – don't let her. It will drive her wild – all she wants to do is fully expose herself so you eat her out from each and every possible angle but not yet. Apply some pressure with your tongue and use steady, flat, up-and-down strokes, but only two or three times.

/// **Before she settles into a rhythm that eventually leads to orgasm (you'll know by her consistent hip movements), move away from that area and pay some more attention to her nipples.** Suck and lick one with your mouth, while you're arousing the other with your finger vibe, using the same pressure and rhythm. Also, try getting the nipple wet with your saliva, then gently blow on it. The chilly sensation can create yummy tingles. Also, don't play favorites. "If you're spending a long time on one nipple at the expense of the other one, take a trip to the other side. This will allow the first one to reset and be more in tune with a range of sensations", says Sheila



Wray Gregoire, author of *The Good Girl's Guide to Great Sex: And You Thought Bad Girls Have All the Fun*.

/// **When you think she's really fired up, finally separate her legs with your knee and slide it up to meet her vulva.** Let her rub against it for a seconds while you're continuing to make her nipples hard with feather-light licks and electrifying vibrations. When she can't take it anymore, go back down south (your vibed up finger should continue the nipple stroking) and firmly suck on her clitoris until she comes. For an even more explosive orgasm, try to mimic de finger motions on the nipple with the ones your mouth is making on her clitoris. This kind of consistency will send her to seventh heaven for sure.

TECHNIQUE 2: Great Sexpectations

Women love lickjobs, but they can be just as fun for you as they are for your partner – especially if you experiment with some brand new moves that both you and her will love. I mean, the only thing more satisfying than being on the receiving end of great oral sex is knowing that you did a great job performing it on your partner, am I right?



...head down south to treat her vulva to a fizzy blast of pleasure.

Watch this technique on video.

Could orgasm anxiety be holding your partner back?

When it comes to sex, performance anxiety has pretty much always been labeled a guy thing. (Dude, can you get it up, keep it up, and rock your partner's world?) It's a lot of pressure. But the truth is, women suffer from similar bedroom hang-ups. In fact, according to a recent study, female performance anxiety, or FPA, has always existed, and it can mess with desire and rob women of satisfying sexual experiences.

"FPA manifests from the same place as men's—it's the fear of not being good enough," explains Jim Gordon, author of *The Intimate Couple's Handbook: Improving Your Sex Life and Improving Your Marriage Go Hand in Hand*. Common causes include a woman's worries about what she looks like naked, what she smells or tastes like "down there," whether she's having sex "right," and if she's pleasing her partner.

Then there's the biggie: stressing about taking too long to climax or whether she will O at all. Research shows that this last trepidation, called orgasm anxiety or preorgasmia, is a top FPA concern. "Some women have thoughts like, 'Can I get there? Is my partner getting bored?'" explains Nicole Daedone, author of *Slow Sex: The Art and Craft of the Female Orgasm*. Others have a fear of actually orgasming.

They worry that they'll look ridiculous, and they can't let their guard down.

"When a woman is anxious, she's really at war with her ability to experience pleasure," adds Patti Britton,



Give her quick kisses and licks starting with the outer labia...

Watch this technique on video.

author of *The Complete Idiot's Guide to Sensual Massage*. That's because her brain is in fight-or-flight mode, during which its sole concern is to get rid of what's nagging her. So even if what you're doing should feel amazing, her mind can't register the erotic sensations.

Don't despair though. You and your partner can take these steps to help quell FPA and find bliss.

She should touch herself

Not only can solo sex help with everyday stress (by releasing feel good chemicals

throughout her body), but it can also be a great way for her to learn the moves that satisfy her, which she can then relay to you. "She should try masturbating without the expectation of orgasm," advises Laci Green, author of *Sex Plus: Learning, Loving, and Enjoying Your Body*. She should take climax completely off the table, and turn her focus toward pleasurable sensations and how she feels. She should experiment and figure out what turns her on.



Give her quick kisses and licks starting with the outer labia...

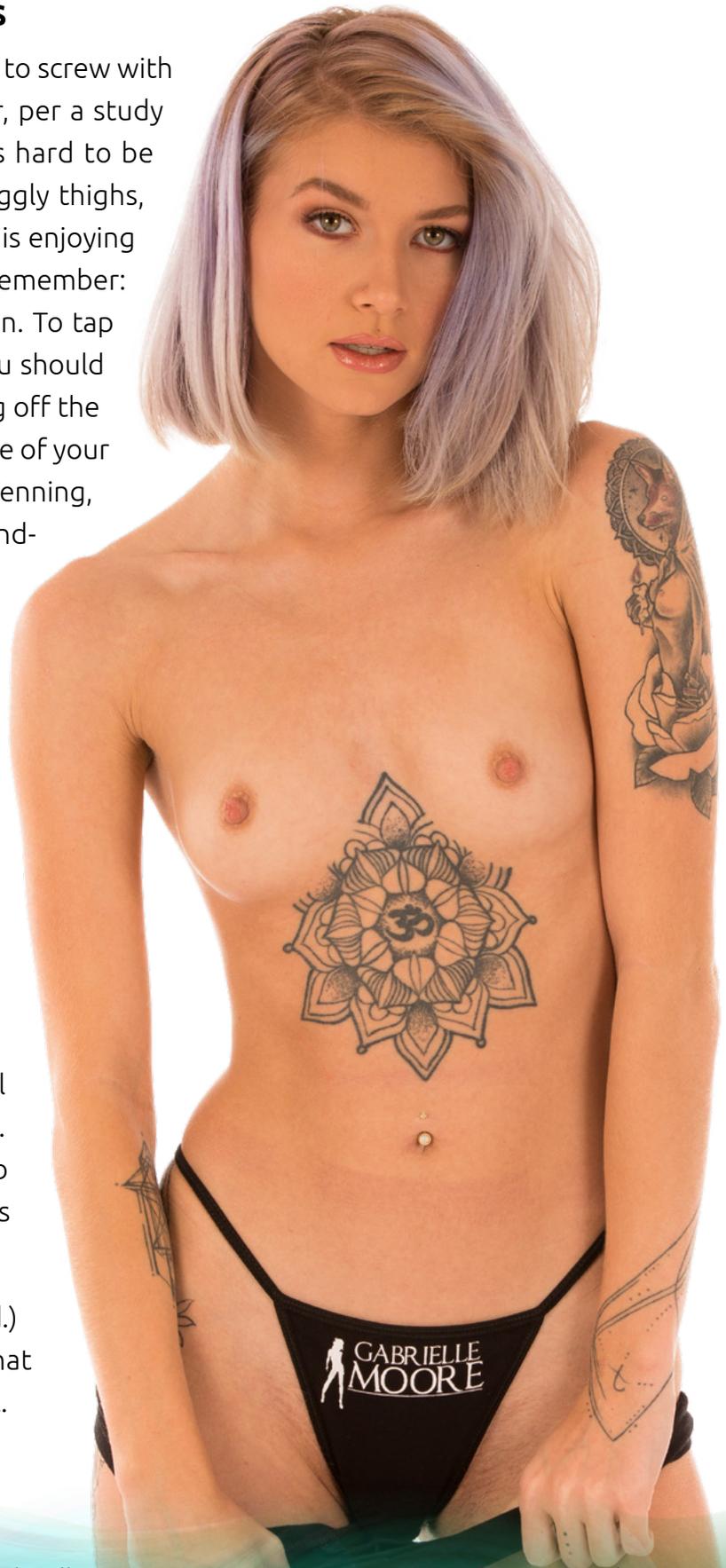
Watch this technique on video.

She should silence naggy thoughts

Hating her naked body can be powerful enough to screw with her arousal and make her avoid sex altogether, per a study in the *Journal of Sexual Medicine*. I mean, it's hard to be unbridled in bed when you're worried about jiggy thighs, squooshy sex noises, and whether your partner is enjoying himself, I can attest to that. So first, she should remember: Being confident in herself is the biggest turn-on. To tap into her hot goddess vibes during the deed, you should help her engage in some sensory play by turning off the lights or blindfolding her. "When you turn off one of your senses, the others are magnified," says Rachel Venning, author of *Moregasm: Babeland's Guide to Mind-Blowing Sex*. And that can make her zone in on every titillating touch. Also, to help her be fully present in the encounter, you have to create a no-stress, thought-free zone by minimizing any mood-killing distractions. "Turn down the lights so she's not as body-conscious, unplug the phone to avoid interruption, and pop in soft music that will inspire her sexual side", says Pam Spurr, author of *Make Love All Night* and *Talk to Him in the Morning*.

She should relax with scents

If her mind still won't shut up, natural essential oils could help create a calmer, sexier energy. Try giving her a whiff of valerian-root oil, an herb that can lower frantic brain activity. (It does this by boosting the amount of a Zen-promoting neurotransmitter called gammaaminobutyric acid.) Or burn a lavender-scented massage candle that doubles as a relaxant and a sultry foreplay treat.



She should use her words

'Did you come?' is probably the most prevalent question asked in bedrooms by men, and that's tragic. Both sex and communication shouldn't stop or be measured by an orgasm alone. Work on having an ongoing dialogue throughout your sex session. Give each other useful directives such as "harder," "keep going," "right there," or "I love it when you do this...."

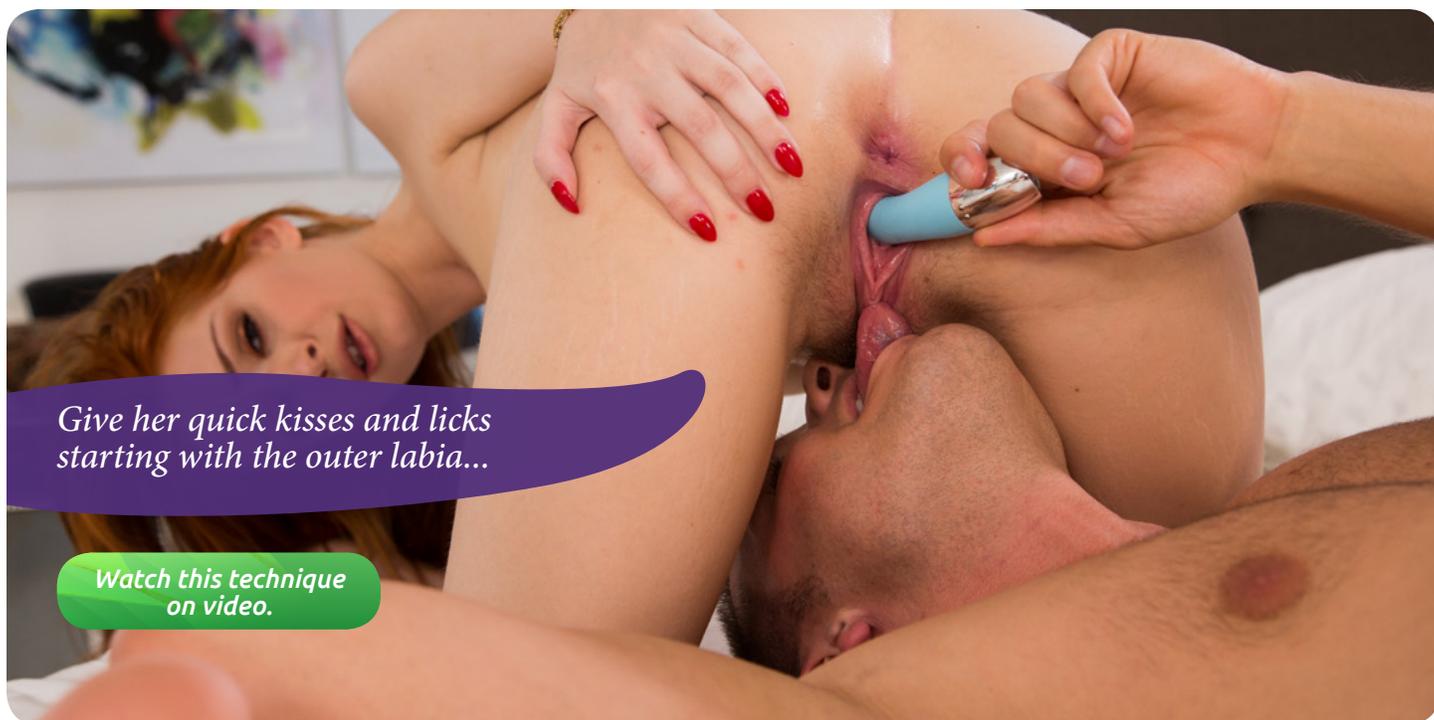
She should watch her breath

A clear sign FPA is robbing her of a great time in the sack: quick and shallow breathing when she's nowhere near climax. If this happens, she should actively turn her attention to inhaling and exhaling deeply and slowly—just like she would when

meditating. This will release tension and get her back to feeling all the satisfaction.

Last but not least... she should get in the game

To truly unleash her inner sex goddess, she has to adopt an assertive erotic attitude and be a proactive participant in the action. Meaning: She needs to play the role of bedroom boss and let you know what she wants. When a woman takes charge of the sexual encounter, she's able to use her whole body and control her own pleasure. That can't happen when she's pinned underneath like a dead fish. So encourage her to throw you on the bed, hop on top, and ride away until she reaches her maximum



Give her quick kisses and licks starting with the outer labia...

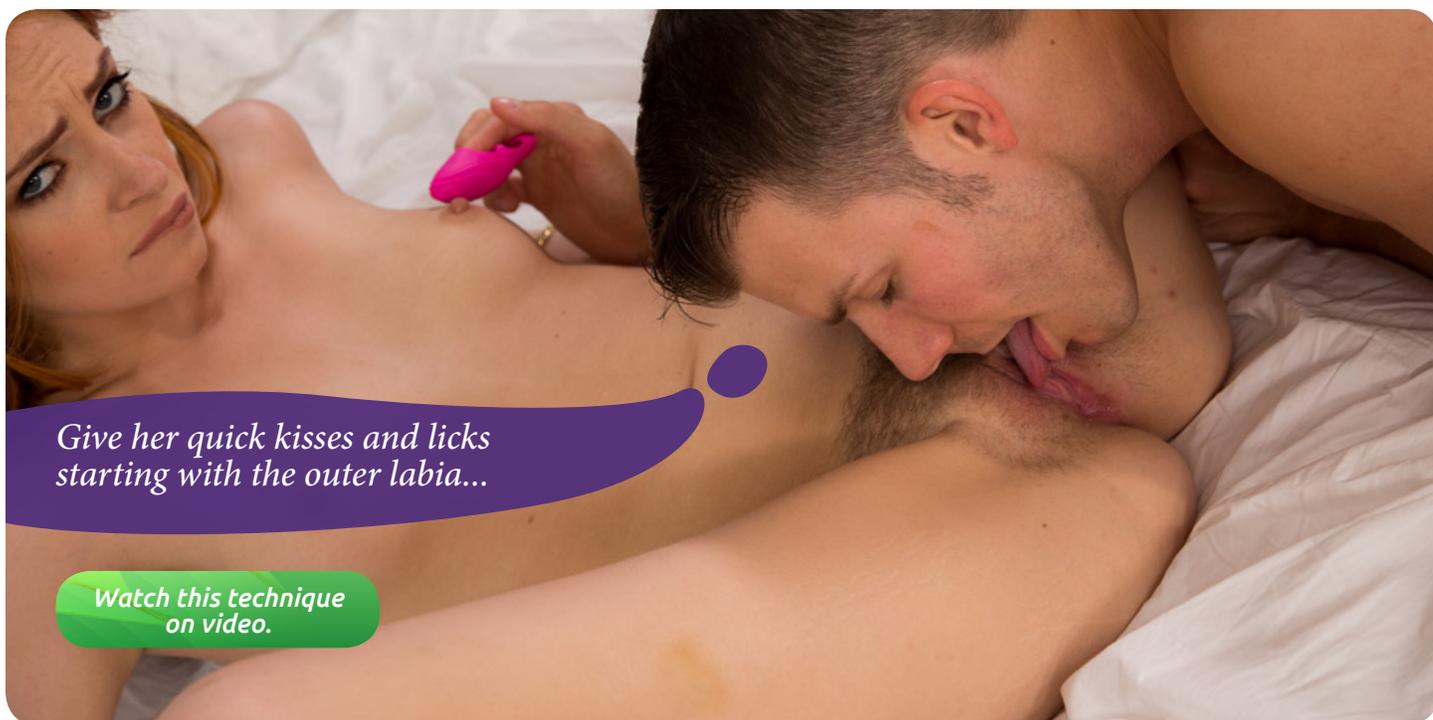
Watch this technique on video.

passion potential. She should also switch things up by gyrating in circles or thrusting back and forth rather than just up and down. By changing the pace or angle of penetration, not only will the sack session be as wild and crazy as you both want it, but you'll get off on her calling the shots too.

Great Sexpectations Step-By-Step

Now that we finished our oral boob party with amazingly hot results, it's time we paid attention to another great friend of women's orgasms: The G-Spot. You've probably already tried to invite it to the oral party by inserting your fingers up her vagina whenever you went down on her but you don't know if you were really successful and waking up that powerful button and blending her oral orgasm with the G-Spot kind. Don't worry, this time we'll be using a massage wand that will most definitely give that little sucker the wake-up call it needs.

- **First, arouse her slowly by kissing and stroking the back of her neck, that area is extremely sensitive and packed full with nerve-endings; ergo, a good place to start.** Touch her breasts gently and begin kissing her face, neck and earlobes. Let your hand trail down and stroke her breasts, from the nipples down to the crease where her breast meets her body. Gently trail your fingers from her tummy to her groin. Lightly touch her over her panties and down at the crease where the thigh meets the pubic area. Don't rush anything! This is not fast food. This is a gourmet



Give her quick kisses and licks starting with the outer labia...

Watch this technique on video.

restaurant and she wants you to savor every moment. She feels every little nuance, and it all feels very, very good if you take your time.

- **Move down and begin kissing and nibbling her breasts, stomach and inner thighs.** Move down even further and lightly brush your lips over her panties. Remove her panties, but don't do anything just yet. Let the air hit her vulva and start teasing her by licking her inner thighs. When she can't take it anymore, go in gradually, licking the outer and inner labia slowly.
- **Open her up with your thumbs and lick her clitoris very softly.** Focus on the hood, which is just above the clitoris. "If the clitoris isn't fully aroused, it will be too sensitive for direct contact just yet", says Michael Karp, author of *The Guide to Great Sex: Tips and Techniques to Get Better in Bed & Take Your Sex Life to the Next Level*. NOTE: You can tell if she's fully aroused when her clitoris is erect and her labia swelled. Then, and only then, can you go in with tongue and fingers a-blazin'!
- **Now it's time to get into position.** While she's on all fours on the bed, slide your head beneath her bum and use your hands to bring her downwards to your face. Bring her close to orgasm by using a variety of movements. You can spell out the alphabet with your tongue, making the



Stimulating this surprising moan zone will literally make her toes curl.

Watch this technique on video.

letters wide to cover the whole vaginal area or small, focusing more on the clitoris. For more examples of out of this world pleasurable sex positions, check out my program on the matter, Orgasmic Sex Positions - <http://www.orgasmicsexpositions.com/>

- /// **You can also flatten your tongue and lap her up, from her perineum (the skin that runs from her anus to the opening of her vagina) to her clitoris.** Or you can lick the inside of her vagina while rubbing your nose around her clitoris. Get your whole face in there and shake it from side to side.
- /// **When she's ready, take the massage wand in one hand and slowly insert it into her vagina, making sure to lube it up.** Using enough lubrication is important to make her G-Spot ready and prevent any discomfort that may arise due to friction. At first, insert just the tip of the toy and move it around in circles. The spot just inside her vaginal opening is very sensitive. Then take it deep inside, making a come hither motion with the toy to hit the G-Spot.
- /// **While you're doing that, continue licking her like an ice cream cone, in long, thick strokes that cover the entire area down there.** Let your licks gradually build up in intensity with the same rhythm you're thrusting the massage wand in and out. Once you've reached a certain



You can also move lower and tug the sides of the lips.

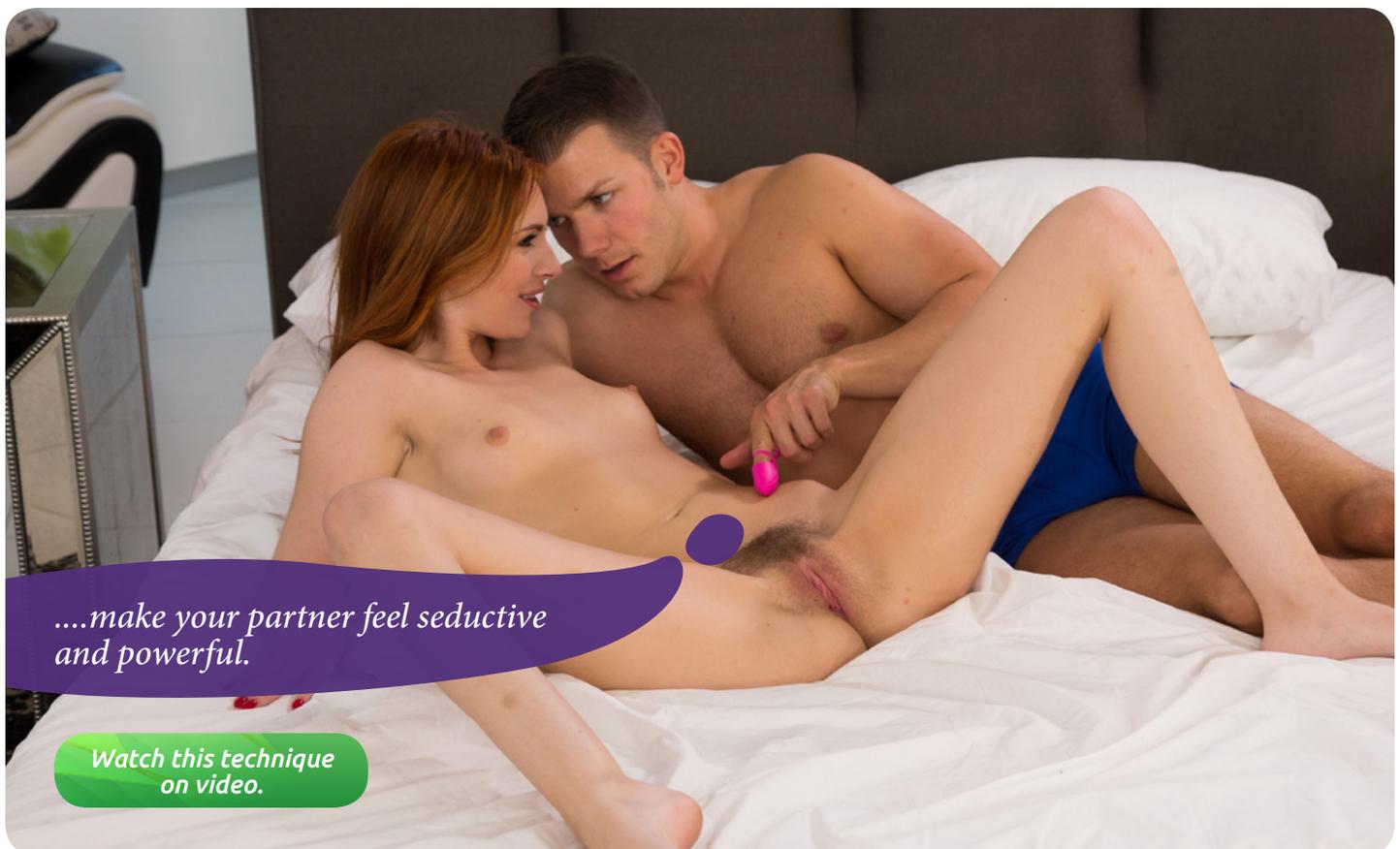
Watch this technique on video.

rhythm, try mixing things up – going back and forth between different levels of intensity can produce a more intense orgasm.

/// **When you feel her butt clench (a sign she's close to the edge), let her push and grind against your flat, still tongue – take it all in – and then spring back with a series of fast vertical and diagonal tongue strokes.** Lick her senseless with a short burst of energy while also pushing the massage wand against the G-Spot using a flurry of fast movements. There, she's orgasmed while also happily anointing you as the most skilled cunnilinguist she's ever met.

TECHNIQUE 3: Go through the back, please

I am always looking for creative ways that will make oral sex feel more decadent and more rewarding. One of my best hacks involves a butt plug. Wearing this little vibrating toy can bring a little extra magic and spice into your oral endeavor, taking things to the next level and helping you explore a whole new world of sensation. All you have to do is slather it with lube, slide it in and enjoy.



Sex secrets all women keep

We all know ladies tend to hide things from their men (their weight, pictures of ex-boyfriends...). But what you may not realize is how much carnal information they keep undercover. Of course I have a certain way with the fellas and got tons of loose-lipped women to spill. Here's a peek at what's in your partner's dirty mind, plus turn-her-on tips she'll be shocked you figured out.

Gal sex secret 1

They choose positions that make their bodies look good in bed

Women are not just concerned with chiseled arms and abs, they also want to measure up when it comes to their flashlights. Besides making their belly look flat, a secret reason ladies love girl-on-top is their breasts are exposed all the way, so they look as large and bouncy as possible.

Read-her-mind tip: Have her straddle you on a chair placed in front of a mirror, so she can watch the girls jiggle from a flattering side angle. You'll love this position too because girl on top makes your erection look and feel like a million bucks and what guy doesn't want that? Or have her crouch on all fours and penetrate her from behind. The position makes her butt cheeks look firm and plump and she'll love the way they feel into your hungry hands.

Gal sex secret 2

They pretend to have more experience than they actually do

Women sometimes give the idea that they've had sex with more men than they've really had. It comes down to this erotic equation: less experience equals less confidence. Without a database of moves she knows pleases a variety of men, she's likely uncomfortable exploring your body to the fullest.

Read-her-mind tip: In bed, take her hand and show her exactly the speed and pressure with which you like to be pleased. Use words like here, slower, and harder, and praise her when she gets it right. You'll give yourself satisfaction and her the gift of self-assurance that she's fully capable of getting you off. Those belt-notch fears will soon fall away. And this is what you need. A fearless woman who's up for anything when it comes to sex.

Gal sex secret 3

They have shocking fantasies during sex

Okay, don't freak. It's perfectly normal for women to fantasize about someone other than their partner during sex. It's almost reflexive as she builds toward orgasm. You can be incredibly sexy and she can love you to bits and still, sometimes when you're doing it, she can fantasize about an ex, a man at the office or even a famous actor.

Read-her-mind tip: Though you don't need to explore your woman's lusty imagination, you do need to accept that she has one (hey, you have one too, so no judging, ok?). If you feel like you can handle it, probe a bit. If you want to get in on her fantasy fun, ask her to whisper a sexy scene that includes you while you make love. If she's shy about it, try telling her one of your fantasies first, maybe this will get her talking and spilling the hot beans. If she does and it's more hardcore than you've expected, don't judge her. She won't tell you anything like this ever again and she'll also feel self-conscious about it, which will in turn affect her orgasm. You don't want that, do you?

Gal sex secret 4

They're too shy to ask you to try kinky stuff

It's very common among women to think about doing something taboo. But they're often afraid they'll be thought of as a pervert or that their partners will be horrified, so they're unwilling to ask for anything that might be perceived as such. A damn shame, but you can blame this on society.

Read-her-mind tip: If you're open to erotic adventuring, let her in on your carnal curiosity (drop a hint, write a note, or take a deep breath and ask). Once you open up, she's likely to



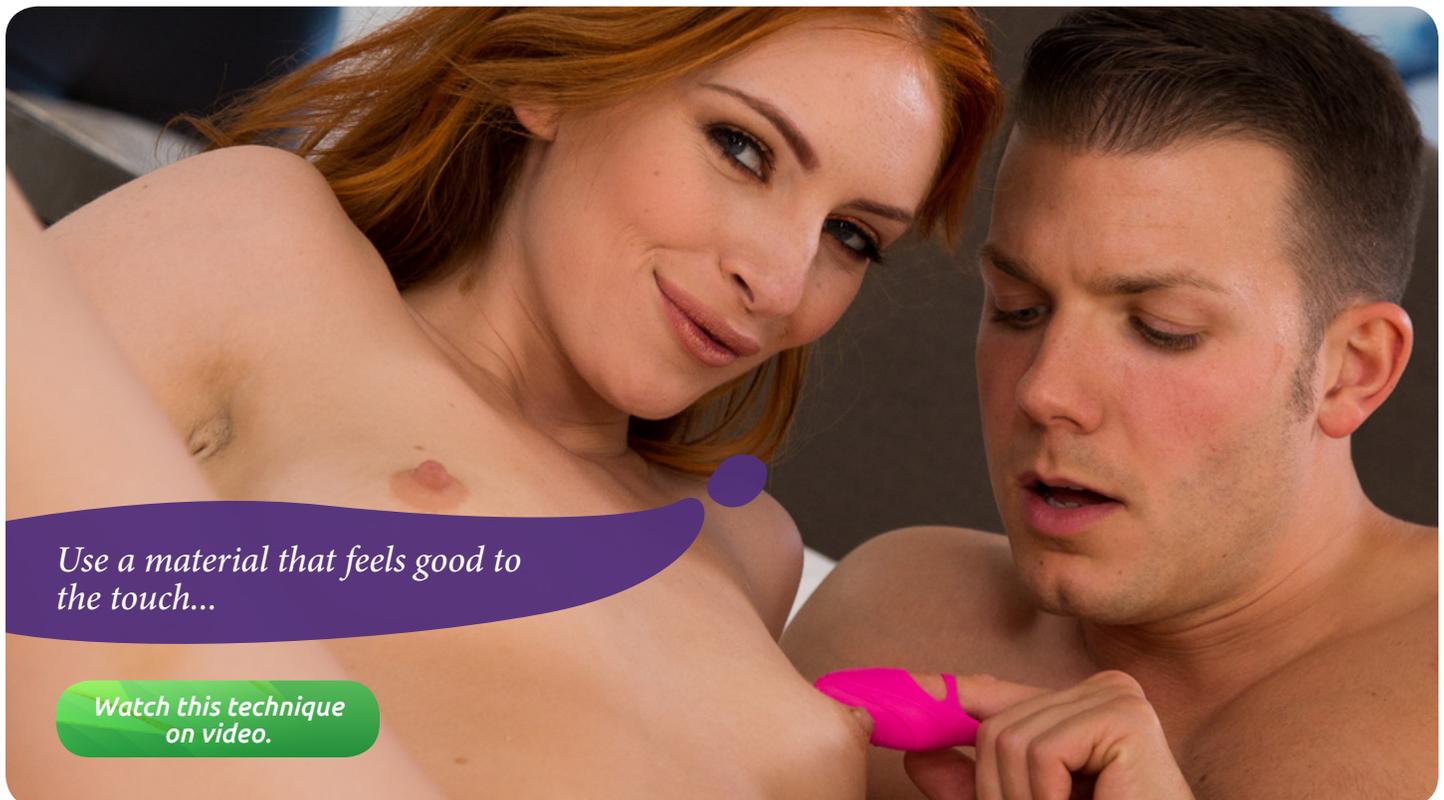
spill her naughtiest thoughts. But what if her randy request falls outside your bounds? Soften it a little. Say she's secretly dying to do it in public. If your reaction is No way, consider doing it in the car while parked on a quiet street. By realizing even 20 percent of her most exotic desire you'll blow her mind. And she will probably return the favor as soon as possible, so you're winning the kinky lottery as well.

Gal sex secret 5

They want you to show them your sexy secret

You brag about how often you masturbate and she's curious and fascinated about your self-pleasuring practices. Watching you pleasure yourself might just be one of the hottest things she'll ever see, because there's no naughtier mystery to women than male masturbation, and they love to play Peeping Tom. "The appeal is in the secrecy of it – not knowing how it's done or what kind of reaction a man has when he strokes his own body for pleasure. It's something that women know men do, but men don't talk about it. Even these days, solo sex is kept covert and hidden", says Iris Finz, author of Secret Sex.

Read-her-mind tip: To slip her some sin, give her a demo of how you press your hot buttons when



Use a material that feels good to the touch...

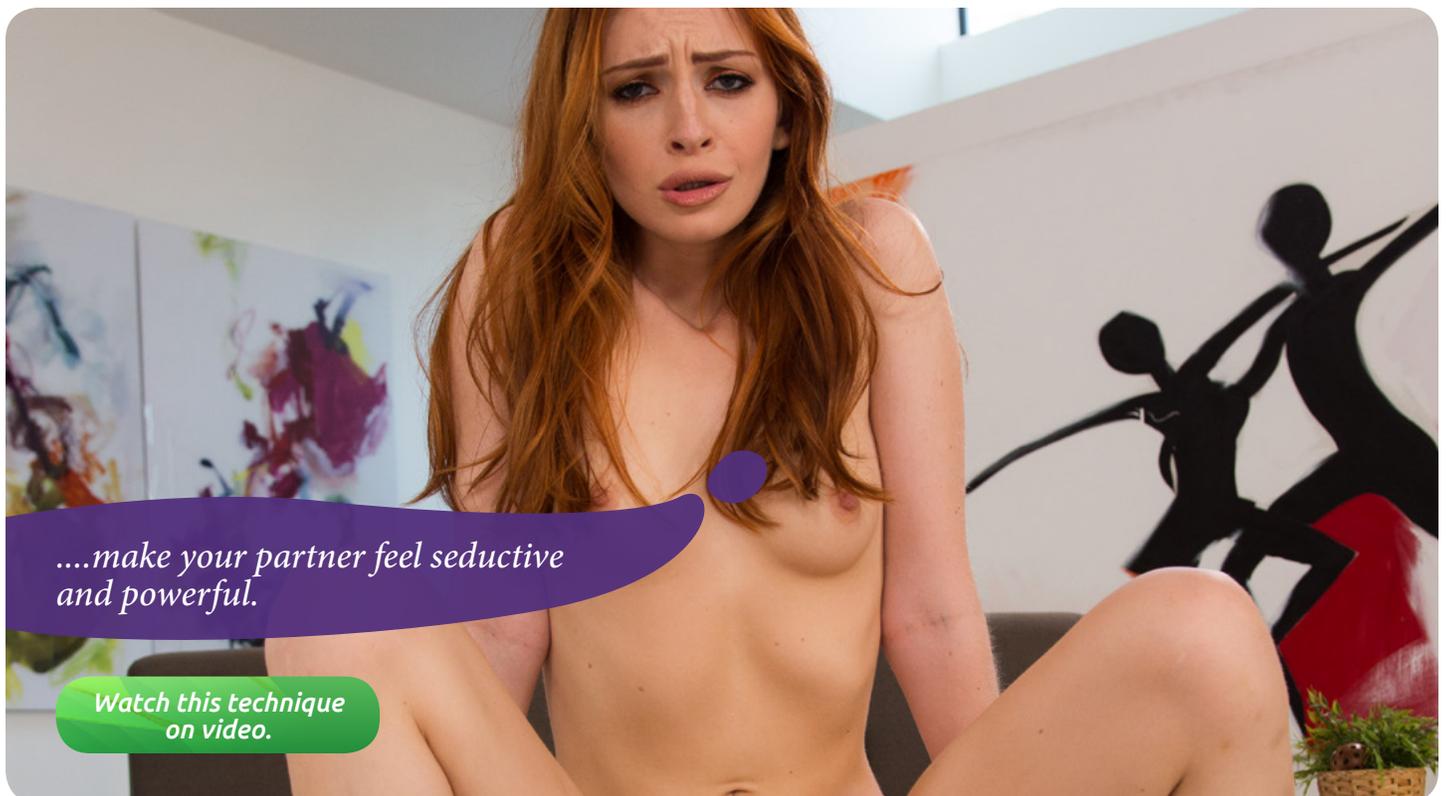
Watch this technique on video.

she's not around. Feeling really randy? Tell her there's something special she must see in the bedroom now, then give her an explicit exhibition of your private passion. Not at ease with being so forward? Keep some of your clothes on or hold her hand in yours and trace your most bed-quaking solo moves together. (Hey, she might even learn a thing or two.)

Go through the back Step-By-Step

Butt plugs are the unsung hero of the sexual world. Everyone can use one, they can be used in a variety of scenarios, and while many toys require you to adjust your activity to accommodate them (with the potential consequence of making it all about the toy) anal plugs are team players with the ability to enhance experiences that aren't all about the butt. One of the reasons why it's so great when it comes to oral sex is that it intensifies every sensation by a thousand.

For the majority of women, being eaten out can feel fantastic, but sometimes it just isn't quite enough to get them off. Your fingers inside her can add that little extra stimulation if need be, but that requires a lot of coordination and it doesn't always work. Using a butt plug while receiving oral can circumvent this problem. The plug will shift and undulate slightly with the turned-on pulses of her pelvic muscles,



....make your partner feel seductive and powerful.

Watch this technique on video.

creating a mild sensation of getting penetrated that might help push her over the edge.

Before anything else, choose a position that allows for the combination of oral and anal stimulation to work its magic.

The Upside-Down Diva is a great starter pose. While your partner lies flat on the bed, insert your fabulous butt plug of choice and then take her feet up bringing them forward and resting them over her head on the bed (her butt should be sticking out in the air).

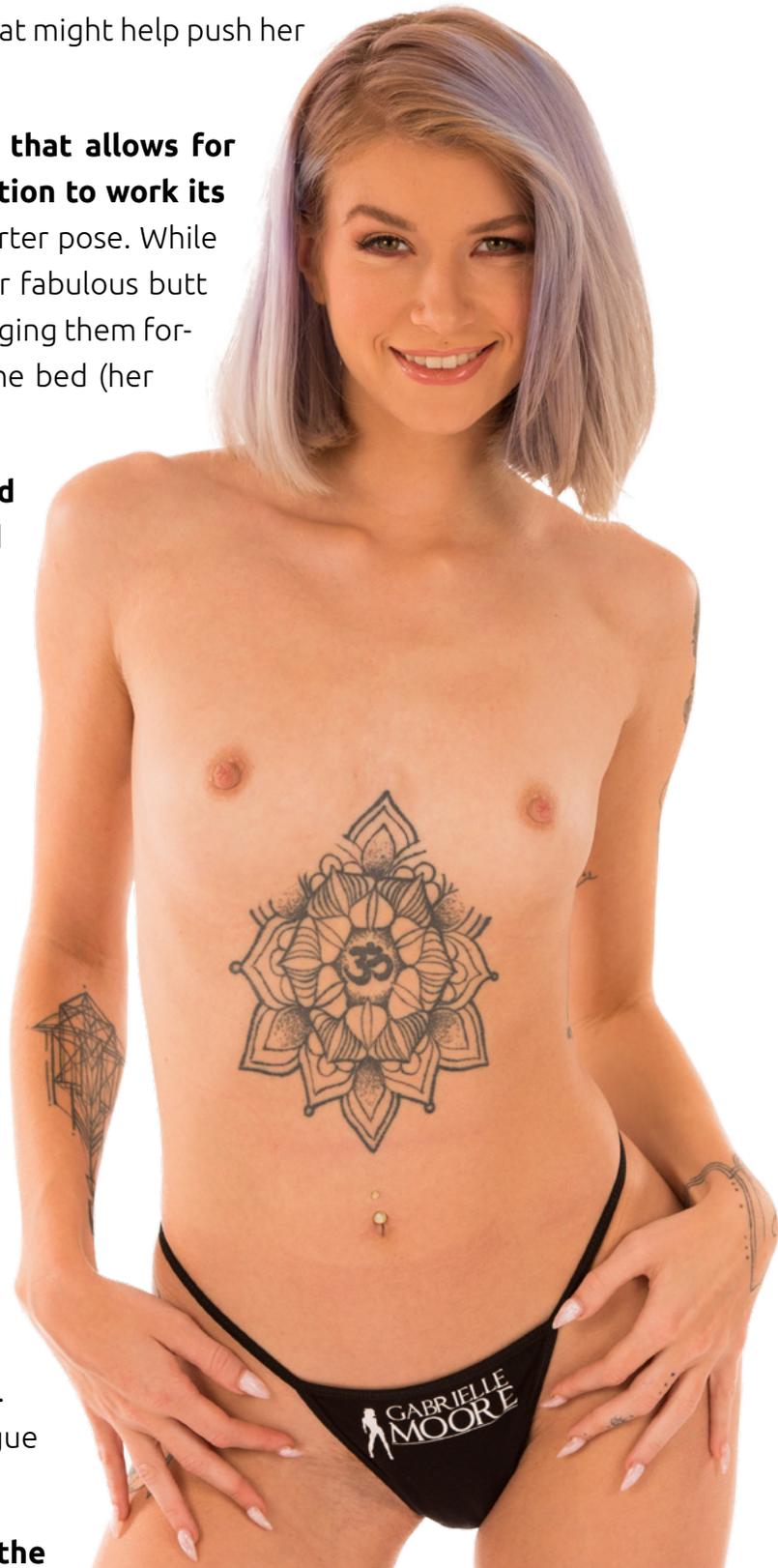
Grab her torso for added stability and start licking and sucking on her labia and clitoris, while also massaging her butt cheeks with your hands to set in motion the wheels of the butt plug even more.

Every time you knead the fleshy skin of her butt, you bump the butt plug and excite her nerve endings. Continue with your preferred tongue action movements, tapping and jiggling the butt plug while you lick here, alternating between softly blowing cool air over hair clitoris and warm breaths over her labia.

To finish her off, switch positions and give The Crouching Tigress a chance.

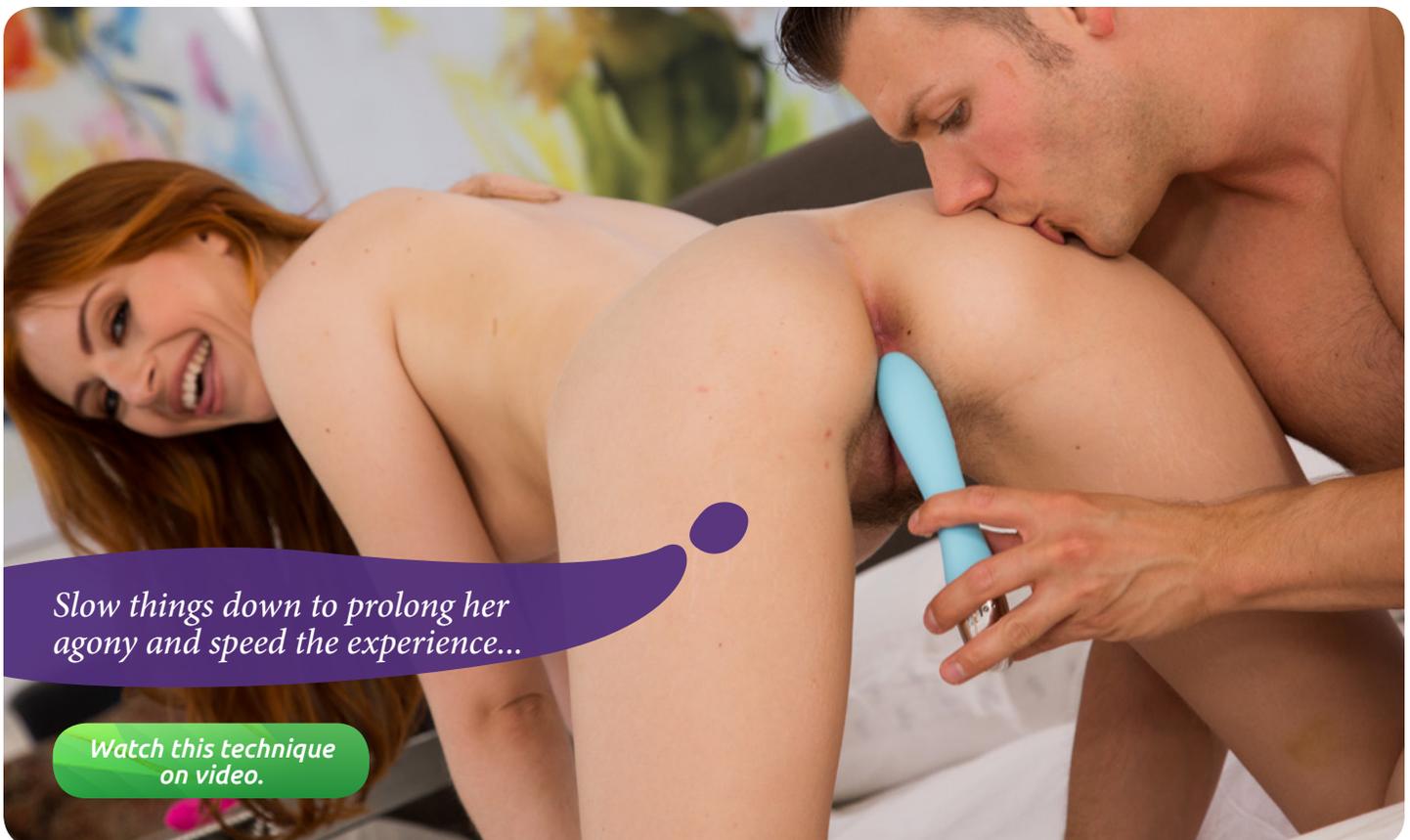
While your partner crouches on the bed, you sit on all fours, head aligned with her vulva. The fact that she crouches, clenching her butt cheeks, makes the anal plug work even better and with much more intensity. Plus, she can move her butt so that your tongue and lips hit just the right spots on her vulva.

For this carnal pose to really push her to the



brink of orgasm, don't make the mistake of thinking that your oral routine is only about the tongue. Use your whole face to stimulate your partner's genitals – your nose, your cheeks, and your chin all create different sensations and pressures when brushed against or rhythmically rubbing along the vulva and clitoris. Plus, some women get really turned on by knowing that their partner is fully engaged in what they're doing. Using your whole face demonstrates that kind of commitment.

Don't leave your fingers out of the action either. A little bit of a G-Spot wake up call never hurt anybody from what I know. But don't shove those fingers in and out of her over and over again. That won't help anything. You have to bend your fingers once you're inside, so you can find her G-Spot with the tips of them. Your best bet is to use your index finger and middle finger at the same time and use a come hither motion until you hit the rough patch that makes her moan. For more fingering frenzy and ideas that go the extra mile when it comes to turning a woman to mush, check out my program on the matter, *Naughty Fingers* - <http://www.mynaughtyfingers.com/>



Slow things down to prolong her agony and speed the experience...

Watch this technique on video.

When she's close to orgasm, ask her to move her butt up and down in a thrusting motion while you penetrate her with your tongue. Obviously even with the longest tongue, tongue penetration goes only so deep. But it's a technique that – at the right moment and for a limited time just before climax – feels intense and wonderful, especially when paired with the sensations provided by the vibrating anal plug. Coming... coming... came. Congratulations, you've made your woman shake with immense ecstasy. I told you you could do it (wink)!



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