

The Perfect Trigasm

*How to triple
her "Oh yeah!"
moments*



*The best
techniques for
unforgettable*

SEX



Trigasm
Edition

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The most toe-curling act on every woman's carnal menu

Trigasm Edition



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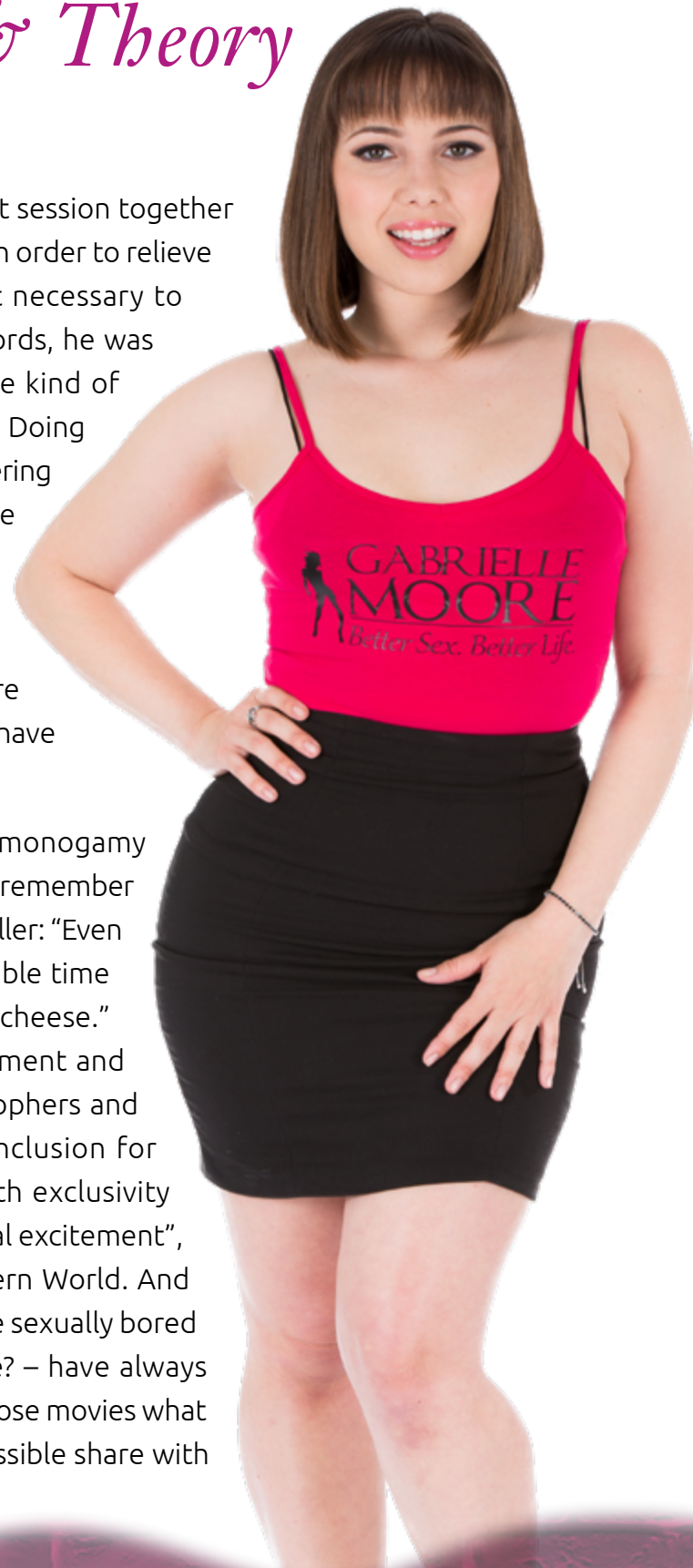
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Section 1 – Facts & Theory

The plague of routine sex

Tom, a married man I counsel, confided in our first session together that he had finally come to terms with his sex life: in order to relieve sexual boredom with his wife, he was finding it necessary to tap into his desires for other women. In other words, he was fantasizing a lot about hot, creative sex with the kind of erotic vixens he only saw in pornographic movies. Doing so, he told me, allowed him to balance his overpowering urges for erotic adventures with his intense love for one woman, but with which he didn't have that. His explanation for why this sexual creativity couldn't be shared with his long-term partner? "Males crave variety, and females, consistency. We're different, so it's almost impossible that both of us have exactly what we desire or crave."

This got me thinking about why monotony and monogamy have been going steady, hand in hand, for so long. I remember a quote I found in *Fear of Flying*, Erica Jong's bestseller: "Even if you loved your partner, there came that inevitable time when fucking them turned as bland as Velveeta cheese." And the connection between emotional commitment and ho-hum sex isn't anything new, mind you. Philosophers and novelists have been reaching the same sad conclusion for centuries. "Passion thrives on inconsistency. With exclusivity comes security, stability – and a dwindling of sexual excitement", writes Denis de Rougemont in *Love in the Western World*. And this might also explain why escapist cinema for the sexually bored – remember *Basic Instinct* and *Body of Evidence*? – have always captured moviegoers' imaginations. They saw in those movies what they didn't have at home – what they couldn't possibly share with



a steady partner – that carnal passion, that urge for release.

But why is this happening and what can we do about it? Let's first look at what happens during a sexual encounter between two familiar lovers. Often, they both follow their own predictable pattern of arousal; they know where they're going, how they'll get there, how long it will take, and whether the other will cry out at the climactic moment. There's not a smudge of suspense. The path to orgasm is as familiar as the commute to the office. "Being together over time robs us of the mystery of fresh flesh and the challenge and risk of the unknown. While monogamous relationships can provide ample opportunities for erotic exploration, they also make demands that block it", explains Bernie Zilbergeld, author of *Male Sexuality*.

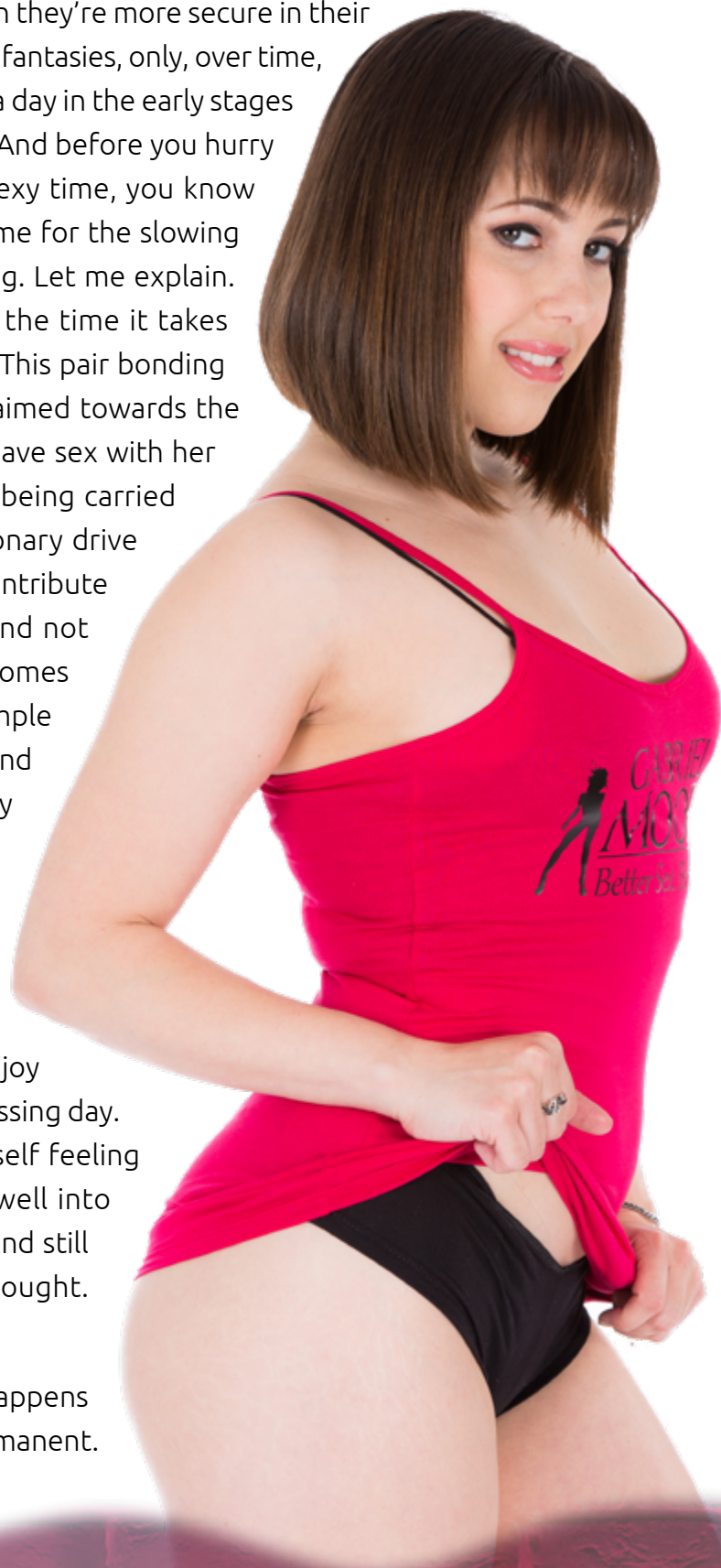
And this is not a sign of emotional disconnection. You two may be amazing together, with a relationship that could easily have the background score of a Meg Ryan heart-tugging romance flick, and you could still have issues in the bedroom. So how come you and your partner aren't setting the bed ablaze if everything else is great between the two of you? It's not that you lack sack skills or you just aren't destined to be a duo. More likely, you're slacking on the time and effort it takes to create true carnal chemistry. "Most couples assume that if they click romantically, they should instantly click in the bedroom too. But it takes practice to get in sync with each other", says Eryn-Faye Frans, author of *The Essential Elements of Sex: 9 Secrets to a Lifetime of Intimacy*.

I mean I get it. House payments. Car repairs. Your father-in-law's prostate operation. Who has time to think about anything more than perfunctory passion? You're both too tired, too busy, too neurotic to care about experimenting in the sack. You're even too bored. Yes, this sounds harsh, but admit it, there are times when thinking about going through the same motions makes you yawn. As it turns out, sexual ennui is a condition that affects a huge number of steady, long-term couples. And it's easy to understand why. When you're in the early, adrenaline-infused phase of a relationship, the sex is off the charts. Then as the love becomes more intense and you settle into couplehood, the nooky often cools off. "Even good sex can become routine. You two may both have an orgasm every time, but it's a little mechanical and boring because it's always the same route", says Ian Kerner, author of *She Comes First*. I can already imagine the scenario. You wash your face, brush your teeth, catch an episode of your favorite TV show, then – bam! – get busy. Sound familiar? When you always have sex at the same time, in the same way, it becomes just a thing you squeeze into an already-scheduled time slot, which is predictable and kills the passion and the fun of it.

Before you freak out and think you're doomed, understand that this is normal. A drop in the quality of sex happens to all of us. Sexuality shifts with time in every relationship. Some couples start out "vanilla",

but end up exploring some kink together when they're more secure in their relationship. Others start out exploring a lot of fantasies, only, over time, become routine. Sex can go from three times a day in the early stages to three times a month years down the road. And before you hurry to blame your partner for the decrease of sexy time, you know to know that oftentimes men are also to blame for the slowing of things, genetically and biologically speaking. Let me explain. As species, we're designed to pair bond for the time it takes to create, gestate and raise a baby together. This pair bonding comes with a heightened sex drive for you, aimed towards the woman you chose, and you'll often want to have sex with her to subconsciously ensure that it's your DNA being carried within her body. This stems from an evolutionary drive to ensure that the efforts you're putting to contribute food, safety and shelter are for your child and not another man's. But when the relationship becomes secure – with the bond of marriage, for example – your mind becomes a little more soothed and the knowledge that "she's mine now" actually brings your sex drive back down to normal levels. Genetics aside, this doesn't mean all couples are doomed to put a lock on their sex lives and throw the key away after a few years of relationship. In fact, some couples seem to overcome this natural obstacle and enjoy a passionate erotic life with each and every passing day. And you know it because you've found yourself feeling a twinge of jealousy when seeing a couple well into their second or third decade of relationship and still undeniably hot for each other. Wow, you thought. What's their secret?

It's simple. They understand that boring sex happens to the best of us, but it doesn't have to be permanent.

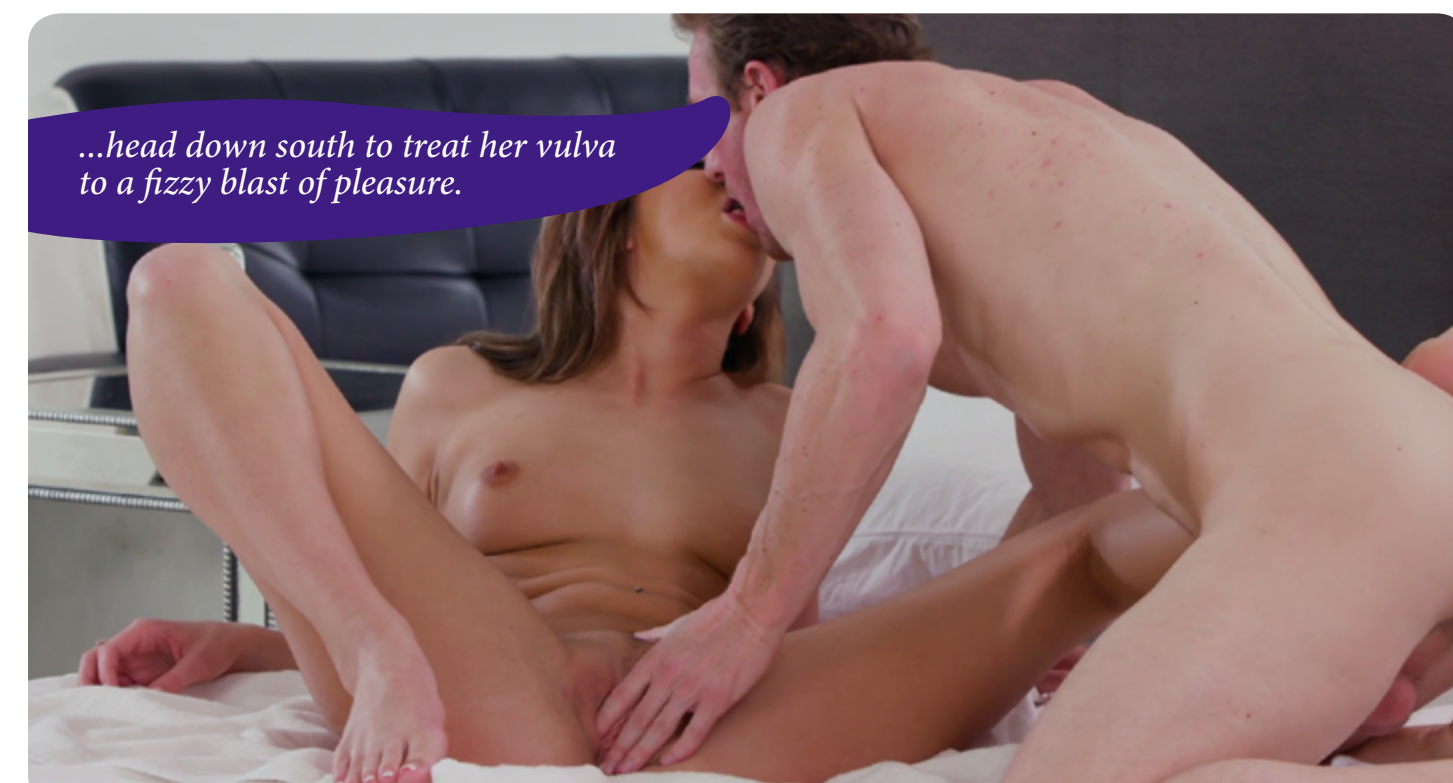


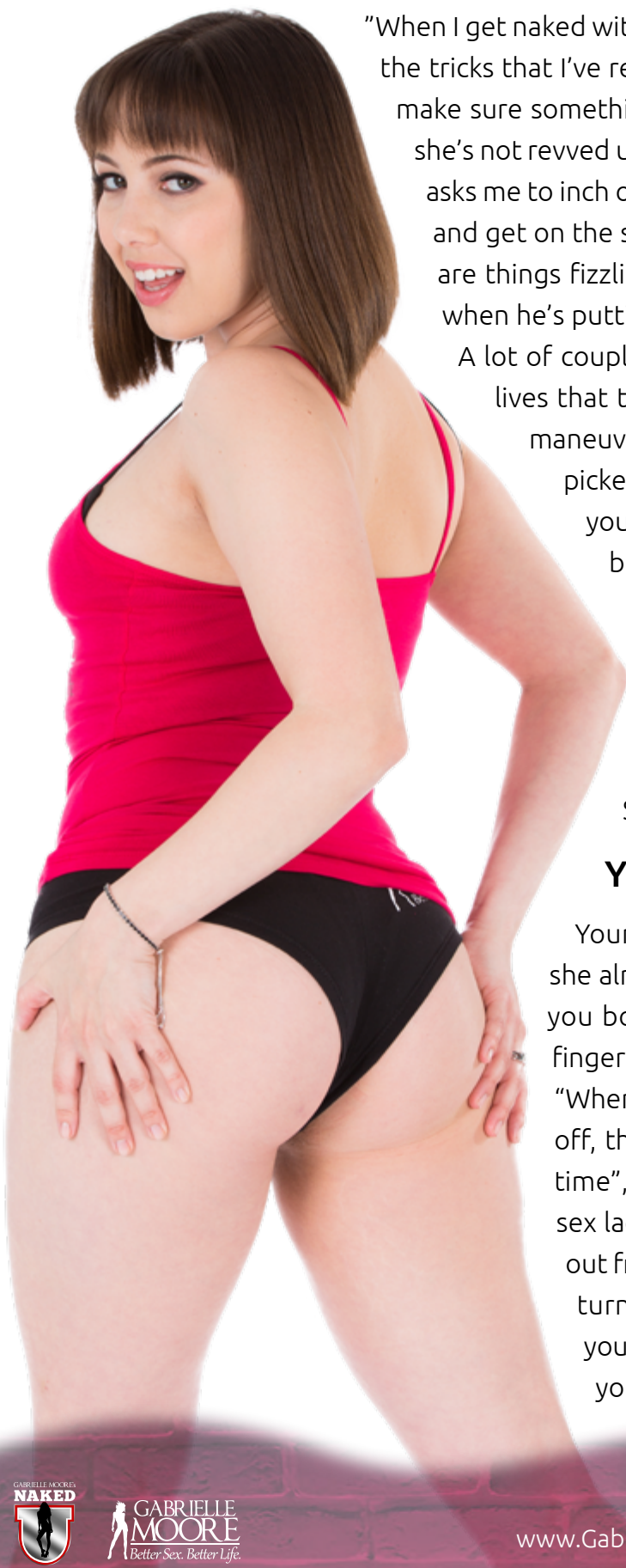
If they find themselves in a sex rut, they do something about it because they know that keeping sex alive in their relationship is what keeps the relationship as a whole alive. It's like the roots that feed the tree. To keep that vital energy going, you need to provide something new and interesting constantly. To approach your carnal adventures with enthusiasm and a forever growing interest to making it better day by day. When you commit to doing this, you're half way there, really. And the possibility of getting to the point where you can experience complex passionate experiences, like the Triggasm, suddenly becomes a much easier to grasp reality. Keep on reading and I'll show you the way.

What to do when between the sheets it's more not than hot

The truth is, any couple can stoke the sexual fires, and they have to do it if they ever want to reach the advanced experience needed to enjoy something like the amazing triple orgasm. All they have to do is overcome the five obstacles that are plaguing most carnal relationships. The best part of this? Reviving your sex life is easy – and a hell of a lot of fun. Here, steam-it-up solutions for banishing bedroom boredom. Because this is the first step toward achieving the elusive Triggasm.

You suffer from force-fed passion





"When I get naked with my partner, I'm so eager to please her that I try all the tricks that I've read about or that I've tried with former partners to make sure something works, something sticks. But most of the times she's not revved up by my complex repertoire – if I stroke on spot, she asks me to inch over a bit or press harder. It's a constant hassle to try and get on the same page", John, a patient of mine, confided. Why are things fizzling – and not sizzling – between John and her lady when he's putting so much effort into it? I call it force-fed passion.

A lot of couples want so badly to have the greatest sex of their lives that they try too hard to impress each other, relying on maneuvers that worked on past partners or something they picked up watching a movie. Instead of choreographing your caresses, they should let the natural sexual tension build slowly. "You should aim for simply fooling around and exploring each other's bodies with no goal in mind at first. Once you discover what turns you both on, use those moves as a starting point for more sensual, spontaneous, effortless sex", says Yvonne K. Fulbright, author of The Hot Guide to Safer Sex.

You're on autopilot

Your hand is on her thigh, now it's on her breast, and she already knows exactly where it's headed next. In fact, you both could graph the coordinates of where whose fingers, limbs, and mouth will be for the next 20 minutes. "When you know the most efficient way to get each other off, the tendency is to follow that same sequence every time", says Jane Seddon, author of Daily Sex. But when sex lacks variety, things can fizzle fast. One way to figure out fresh ways to push each other's hot buttons is to take turns being the giver and the receiver. By forgetting yourself and homing in on her pleasure, then switching, you can discover new erogenous zones. So tell your

partner than tonight is all about her. Give her a massage to clue in to untapped erotic territory, like her ears, feet and nipples. Focus on her reactions – moans, grunts, and a rapid-fire heartbeat – so you'll know what drives her wild, and concentrate on those areas. Later (or even the next night), pull a role reversal and have your woman return the favor. Another way to crank up the excitement: play with different positions. Varying poses requires more involvement from the both of you because you have to concentrate on what you're doing. You can't tune out like you would when you do it the same way every night. Plus, half the fun will be rolling around trying to figure out what is supposed to go where.

Your erotic efforts leave your partner longing

The fact that when your relationship was first starting you didn't always bring your partner to orgasm was not such a big deal. You figured once you grew more comfortable with each other, you'd learn the right ways to make sure she always comes. But a lot of time has passed and you're still clueless about

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

it and she's growing impatient and disaffected. But this doesn't mean your sexual fate is sealed. Ask your partner to take your hand and place it south of the border, then have her demonstrate the speed and pressure she likes best. She can also ask for pointers on how she can increase your pleasure. You'll both realize it's ok to ask these things, they aren't a form of carnal criticism, but a way to become better and better. Commend each other on what you're doing that steams the other up, then both suggest how you can make your moves even hotter. You can find more crucial and essential information on how you can truly satisfy your woman by checking out my ebook on the subject, Double Her Desire - <http://www.double-her.desire.com>.

Your sack styles differ

Despite your intense attraction to each other, you can't seem to mesh your fast-and-frenzied bed tempo with your partner's slow, steady groove. When you have different natural rhythms, sex can feel like you're dancing off-beat. It's not as if you and your partner don't know the moves; it's just that you're



doing them out of step, without a shared motion. Like lousy dancing, so-so sex often happens when two people are trying to lead at the same time. A way to fix this is to tell your partner you want her to set the pace the next time you have sex, then tell her the following evening you're in charge and you'd like her to follow you. Soon, you'll both be more comfortable with each other's style.

This is how Jenna, a patient of mine, fixed her frustrating sex life. "My partner insisted on doing this quick wiggle during the deed, while I'd try to get him to thrust deeper. One night, I was too tired to fight it, but after a few minutes, I realized his light moves were the perfect warm-up for the in-and-out thrusting I craved. Now we work in both types of action – one as foreplay, the other as the main event." And if that doesn't work, turn on the CD player. Popping in a tune you both like will establish a beat to which you can knock boots, subtly synchronizing your sexual tempo.

Your bodies don't meld

Whether your down-south dimensions seem like two puzzle pieces that don't fit or your NBA-like height or NFL-like brawn prevents your pelvis from lining up anywhere near your partner's, physical differences can leave you both feeling clumsy under the covers. But the truth is, "no size discrepancy is so colossal that you and your partner won't be able to get over it and have a perfectly satisfying sex life", assures Michael Milburn, author of *Sexual Intelligence*. First, if you have an extra-large member (congratulations, by the way), make sure you warm up your partner with plenty of foreplay before intercourse. The more aroused she is, the easier it will be to accommodate your passion bits and pieces. Also, you can supplement her natural lubrication with the store-bought stuff. Then experiment with different positions, discovering



the poses that best work with your bodies. Mega-member positions include missionary with a pillow under your partner's butt and doggie-style with her legs spread, both of which create more room. And what if you're much taller or bigger than your woman? Well, you can sample woman on top. This way none of your weight rests on her body. You can also try spooning, which lets you line up your parts with hers without fear of flattening her like a pancake.

After you take care of this nasty little buggers and bring your sex life back on the passionate track, you'll be ready to really take things up a notch and try reaching the triple peak of pleasure together. Don't be intimidated, the video I made specifically for this, in which my sexy and very much naked instructors show you exactly what to do, will help you better grasp the techniques I'm trying to teach you. You can do this!

Section 2

How to give her the best orgasm of her life

Ask your woman what booty moves really blow her mind and she'll respond with an enthusiastic "Everything you do is great, baby!" But something tells you she has some carnal cravings she's not sharing. Your intuition, this time at least, is right. Even the shy women have a secret between-the-sheets wish list. And at the top of this list resides the powerful Trigasm, the most toe-curling act on every lady's carnal menu. To achieve it, you've got to put on some work, but I'm here to take you along for the wildest ride of your life. Find below the three areas you should be focusing on to unleash the Trigasm, plus numerous ways to make this sexy act more fiery than ever.

TECHNIQUE 1

Finger Frenzy – Kinky Clit Moves

There's sex that's good, and then there's sex that's so steamy hot, you can barely form sentences afterward. If you want to ratchet up the randiness of your next sack session and achieve the sought-after Trigasm, start with the clitoris – the Holy Grail of passion when it comes to women. When you

know how to unlock the secret powers of this nasty little hot button, you're almost half there.

The kind of foreplay she craves

Be honest with me. Do you dig pre-sex play? Do you engage in it often, to make sure your partner is sufficiently aroused and ready for action? If you think your partner only need a grope here and a nibble there and bam, she's prepped for action, you couldn't be more wrong. That's not true. Not one bit true. "In reality, women simply desire a different type of foreplay that men do – moves that take into account the way women's brains work and erogenous zones specific to their body", explains Carole Altman, author of You Can Be Your Own Sex Therapist. Below, I detail the six female-body bliss-out moves that will slowly bring her lust to a boil and that will let her savor every before-sex sensation.

What she's aching for Really seeing you naked

Even if you've stripped down with your lady before, there's a good chance that she's never feasted her eyes on your completely bare body for more than a few seconds. Maybe it's because you undress quickly in passion frenzy or your bodies are too close for her to really take you in. But it's a surefire libido



trigger. When a woman sees your nakedness in all its glory, her testosterone levels spike, rising sex drive, so the longer you let her eyes linger, the more aroused she'll be. Plus, you'll feel like a sex god knowing she's so mesmerized by your form. While you're on the bed, peel off your clothes slower than usual. Keep the lights on, and tell her she can look but not touch. Swivel around and let her view you from different angles, then lean into her for a few close-ups. To draw her gaze to a certain body region, brush your fingers over it or cup it in your hands. Or keep the area covered for a bit – by keeping your shorts on. When you finally remove that last item to show her your bulging erection, she'll feel like she's seeing something taboo, which is a turn-on in itself.

What she's aching for Hearing how excited she gets you

Before any touching has taken place, lie close to your woman and whisper how hard she's made you. Most women aren't used to softer, sensual talk from their men, but it creates so much anticipation. Don't be afraid to be explicit – for example, tell her how hot you are down below. Once she's under your spell, graze your fingers precariously close to her private parts. By physically hinting at the action to come, her desire will be on fire.

What she's aching for Having two body parts pleased at once

After planting your lips slightly against hers, coax her tongue gently into your mouth. "Gradually make your kiss more urgent by licking and then sucking the tip of her



tongue. This suggests a primal kind of passion women love", says Joy Davidson, author of Fearless Sex. While you're thrilling her with your mouth, slowly move one hand down to her private parts and spread your fingers above her labia. As she gets wetter, build up your moves from slow, gentle ones, to faster, more consistent touching. The duet of sensations above and below the belt will be ultra-pleasurable.

What she's aching for Getting her cut lines licked

Lots of women love it when a man teases the sensitive areas I call cut lines – the creases that separate a woman's thighs from her torso. But most men don't realize what intense erogenous zones they are. The ultimate take-her-prisoner move: While she's on her back, scoot down so you can nibble and lick along one line, then the other. Soft touches like these warm up the skin and awaken the nerves, so you get her ready for more direct stimulation later. Boost her bliss even further by gliding your tongue along each crease while her knees are bent and her legs area spread slightly. This position will make her feel more vulnerable, magnifying every sensation your mouth makes.



What she's aching for 69... but sideways

You already know that standard 69 – your partner lying on top of you while pleasing each other orally – is smoking hot. What you may not be aware of is that it can be difficult for a woman to position herself at an angle that feels awesome for you but doesn't result in muscle strain for her. So try this 69 spin: You and your partner lie on your sides, your face by her pelvis and vice versa, each of you bending one knee so you form a triangle-like frame around your private parts. This gives you better access to her V zone, so you can pleasure her for a longer period of time as well as see her facial expression and watch how blissed out she is.

What she's aching for A just-the-tip tease

This frisky finale demonstrates that foreplay doesn't end just because intercourse begins. Start by penetrating her slowly. One the tip of your manhood is inside her vagina, ask her to squeeze her PC muscles – the same ones she clamps down to stop urine flow – to prevent you from going any further. By pressing down, she is surrounding the most nerve-packed part of your penis with warm, wet pressure – which is torturously arousing for you. By continually flexing and releasing her grip in steady rhythm, she's bringing you closer to climax with each pulse, but not close enough for you to go over the top. This holding patter will drive you crazy with lust and will arouse her as well,



because she gets to feel like she's in charge for once, although you're the one who's penetrating her.

Finger Frenzy step-by-step

The easiest route toward the trigasm has you focusing on the clitoris, the little engine that could, if I'm allowed to comparison. For the majority of women, the clitoris is the sole responsible for most of their explosive orgasms, and when your attention is focused here, paired with the other two crucial spots – the G-Spot and the A-Spot – your success in giving your woman a trigasm becomes a reality. So if you really want to turn up the heat on your lust life, these bedroom moves capitalize on the sizzling nature of the clitoris and get you where you want to be.

Start by working the slow burn to your advantage, which means taking your sweet time during foreplay and intercourse. To kick-start your slow-mo lovemaking, present your lady with a hot challenge: Make a bet that you can hold out on pouncing longer than she can. Then torment her with nerve-tingling kisses all over her neck and chest; stroke her softly where her thigh meets her groin; trail your hair and lips down her back to fire up her sensual anticipation. Then it's her turn to tempt you. "Keep alternating – slowly escalating the level of contact – until you can't stand it for a second", says Stella Resnick, author of *The Pleasure Zone*. While you're doing all of



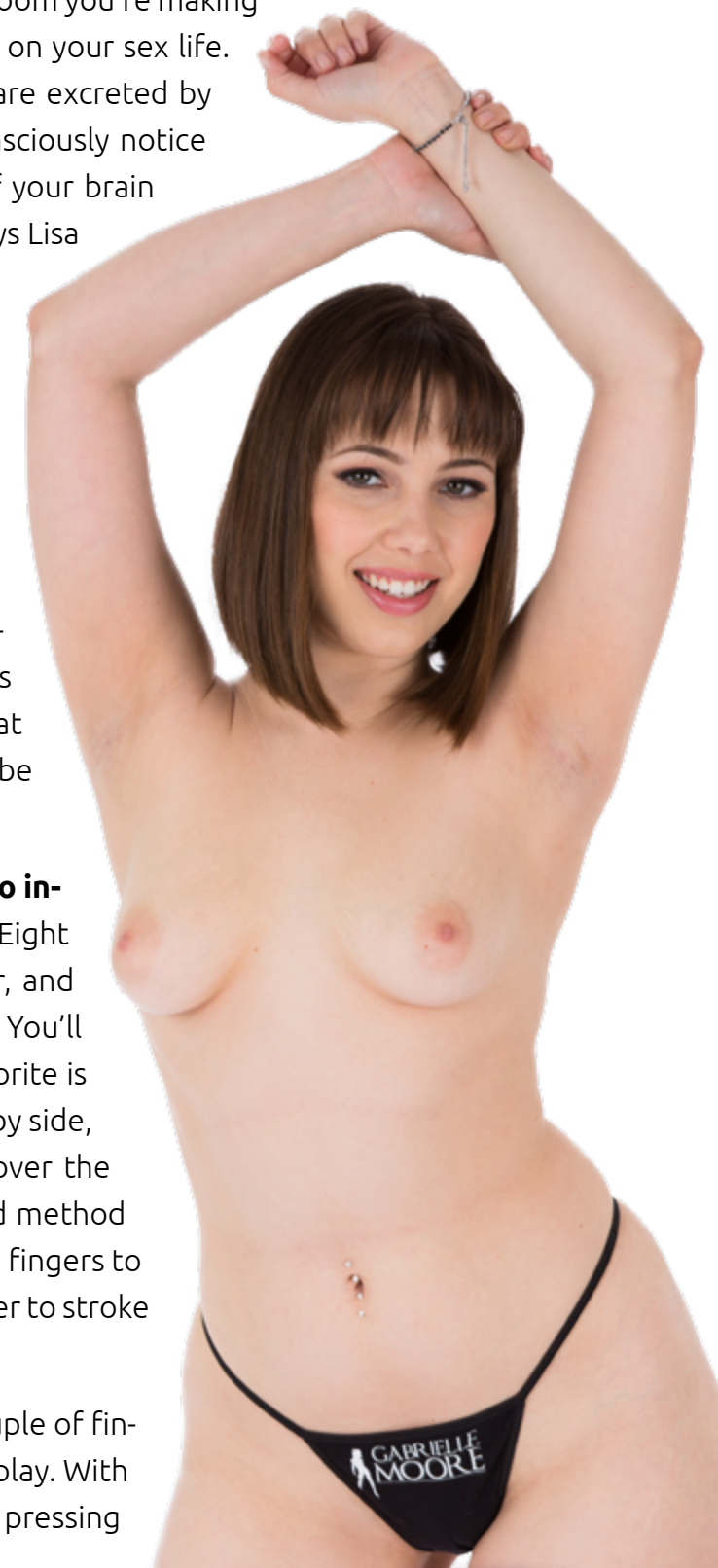
...make that area hot and steamy again with the power of your breath and warm tongue.

the above, it helps if you crank up the heat in the room you're making love. Perspiration can have an invigorating effect on your sex life. "When you sweat, mate-attracting pheromones are excreted by scent glands in your skin. Neither of you will consciously notice the pheromones, but they register in the part of your brain that controls sexual urges and triggers desire", says Lisa Douglas, author of *The Sex You Want*.

Now zero in on the clitoris by getting your fingers in on the action. Your fingers are ideal tools for learning what type of pressure, speed and stroke works best for your partner. Let your digits wander south, tracing the sensitive folds of her inner labia. Get playful and draw the alphabet with your pinkie. Or try lightly tapping her clitoris with one finger, speeding up as she becomes aroused. It takes trial and error to figure out what makes your lady tick, so experiment and you'll be surprised by the sexy sensations you can provoke.

Now to help her hit the high note, you'll need to intensify the manual stimulation. Try The Figure Eight move. Use one or more fingers to glide up, over, and around her clitoral area, tracing the number eight. You'll cover the clitoris and the inner labia. Another favorite is The Compass. Hold two fingers out straight, side by side, and run them north to south and east to west over the width and length of the clitoris. A more advanced method is The Three Fingers Thrill. Use your index and ring fingers to hold open her labia. This frees up your middle finger to stroke the tip of the clitoris.

Now to involve the G-Spot in the fun! Use a couple of fingers from your other hand to double the exciting play. With your palm facing up, insert two fingers inside, pressing



your fingertips against the center of the upper vaginal wall. You're feeling a spongy, puckered, or slightly ridged area, like the root of your mouth. If you're having trouble locating it, consider placing a few pillows under her butt and widening her legs, which will open her vagina even more and give you greater access. Once you hit the spot, massage it slowly, in gentle circles. Try different caresses, such as figure eights or a rapid succession of pulses. The G-Spot can take a lot of pressure, so you may want to press harder. To take the experience even further, use a minty skin-tinling lube on your fingers. "The unusual chilling sensation when her body is extrawarm makes her hyperaware of her pleasure points, so the minute she's touched, she feels an ultra-lusty rush", says Sari Locker, author of *The Complete Idiot's Guide to Amazing Sex*. The cooling sensation becomes more pronounced with each move of your fingers, and it feels incredible on the G-Spot. It's literally like her nerves are standing on end!

Now for the last and final step: the anal area. Since both of your hands are working on a frenzy (one enticing the clitoris and the working working the G-Spot like never before), ask your partner to maneuver a titillating dildo or vibrator up her back door. "A sex toy provides one of the strongest and most consistent forms of stimulation", says Judy Kuriansky, author of *Generation Sex*. She should begin by working the toy closer and closer to the anal opening, teasing herself by alternating speeds as her desire builds. Once she feels she's sufficiently aroused, she should insert

the toy slowly, inch by inch, while you continue stroking and caressing her clitoris and G-Spot. Try and coordinate your moves and the speed with which you're both pressing and she'll reach the most amazing trigasm of her erotic life. Want to know more about all things anal? Check out my book on the subject, *Anal Pleasure for Her* - <http://www.analpleasureforher.com/>.

TECHNIQUE 2

G Spot Bonanza

Want to take your mattress skills and thrills to the next level? Then you have to abandon your carnal comfort zone and sample some edgy erotic G-Spot play. This hot button is packed with incredible sexual potential, but if you leave it untapped, you'll lose your shot at giving your lady a Triggasm. Show her what you're capable of by daring yourself to try my full-menu of techniques and positions and expand your repertoire. The result? A Triggasm that takes your partner to heights unknown to womankind.

What she's feeling during sex

Question: Wouldn't you love to crawl inside her head – and body – to find out exactly what sex feels like from a woman's point of view? Not only would this insight satisfy that gnawing curiosity, but more



important, it would show exactly how to maximize each level of bliss she hits, which is the trick to truly thrilling her. To that end, I've decided to describe what sex feels like for women, stage by delicious stage, inside and out. Think of it as a double whammy approach to making your lady deliriously happy.

Stage 1

The Tease

Her brain: A woman's desire can be triggered by a lot of things – a subtle stroke, a provocative visual, the sound of a man's voice at a certain pitch. But interestingly, the first thing that runs through her head when she feels that initial stirring is Should I go for it right this second or maybe wait for a better moment? This push-pull state of wanting to go with her desire and maybe needing to restrain fuels her excitement even more.

Her body: As soon as her mind switches over to sex, her body begins to prickle with anticipation.



Her temperature starts to rise, and chemical messengers released into her bloodstream make her skin supersensitive. Basically, every impulse in her body is focusing on her ensuing sexual gratification, and she's getting wetter by the second down there.

Work it to the max

Tease her like crazy

She's at a stage when she's half letting herself go and half holding back, so make her lose control. The female mind holds great power over her physical state, so the key now is to use teasing foreplay moves that will make her ache for you. So confess a dirty dream you had about her or touch her in a sexual way – but in a nonsexual setting.

Keep it light

Right now, the tiniest movements feel massive, which is why you should keep your caresses soft and unexpected. Take advantage of her physically on edge state by keeping her guessing where your lips and strokes will hit next. Run your nails down her abdomen, graze your lips across her clavicle, or lightly tap her tush.

Stage 2

The Quick Bang Buildup Scare

Her brain: She's now being pulled in two different directions. She knows you should keep it slow and sensual to please her and



make sure she does have an orgasm, but she's seeing you're kind of desperate to devour her whole so she worries this might end sooner than expected and leave her longing for her much-desired finale. During this stage, you oscillate between feelings of tenderness and raw animal instinct and she knows it, she feels it too. She will struggle with the thought that you won't be able to focus on her needs because your physical cravings take over. This is a crucial step and may make or break her orgasms, so you really need to play your cards right.

Her body: You can see the physical changes taking place here. She responds to more intense touches because her pain threshold is increasing, her breathing quickens, and she's fully wet. The more turned on she becomes, the more she craves you. And it's during this stage of arousal that a woman is desperate for intercourse to not happen just yet, but for the foreplay games to continue, because that's what will really drive her pleasure and really prepare her for an outstanding orgasm.

Work it to the max

Manage your changing needs

Show her that you feel the difference in intensity too and that you're doing your best to put her pleasure first. "You almost have to act like your very own lion tamer, allowing your passion to be both contained and provoked", says Warren Farrell, author of Why Men Are The Way They Are. For example, get a little



rough with her. Pin her hands above her head and kiss her hard so while she's physically restrained, your passionate lip-lock communicates desire, or ask her to clamp her thighs around your torso, letting just the tip of your penis enter her.

Pay attention to other erogenous zones

Before you enter the Promised Land, lightly scratch your nails over her shoulder blades, spine and butt. The nerves near her spine and waist are directly connected to her vaginal area, so stimulating them has a tantalizing ripple effect. Then flick her clitoris with the flat of your tongue. Sending that shock through her system just before you enter her will trigger a chain reaction of pleasure.

Stage 3

The Pleasure Stretch

Her brain: Women know this: If they want a mind-blowing finale, they have to go the distance. To help her be confident that you've got the stamina to last for a sufficient amount of time, ease up a little from that wild animal frenzy – focus on enjoying sex, but not too much. Basically, she's got to see that you've pushed the brakes (only slightly) on your own pleasure and instead you're making the effort to bring her into overdrive so that you both reach the finale together. So switch gears mentally – maybe



thinking of a nonsexual image – to hold back. But make sure that, as you talk yourself down to last longer, you're not overdoing it so that you'll after have trouble getting back up to speed.

Her body: For women, variety is key during this phase. Physically, her pleasure is completely concentrated in a hot belt around her lower back, butt and vaginal area, with pleasure waves radiating out from this point. And because she's being challenged physically every step of the way to come closer and closer to the point of no return, women crave a series of different frictions, rhythms, and sensations in the pleasure stretch. By alternating positions and speed, you drive her excitement but still allow yourself to remain in control.

Work it to the max

Ride out the carnal roller coaster

If you sense your momentum is lagging while she's close to having an orgasm, start thrusting harder while also throwing out some sexy requests like "Hold me tighter" or "Kiss me longer". This kind of dirty talk will fire the both of you.

Create the cocktail of sensations she craves



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

To do that, try these three moves: rear entry, which enables you to thrust deeply; woman on top, so your partner can combine shallow strokes with deep grinding variations; and missionary, which creates the fast friction you both need toward the end. Just remember, don't lose yourself too soon. Pay attention to her body, and slow down when you feel you're reaching overdrive but she's not there yet. The longer you keep her in this holding pattern, the more pleasurable the explosion will be for you – and the more likely she is to get hers.

Stage 4

Orgasm Time

Her brain: In those moments just prior to orgasm, your partner's brain basically shuts down. She's completely overcome by the physical sensations. And afterward, she feels a huge relief. The sexual chemical prolactin is released into her system after climax to relieve her body from the rigors of orgasm and to take her mind off sex. So if you're dating one of those women who immediately wants to jump out of bed and, say, wash the dishes – now you know why. Of course, most women crash after sex. The endorphins that make them feel euphoric during the act actually put them to sleep afterward.



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

Her body: Seconds before your partner reaches her peak, you can actually feel her body stiffen – like she's using all her energy for those final movements. She feels her butt tighten and the pressure creeping up inside her vaginal canal before – bam – the big finale. There are normally four to five rhythmic contractions that occur at 0.8-second intervals, the first ones being the most intense before orgasm.

Work it to the max

Enhance her orgasm

You can do that by thrusting deep inside as you ejaculate to create an intense, powerfully connected sensation. Stimulating her throughout the orgasm is important. But immediately following her climax, blood rushes away from her vaginal area, leaving her unable to endure anything more than feather-light strokes. While her sensitivity slowly subsides, trace your fingertips over the upper half of her body. These movements soothe her skin and reinforce your bond.

G-Spot Bonanza Step by Step

You already know that the female body is a hotbed of feel-good zones, many of which extend far beyond



her vaginal area, but getting a handle on the right way to stroke, lick, and caress her most important pleasure points, starting with the G-Spot, can mean the difference between a standard sack session and ahhh-mazing booty. Use my mind-blowing moves to electrify her body and leave her begging for your touch and for the final release: the elusive triggasm.

➤ **Start by choosing a position that's particularly G-Spot friendly.** I recommend going for the Thigh Thunder. Have your partner kneel in front of an ottoman (or you can use a couple of hard, dense cushions), then she should lean forward so her stomach is flat against it, palms on the floor. Kneel between her legs and hold on to her hips as you penetrate her. With you firmly inside her, she should straighten her legs while you hold on to her thighs. You can lift her legs to create a better G-Spotting angle, just ask your partner to tell you how high you can go. Another bonus of this from-behind position for your partner: not being able to see you lets her fully focus on the tingly sensations.

➤ **You can also go for an erotic extra that I find particularly pleasurable.** If your partner has the flexibility to pull it off, she should start by sitting cross-legged, each foot on the opposite thigh. Then when she leans forward, she should keep her legs folded during intercourse. They will form a triangle with her butt for a sexy sight like you've never seen before, and her locked limbs will create an incredibly snug fit for your member.

➤ **Once the G-Spot is taken care of, focus your attention on the clitoris and the anus.** Since she's lying on the ottoman or pillows, the back and forth motion from your thrusting will mean that her clitoris is basically rubbing on the fabric, giving her intense pleasure. You don't even have to reach out and place your fingers there, especially since some women actually prefer the indirect pressure to the more heavy duty ones (this explains why, for example, some women masturbate over their panties, without actually pressing their fingers or vibrator directly on the clitoris).

➤ **As for the anus, her elevated bottom gives you clear access for creative anal fondling.** Here are a couple of anal fingering moves that I find particularly arousing. The first rule of thumb before doing anything: this should by no means hurt, so this is where a lot of water-based lubricant comes in. Now to the actual moves. Start by grabbing her tush, massaging her cheeks and give them a little spanking. Keep it simple before working your way up. Then run the pad of your finger or thumb around her anus, which is really pleasurable, especially when added to clitoral stimulation or G-Spot play. When you notice her breathing intensifying, insert just the tip of one

or two of your fingers. Don't go for any rapid-fire movement immediately. Vigorous jamming of fingers should wait until she's so turned on shallow movements just won't do anymore.

If you'd rather focus only on the thrusting and G-Spot pumping, the anus might be taken care of with the help of a butt plug. This works wonders to properly stimulate the area while you fire up the G-Spot and the fabric of the pillows your lady is lying on enlivens her clitoris. Do this with regular speed for no more than two minutes and she'll most definitely experience a trigasm.

TECHNIQUE 3

Anal Aficionado

Are you up for the ultimate sex challenge? This amorous obstacle course has finally reached its last stage. You have accessed your inner adventurer and you have pushed your usual bedroom limits and now you're ready for the boundary-breaking Triggasm – an experience so intense and pleasurable it will definitely become a permanent part of your lust life. The last step and the one that will ensure your success takes you backdoor (I know you love it!). Saddle up and let's do this!

The best sex she's never had

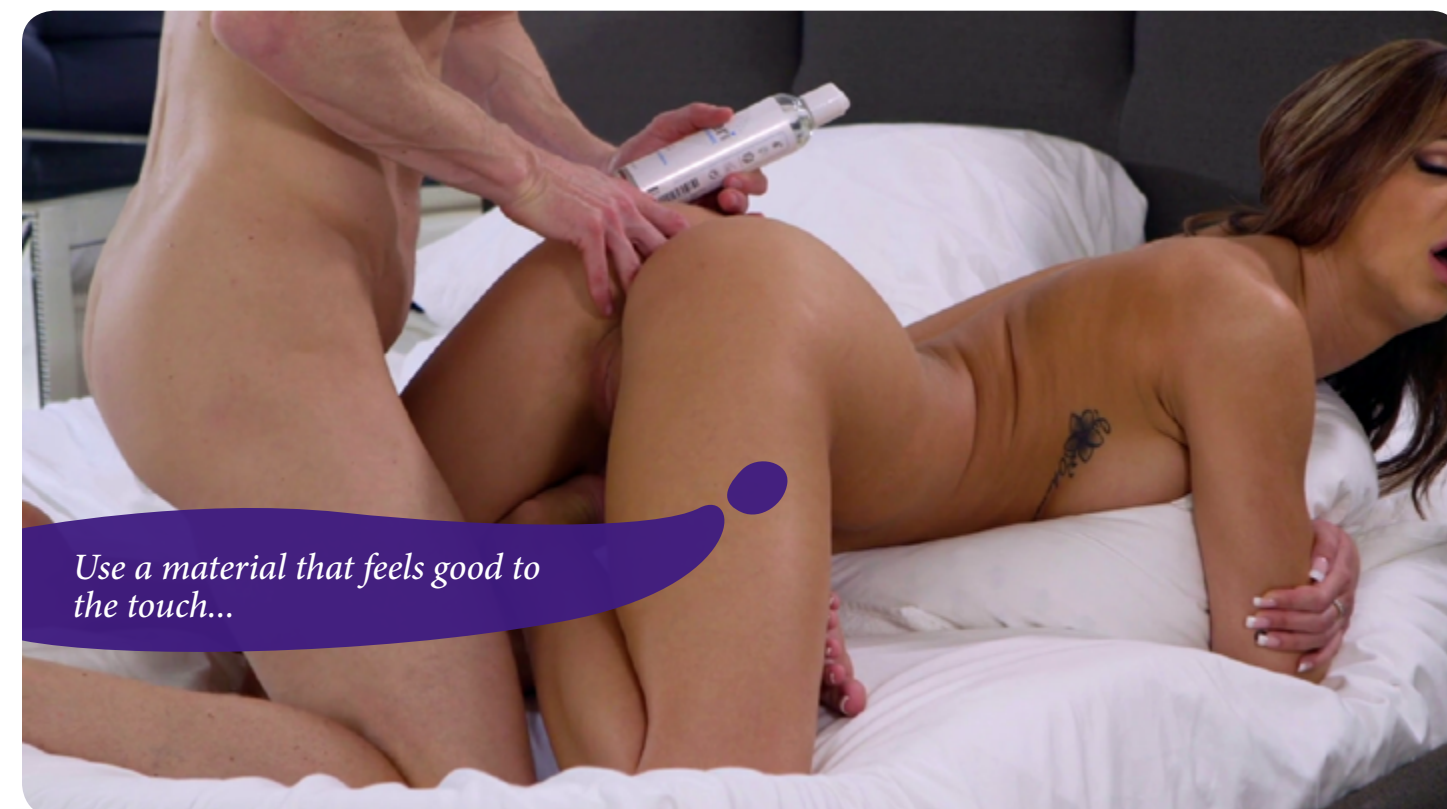
Being a woman's most unforgettable lover isn't about



memorizing some amazing move or magic formula. It's about embracing a simple fact: Her idea of the ultimate sexual experience is likely something she's never told you about (and it's on her mind 24/7). All women have secret sexual fantasies that they hide from their partners, and it's completely normal. When you discover what's going on in her head and combine it with what's actually happening in bed, you'll truly rock her world. Word of caution: Anything that's been covert for so long isn't easy to unearth, but I'll give you a map of her sexual psyche and show you how to tap into it. Side benefit: Getting her to share her wildest desires and putting them to brilliant use reenergizes your sexual curiosity and can take you both to a new level of intimacy, which means achieving the fabulously sexy and pleasurable trigasm will become much easier.

Inside her secret sex life

You already know that men are more visual than women, and yes, plenty of your fantasies stem from things you've seen and then reimagined. For you, external visual stimuli – whether it's porn or just a sexy woman on the street – trigger fleeting fantasies all day. You use these scenarios when you need material during masturbation or just as you're about to peak with a woman. But women have them too. Women also fantasize about things like doing the deed in unexpected places or being tied up or even



crazier, kinkier stuff. I know, you wouldn't have thought that women have this much sex on the brain as well, but this is actually a good thing, because a partner with a rich sexual imagination is going to be more adamant about enjoying herself in the sack and reaching new and unexpected types of orgasms.

Discovering her desires

Persuading a woman to talk about these fantasies can be tough though. Here are the three reasons she silences herself and how to break through.

She doesn't know how to ask. While you've been sharing sex stuff with your guy friends during locker room talk since your teens, women haven't. "Women are taught it's not advisable for them to be so vocal about sex, that's why, when they're doing the deed, they're more prone to give nonverbal or indirect clues about what they want", says Gabrielle Morrissey, author of A Year of Spicy Sex. For example, is she moans extra loud when you push her onto the bed or makes a joke about being tied up, she may want to be dominated. If your woman isn't dropping any discernible hints about what she really wants in bed, I suggest that you casually oooh at something in an erotic book or a movie scene and watch her response. Women are blunt about what they don't want, so if she seems quiet or intrigued, you're on to something. Then ask her to find a page or name a scene she finds even hotter, and let the



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

conversation flow.

She's afraid you'll think she's a perv. To dispel that fear, cultivate the vibe that fantasies are welcome by going first. Describe a steamy dream you had or tell her about something kinky a friend did and say, "I'd try that, just to say I had". Bringing up your own fantasies shows her you're adventurous, which makes her more likely to do the same.

She doesn't know they can come true. Women often don't own up to their desires because they never expect the man they love to want to participate in them. Talking about it in a matter-of-fact way lets her know that you're curious but that you don't feel pressured or turned off. To loosen her lips, tell her that you read that women who do (some foreplay move she's a fan of) are often turned on by (a fantasy she might like) and ask if she thinks it's true. If she says yes, you'll gain some sexy insight; if she says no, say, "Shoot, I thought that could be fun. Wait, so what would you be into instead?" It doesn't mean you need to act it out – it just opens up the dialogue. If she's still shy, coax out her lust with a little love. Many women respond when a man tells them "I love you so much that I'd never judge you for anything you wanted". That should convince her that sharing is a sign of how strong your bond it.

Give her what she wants (in your comfort zone)

Even if you're not game to try your partner's exact fantasy, you can still give her the thrill. Every fantasy has a shallow end and a deep end. You don't have to jump into the deep end to make her happy. Below are women's most common fantasies. Use my examples to decide how to bring your lady's most coveted cravings to life.



She wants to do it somewhere public or semipublic. The thrill of sex in a public place has long been a popular fantasy for both women and men: dark alleys, public bathrooms, and movie theaters are common choices. The thrill of getting caught is the most commonly cited reason, as is a general interest in exhibitionism. But since this can be a risky endeavor, you need to thread carefully. To get that sensation without the risk of getting arrested, book a hotel room by a pool or busy street, and do it with the window cracked but the curtains shut. The sounds will leak in and make you feel like you're in public.

She wants to be dominated or to dominate. Aggressive instincts are inherently part of sex, and a woman who's into dominating or submitting is just playing with that. If she wants to be rough with you (For many women it's incredibly hot to call the shots during sex, especially in a culture which systematically tries to strip women of power both in and out of the bedroom), do things that could earn you a light spanking, like acting naughty or playfully pinching her. If, on the contrary, she wants to be dominated by you (Many women do, in part because it relieves the pressure they feel to perform in bed and also because Fifty Shades of Grey normalized this fantasy more widely than ever before – One study found that 65 percent of women crave being dominated), hold her down by the wrists while you're on top or



while you're kissing her, which plays into that theme of domination.

She wants to role-play. Besides being a visual thrill, imagining herself in a specific role helps her let her inner sex kitten loose. Plus, these classic roles suggest she gets to be with a man who is so turned on by her, he'll do it no matter what his job or moral code dictates, and this is extremely hot and arousing. If you're uncomfortable dressing or speaking how she wants, suggest a different approach. You can pretend you're two strangers in the night who meet up and go to some no-name motel for a wild night of uninhibited sex. The idea of sharing a passionate night with a strangers and behaving like sex-crazed predators doesn't just sound inviting; it sounds delicious. And leaving after you're done without even knowing each other's names is the best part.

She wants a threesome. Don't freak out if she wants to bring home a friend. "This fantasy isn't usually about the sex itself. Find out what it is that makes her crave this and play that up", says Marty Klein, author of Sexual Intelligence. If it's the two-guys visual, prop a mirror by the bed so she views you times two. If it's more the idea of being pleased by two guys, turn out the lights and ask her to describe what each man would do, giving her the mental turn-on while you touch her. If she likes the idea of watching you get hot, masturbate in front of her.

Now that you want what she wants, and you've fulfilled her fantasies, she's primed and ready for the ultimate carnal dream: the out-of-this-world Trigasm. The trick with this is that you can only achieve it when your partner is as open as possible and as turned on as possible, and fulfilling her fantasies like I described above primes her, physically, emotionally and mentally





for what's next. Achieving something as complex as a triple orgasm is not an easy feat, and I know you need all the help you can get, so I'm also offering the possibility of watching my hot and bothered instructors get naked and show you exactly how to make your woman triple-moan in ecstasy. Check out the video program I created for this and you'll see that achieving Trigasm with your lady is not an impossible feat.

Anal Aficionado Step-by-Step

It's time for the final stage that will take you (and your partner) to that level of otherworldly arousal and gratification. You may not want to aim for this high mattress watermark every time though, since what makes mind-blowing trigasm sex so, well, mind-blowing is that it feels special and extra-intense. But if you're ready to experience it now, dig in.

/// **The main ingredient here is anal, but to help your partner get ready, start with a good dose of tongue fu, but of the amazing kind.** There's a difference between great oral sex and "Holy cow, is this really happening? Whooooaaaa, nelly!" oral sex. The second one is so amazing, she'll want to lock you in for life. The trick: start slow and soft, gradually building the anticipation. Begin by placing your mouth on her labia, without taking your tongue out just yet. Let your lips brush gently against her hot spots. When she starts whimpering like a little puppy, take your tongue out and run the tip up and down her vaginal area. Then take her all in your mouth with a sucking motion, alternating between licking and nibbling, so she never knows what to expect. The element of surprise adds an excitement factor.

/// **After a few minutes, add more pressure and in addition to your mouth, put your hands into the mix.** One strategy that will make her head spin: lightly pull on the skin of her inner thighs, tugging in sync with your mouth movements. Then try some perineum play. "The area between the labia and anus is supersensitive because it's packed full of nerve endings", says Lou Paget, author of The Great Lover Playbook. To give her a pleasurable jolt she'll never forget, use the knuckles of your pointer and middle finger to gently knead her perineum. For more crucial information on the surprisingly pleasurable art of flirty fun fingering, grab a copy of my book on the subject, Naughty Fingers – <http://www.mynaughtyfingers.com/>.

/// **Now that she's sufficiently aroused, it's time you started pairing the clitoral ecstasy with some well-deserved anal play.** The position I think works best for this kind of ecstasy is called The Booty Lift. While your partner lies flat, supporting her lower back with her hands, she should lift her legs and butt in the air. Meanwhile, you should kneel in front of her and place a pillow or



two under her tush to elevate her further. She should rest her ankles on your shoulders and you should hold onto her shins for leverage as you penetrate her anally. Since you're the one with more mobility, try and get the biggest bang for your buck by adjusting the angle of your penetration until your penis finds the right hot spots to tease. This is great for achieving a trigasm because, with her legs elevated, the blood races toward her pelvis, intensifying the sensations in this region.

/// **Another position that works wonder for anal is The Sultry Spoon.** Lie on your sides with you behind your partner so you're both facing the same direction. Then have your lady wrap her legs around your top leg, pull you close, and push her butt toward you as you enter her. This position gives you plenty of space to explore her entire body, even the most tucked-away areas of her private parts. You can even ask her to put her hand on yours and show you how she wants it to be done. Another passion plus: this relaxing position is perfect for long, languorous lovemaking. The way your body envelops her creates a warm, cozy cocoon. When your partner feels connected emotionally, it's easier to connect physically and reach a trigasm.

/// **Ok, so let's do a recap, will you?** Clitoris, check. Anus, check. But how about the G-Spot? This tiny button of joy can't be missing from our trigasm equation. Since your hands are free in The Booty Lift described above, you can use them to either insert a G-Spot vibrator inside your partner's vagina or even use your fingers to do the teasing (if you use your fingers for the G-Spot, use a bullet vibrator on her clitoris). The choice is completely yours. The trick is to use the same speed with all your moves, no matter the hot spot you are targeting. Only when this elementary rule is followed she'll have a trigasm. Good luck, bad boy!



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