

TRIPLE STIMULATION PENETRATION

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

*The best
techniques for
unforgettable*

SEX



Trigasm
Edition

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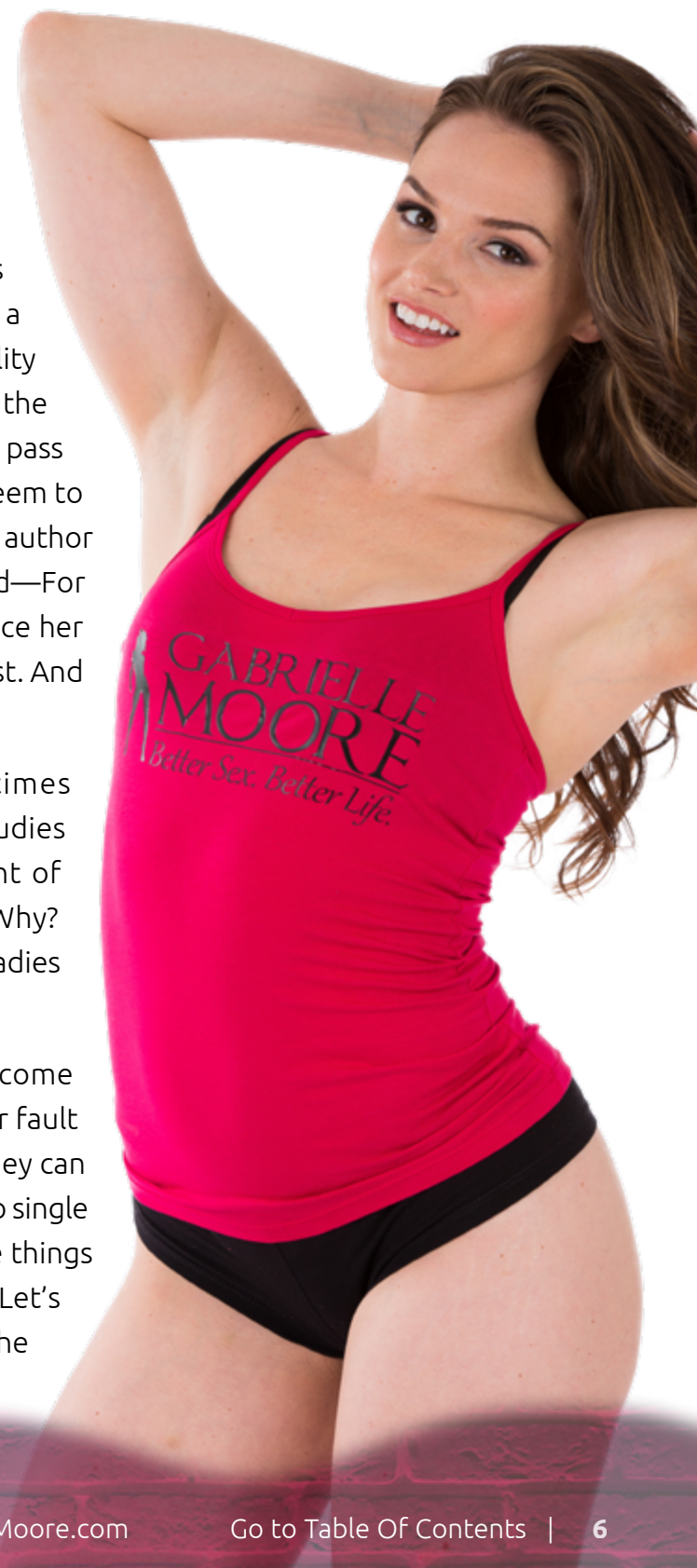
Section 1 – Facts & Theory

Going... going... gone. The curious case of the missing orgasm(s)

Giving a woman just one orgasm is cause for celebration. But any woman who can climax once can probably cross the finish line again—and again. And can even enjoy a simultaneous triple orgasm, aka The Trigasm! “The ability to come more than once is biological gift exclusive to the fairer sex. A man has to wait for your refractory period to pass before they’re ready for round two, but women don’t seem to need the same reloading phase”, says Debby Herbenick, author of Sex Made Easy: Your Awkward Questions Answered—For Better, Smarter, Amazing Sex. A woman could experience her second wave of pleasure less than a minute after the first. And can even experience three orgasms in one go!

But just because she can come twice or more times simultaneously or in waves doesn’t mean she will. Studies suggest that somewhere between 14 and 40 percent of women have had multiple orgasms in one session. Why? Because you guys don’t know what to do to take your ladies to Trigasm Wonderland, that’s why.

For starters, let’s see why you’re not helping her become one of the lucky ones. The first reason isn’t actually your fault after all. Women differ dramatically in regard to how they can achieve one orgasm, let alone multiple ones, so there’s no single roadmap to multiple orgasmic bliss. However, there are things that you’re doing that makes the Trigasm unattainable. Let’s see what these things are and then we can move on to the



correct tips to boost your chances of tripling her pleasure.

You don’t create a lot sexual tension

Building up desire is a precursor to any sexual activity. Sure, you’re eager to get to the main event, but the number one thing female patients of mine complain to me about is the fact that their men sometimes rush through the warm-up. It takes a woman much longer to get aroused than it does a guy. If she’s not ready for intercourse, she’s not going to enjoy it as much. So creating copious amounts of sexual tension can be just what she needs to achieve a bonus orgasm and even the elusive Trigasm.

Think of it this way: If you’re famished and someone is dangling a juicy cheeseburger in front of your face all day, not only are you going to eagerly scarf it down once you’re able to get your hands around it, you’re probably going to go back for seconds and thirds. The same applies to sex. “You want her to retain her feelings of overall arousal when her body starts to relax after having the first orgasm,” says Amie Harwick, author of The New Sex Bible for Women. So tease her early and often: Text her a sexy message in the morning, cop a feel under the table at dinner, and indulge in some PDA – take your time kissing her, run your fingers all over her body before heading for her hot spots, and tease her below the belt until she’s almost begging for it. By the time you get to bed, she should be extra “hungry” for sex. After she has her first orgasm, there’s a good chance she may be up for seconds.

You don’t keep her idling

After she climaxes, you have to give her clitoris a short break, as it becomes super sensitive for many women immediately after sex, says Ian Kerner, Ph.D., author of She Comes First: The Thinking Man’s Guide to Pleasuring a Woman. But if you stop the action completely, you’ve lost your shot. Instead, spend a minute or two making out and attending to her breasts, butt, and any other favorite non-genital hotspots. Whisper in her ear about how beautiful she looks. Your goal is to keep her in a semi-aroused state so you don’t have to start from scratch to bring her back to the top of the mountain. You can also try slowly planting tiny kisses along her jaw line, working your way to her mouth. At the same time, explore her breasts and inner thighs with your fingertips. Let the anticipation build back again and she’ll be aching for more. You don’t have anywhere to be, right?

You don’t rev things back up

After a woman has an orgasm, the blood that rushes to her genitals during sex lingers, making it easier for her to climax again. But you have to give her a helping hand in order for this to happen. You can prime your partner for round two with some dirty talk. Then return your attention to her genitals. Start



with a light touch: try lightly circling your finger or tongue over her clitoris slowly, and then work up to more extreme stimulation with an increasingly faster pace, more pressure, and intensity until she's ready to go again.

You don't try a new route

There's nothing wrong with sticking with what works, but you can also try bringing her to orgasm by attending to a different erogenous zone. This can work particularly well if her clitoris is still sensitive from round one. Plus, novelty encourages the release of the feel-good chemical dopamine, which may help her orgasm faster. Aim for her G-spot with positions like woman on top or doggy style. Feeling more adventurous? Some women can climax from nipple stimulation, research finds. Lightly trace circles on her nipples with your fingers or tongue, building pressure as you go, or try sucking on them. Want to crank it up another notch? Stimulate the area between her vagina and anus with your tongue, suggests Ava Cadell, Ph.D., author of *Idiot's Guides: The Kama Sutra*. Some women find it mind-blowing—but you want to check with her first.

You never go wild

Frisky fact: Odds are your partner is dying to pull out all the sexual stops in the sack. The problem? Many women fear that if they do something naughty, like getting vocal, revealing a fantasy, or introducing a toy, their man may be intimidated or think that they're slutty. Fortunately, you can eradicate that erroneous belief by giving her permission to be a bit bolder. Simply let her know how hot you think it would be if she shared a steamy daydream, brought a passion prop to bed, or made wake-up-the-neighbors noise and she will instantly feel



more comfortable about going carnally crazy with you.

You're pressuring her to climax

As a giving, generous guy, you care about whether she reaches her pleasure peak(s). In fact, you might even find yourself asking "Are you coming?"... repeatedly. When you ask a woman over and over whether she's going to climax, it makes her self-conscious and breaks the momentum. That means she either won't orgasm at all or you'll have to bring her back to the brink, starting from zero. So instead of requesting an ETA, reassure her that you like making her happy, so she could relax and enjoy – you have all the time in the world.

Make sex even more amazing

You know that old saying – you can never have too much of a good thing? This rings true especially in the bedroom. Have you ever heard someone complaining about an orgasm that brings too much pleasure? No way, right? If anything, people are always trying to surpass the amount of ecstasy they feel during lovemaking.

If you're one of those people, you're in luck. You're about to learn about an orgasm so great it will





completely redefine your very own definition of “too much pleasure”.

With a little bit of know-how, you can help your partner experience a climax unlike any other she's ever felt. In fact, after she gets acquainted with the trigasm, her new between-the-sheets mantra will be: “No more one and done! Make mine a triple, please!” The average woman is built to experience a multitude of orgasms of different types and intensities. Once they master one kind, the climb to the other is absolutely attainable.

Of course, sometimes just having a “normal” full-body earthquake offers one hundred percent sack satisfaction, and you might feel like calling it a night afterwards. That's fine. However, for those times when you want to sample the reaaally good stuff, a trigasm comes to the hot rescue. After all, creativity is the key to a smokin' sex life.

I know what you're thinking right now – this sounds very good on paper, but how attainable is it really? I mean, it took you a good deal amount of time to learn the exact way to give your lady one orgasm – how are you supposed to give her three at the same time!? Well, read on because I have all the answers you need.

First of all, don't go into a hookup with limited expectations of your sexual abilities.

You'll actually cause your body to limit its power. In other words, if you assume you can only make your partner come in her usual way, you probably won't have much success with the trigasm. And this is a shame, because a woman's body is fully capable, even built, to experience deeper, longer and more frequent triple orgasms. When you're naked (and in the right mind-set), half of the heavy lifting on your path to an amazing orgasm is done.

The reason why understanding your frame of mind is so important? “After you've gotten there for the first time, rather than switching off mentally and sexually – which is what you do when you assume you've helped your partner reach the finale – you need to remain open to provide further arousal. It's all about knowing that your partner's body is fully capable, even built, to experience deeper, longer and more frequent orgasms”, says Rachel Carlton Abrams, author of The Multi-Orgasmic Woman. For more information on everything there is to know about the female orgasm, check out my program on the matter, 7 Day Orgasm - <http://www.7dayorgasm.com/>.

But this doesn't mean all you need to achieve a trigasm is this. Oh, no. On the contrary. You've got some work to do, mister! Once you have the right attitude, the next step is making sure you have the right information on your hands. One of the biggest misconceptions men have about the trigasm is that it happens by chance or that it's some sort of fluke. But like anything else, it requires a little effort and planning.

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

Start with a good dose of grooming. Going the distance to spruce yourself up is a huge turn-on. “Obviously, women love it when a man is fresh and clean, but a bit of added primping shows that you really care about being attracted to her”, says Kathleen A. Cervenka, author of In the Mood, Again. First off, feel your face. If it's rough, give it a quick shave. Although the stubble look may be sexy, it can make her skin feel as if it's been through a cheese grater. For bonus points, consider trimming your down there hairs too. It will allow easier access to your member and make it look bigger. If you have time, you may also want to squeeze in a second shower before bed so you're extra clean and sexy.

It's also important to make your lady privy to your mattress mission... kind of.

But rather than putting the heat on her by mentioning the word “triple”, deliver the information in the form of a carnal challenge she can get excited about. Tell her that tonight you want to truly make her feel the extra passion and to achieve that, you have a couple of naughty ideas. This way, you create a situation where she's not only keen to please, but she's eagerly anticipating your direction too.



Maxing out the foreplay for as long as necessary is also crucial.

The F word is hands down the most important factor in a woman's happy ending. Even if you think you have warmed up enough, your partner might need significantly more foreplay than you do. It takes 10 to 20 minutes for a woman to become aroused – and you can't just dive into her pants, hands or face first and expect that to do the job. The secret is to take your time and seduce her with caresses and slow, deep kisses so she's fully in the moment and aching for more. If she doesn't get that warm up now, she's not going to have an orgasm later. Simple as that. Not to mention a trigasm, which is a much more complicated feat. For many women, it's good to make sure she has an orgasm before intercourse, from either manual or oral sex. Because she has already climaxed, she will be more aroused and able to enjoy the sex more fully.

When you help your partner get as turned on as possible it means that her body will be geared up to enjoy the triple stimulation she's about to receive, rather than still struggling to have the simple, basic type of orgasm. "If you're arousing her slowly, then she'll stay aroused for longer, and this paves the way for enjoying a different, more intense type of pleasure", says Beverly Whipple, author of *The G-Spot: And Other Discoveries About Human Sexuality*.

Bonus points if you show a little TLC. You don't need to leave bling on the nightstand to make your woman feel like a queen – just help her relax. "Simple sensual gestures like massaging her neck and shoulders or slipping off her clothes will put her at ease, which gets her even more in the mood", says Pam Spurr, author of *Make Love All Night* and *Talk to Him in the Morning*. Trust me, you'll impress the panties off your partner by being so sensitive to her needs.



Speaking of seduction, you probably kiss your partner as a prologue to sex. But once the main event is under way, making out tends to take a backseat. Well, it should be a priority! "Kissing is one of the most intimate sexual acts. When you do it during intercourse, the experience becomes even more intense and emotional for her", says Darcy Luadzers, author of *10 Minute Sexual Solution*.

But enough with the introduction, I know you want to get to the juicy stuff fast. Stay with me to see for yourself what you have to do to really Bring It On!

Section 2 – How to give her the best orgasm of her life

The French refer to an orgasm as "le petit mort," which translates to "the little death." It makes sense; after all, orgasms are (for some people) a releasing out of body experience.

For some (read: women), an orgasm can be as elusive and rare as finding a real relationship on Tinder. According to Planned Parenthood statistics, less than one third of women regularly experience orgasm during sex. That's a lot of unsatisfied women. I know you good fellas in the Gabrielle Moore community would hate to be the reason a woman leaves a sexual encounter with anything less than that just-got-my-world-rocked glow, so I've pulled the best tips to help you help her get off. Triple time, no less! Good luck out there guys.

TECHNIQUE 1

Girl-on-top Trigasm variations

When it comes to giving the girl you are with a truly incredible and memorable orgasm, there is a lot you need to know. Pretty much every guy thinks that he is a stud who won't have any problem giving every woman multiple orgasms, but you don't want to be too cocky. You will first need to learn quite a few things before you can be the stud she needs you to be in the bedroom. The more of this information you get, the happier you will make her. And the happier you make your girl in the bedroom, the more enjoyment you will both get out of having sex. You might just be surprised at how little you really know when it comes to pleasing a girl. There are certain sex positions that are better than others

for getting her to cum like never before, so you will need to keep that in mind as well. The more you change up these positions, the better your chances are going to be of giving her more pleasure than she has ever experienced before in her life. The Girl on Top position is the first I would like to talk to you about when it comes to carnal poses that take you to Trigasm Kingdom. This magical position can be quite effective when it comes to getting a girl to orgasm more intensely than she ever has before. Let's see how it works, shall we?

Steal my secrets of female arousal

You're pretty easy to read in bed – you spring to attention so your partner knows that you're aroused, and your can't-miss-it orgasm leaves no doubt that you've reached your pleasure destination. But your lover's body doesn't always send such blatant signals. In fact, sometimes her triggers and responses can be downright subtle. That doesn't mean they don't count, however.

"Being aware of the slightest physiological changes that your partner is experiencing during sex is crucial to intensifying it for her. The more you know, the more you can please her", says Andrew Goldstein, author of When Sex Hurts: A Woman's Guide to Banishing Sexual Pain.



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

Since I'm sure you want to make that happen, I've spelled out four things you don't know about female pleasure – from the spot she really needs you to touch more frequently to the very surprising way she judges how good the experience is for you. Once you clue in to these sexual truths, you'll be able to satisfy her like never before.

She has an unexpected hot spot

During foreplay, there are little erogenous zones that you likely lavish with attention all the time – her lips, neck, maybe even her earlobes. But every woman has one erotic body part that's rarely explored, and believe it or not, it's her nose. Next to her lips, her nose contains more nerve endings than any other part of her face. This tissue is rich in blood vessels and nerve endings and is highly receptive to stimulation. Her nasal passages, in particular, mimic the erectile tissue found in her clitoris. In other words: the more you stroke that sucker, the more you'll increase her circulation below the belt. Now, I'm not saying you have to be all up in her nostrils. Simply kissing and gently nibbling on the tip is enough. Or try tracing your finger from your partner's nose down to her abdomen and vaginal area and then back to the nose. "This creates a sexual circuit that awakens her entire body", says Yvonne K. Fulbright, author of Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots.

She wants you to linger on her nipples

A woman's nipples are loaded with nerves and they deserve more love. Plus, they are crucial to her pleasure. According to a study published in The Journal of Sexual Medicine, more than half of the women interviewed reported that nipple





stimulation not only enhanced their arousal but sparked it. That's because when they're stroked, the muscles surrounding her headlights stiffen and her blood vessels swell, creating a ripple effect throughout her body.

Just don't wait for her to request hot nip action: A mere 17 percent of women are comfortable flat-out asking for it. So take matters into your own hands... and mouth. Begin by stroking the area with the tip of your fingers. Then graduate to a gentle pinch before licking, nibbling, and slightly sucking each nipple. Any time you vary the pressure of stimulation, it keeps nerve endings on high alert, which provides a pleasurable sensation.

Her perineum begs to be stroked

It might not be the sexiest stretch of real estate on her body, but the perineum (that smooth space between her vaginal opening and anus) is still one of her hottest properties. It shares the same branch of nerves as her vagina, but it's often ignored by men, making it even more sensitive. Probe it too suddenly though and you could freak her out. Instead, do it during doggie style. After you enter her,



reach between her legs and tease her vaginal lips. When your hand is behind your penis, apply pressure to her perineum with the flat surface of your thumb or the knuckle of your index finger and move in little circles, then switch to counter clockwise, up and down. The more pressure, the more pleasure.

The longer she lasts, the deeper her climax

While you're deep in the throes of thrusting, all your physiological symptoms – increased heart rate, heavier breathing, muscular tension – are at peak levels, and you instinctively want to come. But the longer you keep your partner in this stage, the more powerful her orgasm will be. To help her do just that, keep an eye on your prized jewels. When you're reaching the brink, they'll retract into your body. Lightly tug them away – this will be incredibly erotic for you too. Besides making yourself last more, you'll also feel an ebb and flow, and each wave will feel more intense than the last. To find out more about spicing up your sex life and reaching that sex-starved couple status, check out my program on the matter, The Sex Starved Couple - <http://www.thesexstarvedcouple.com/>.

The Cunnilingus Step-By-Step

You see, the thing is, women are like top-of-the-line, high performance cars with complicated pedals and gears. It takes delicate handling and skilled maneuvering to make our engines purr and coax us across the finish line.

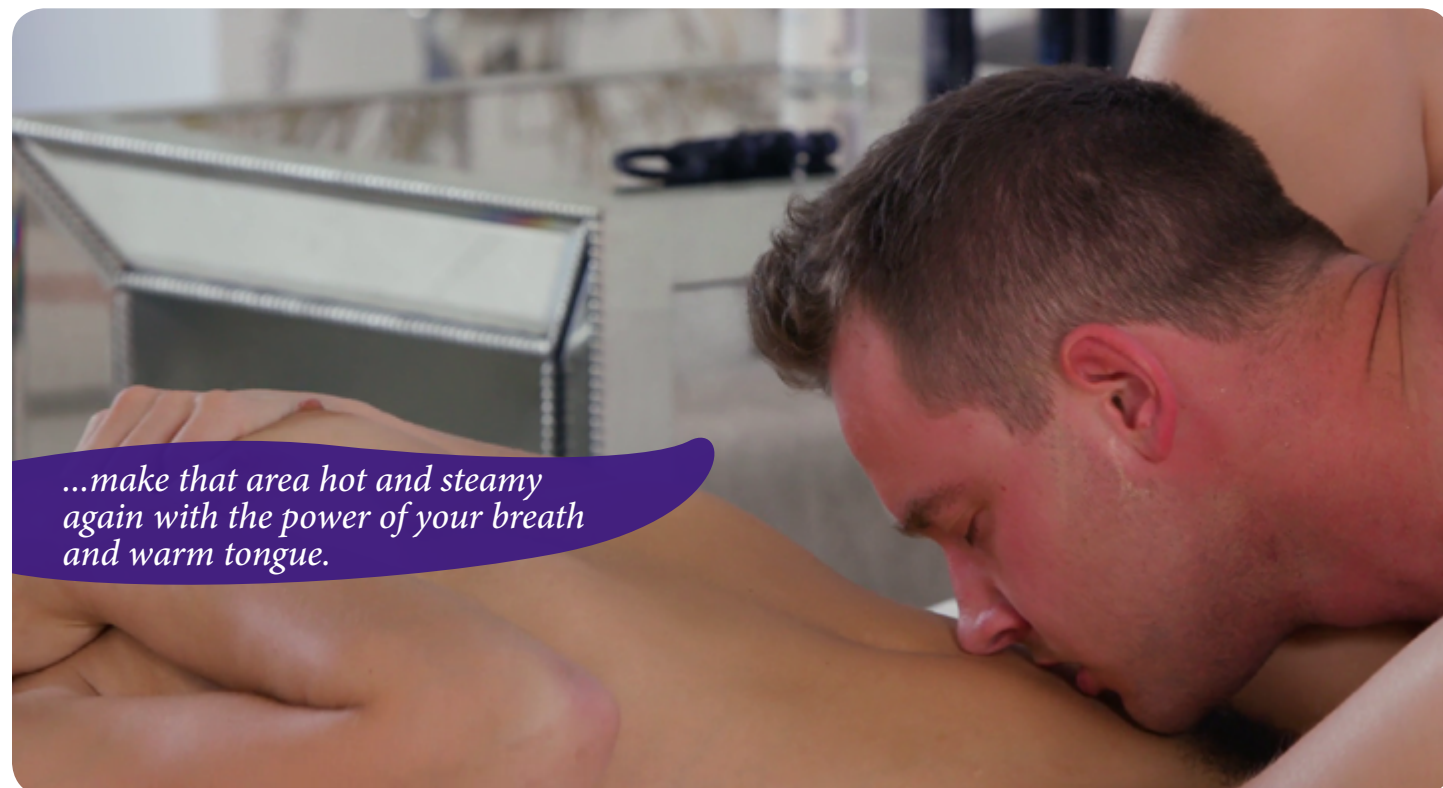
- Start by putting your stick shift in neutral and really explore her erogenous zones. Women like and need hands-on action during foreplay. Begin at the neck and move down, teasingly grazing her skin with your lips, like you were going to kiss her but changed your mind at the last minute, then double back and nip and suck on her earlobe. Stand behind her and run your fingers up and down her arms the way you'd ca-



ress European leather inside a new Porsche. Kiss all along her shoulders and behind her ears, then hold her hair to one side while you nip at her hairline as lightly as you'd take sesame seeds off a bun. With your lips slightly open so she can feel the wetness of your mouth and the heat of your breath, run your lips over her hot spots (think inner thighs, knees, pelvis, breasts, the sweet spot in the curve above her hip).

➤ **Move your playful tongue action to the clitoris to really set her loins on fire.** Alternate quick flicks to the exterior knob of the clitoris with long licks up and down her vaginal lips. As your partner gets worked up, swirl your wet tongue around the tip. Then flick your tongue where the vaginal opening meets the perineum on the nerve-packed swatch of skin. Now, cover your teeth with your lips and slide your mouth up and down her vaginal area while stroking her anus with one finger. With your other hand, gently fondle her chest, butt and thighs. Then make this grand finale move: close your mouth over the clitoris, making suction movements, while fingering her with longer, steadier strokes. The finger penetration plus wetness of your mouth on her clitoris will make her blow her top.

➤ **Now that she's as hot as she can be, it's time you slid into position.** Your partner should get on top in a squatting position, knees out to the sides and feet planted on either side of your hips.



This variation has immense trigasmic potential. When your partner hovers in a sexy squat above you – rather than sitting or straddling you squarely – it gives her the perfect chance to clench you tight, really hitting the G-Spot on its head. The position allows you to slide one hand and give her anus a good and steady dose of fingering while she uses a lubed up finger to arouse her clitoris.

➤ **Another variation that works wonder is a combination of standing-up sex and reverse cowgirl.** You should squat with your back against one side of a doorway. Your thighs should be parallel to the floor, and you can put your hands behind your lower back for cushioning. Your partner should stand facing away from you, spreading her legs so they're on either side of yours, and then back up onto your member. Once she's positioned, she should bend forward and push against the opposite door frame with her palms. This helps her balance and allows her to control her gyrations and vary the speed and depth of penetration. She's in the driver's seat, so she should mix up her moves – swiveling her hips back and forth in a circular pattern or figure eights – and experiment to see what feels best and hits the G-Spot. To hit the other two spots, you should first insert some anal beads that do the work by themselves while she's rocking your member and for the clitoris she can just use one of her hands to give the hot button some much needed love.

➤ **The third variation I want to show you involves anal penetration and is simply mind-blowingly pleasurable.** Put a chair at the edge of the bed and sit on it with your legs spread. Your partner should





sit on your lap and tuck her feet into the crease where the back and seat of the chair connect. Penetrate her anus very slowly while she leans back and rests on the edge of the bed. With her displayed like that, you can use your hands to play with her G-Spot and clitoris: one hand handles the G-Spot fingering and the other teases the clitoris. She'll just explode with triple orgasmic ecstasy.

TECHNIQUE 2

Doggy Style Trigasm variations

Do you long for hours of ecstasy – just you and her and a bed? Have you ever wished you could demolish her with your lovemaking, leave her feeling as if she's just spend the night with an animal trainer? Do you yearn to see her stagger at the door, a smile on her face but unable, in her weakened state, to utter a single word? Is such a complete and total surrender possible? Can you actually make your partner see stars and experience a type of pleasure unknown to her up until now? Of course it is – if you follow the right trigasm tips, specially devised for the doggie style position.

How to be truly unforgettable in bed



minute later, he'd hold me still again. It was sweet torture, but in the end, I had the most powerful trigasm of my life", says Sarah, another patient of mine.

You make sex fun

Sack session can be soulful, intense, and deep. But come on, not every moment has to be sexual equivalent of John Mayer song. In fact, women wish that more guys would acknowledge the lighter side of sex. "Sometimes funny things happen – like one of you emits a noise or tumbles off the bed. If I'm with a guy who can't let these gaffes roll off his back, it's lame", says Andrea, a patient. Making sex fun isn't just about acknowledging blunders but creating a sense of silliness. Women love being playful, so getting goofy between the sheets will leave her feeling at ease with you. "My husband will tease me by pinning me down on the bed, pretending to wrestle with me, and I wrestle back with him. It's immature, but I like kidding around like that. Another example: Instead of going all serious on me, he does this cool thing after I give him oral where he'll look into my eyes and break out into a cross-eyed grin, which makes me laugh. Most guys would be too insecure if a woman laughed after such an intimate



moment, but it's just a reflection of how much fun we have pleasing each other", says Victoria, a client.

You're really, really enthusiastic

Quick, when was the last time you jumped your woman? You may be wondering, "Who the hell keeps count?" But she may. Women are thrilled when men initiate sex all of the sudden because it shows how excited you are to be with her, and enthusiasm is a huge ego booster. Plus, it gets boring always doing it according to plans – all the more reason to throw her onto the bed and have your way with her or whisper one morning before work that you need satisfaction ASAP. You can also convey exuberance by responding to every touch and kiss you two share in a really primal way. As things heat up, throw your head back and dig your nails into her skin. When you unleash your wild side, she feels like a woman.

You tell her exactly what you want

The average woman's number one sex goal is to make you shiver and quiver, which is why women wish more men would clue them in to the specific touches and moves they crave. "When men are quiet about what gets them going, women are forced to guess – leading to a ton of anxiety. A man who tells his partner what he desires helps her be a better lover, which is what she wants", says Michael Bader, author of Arousal: The Secret Logic of Sexual Fantasies. But speaking

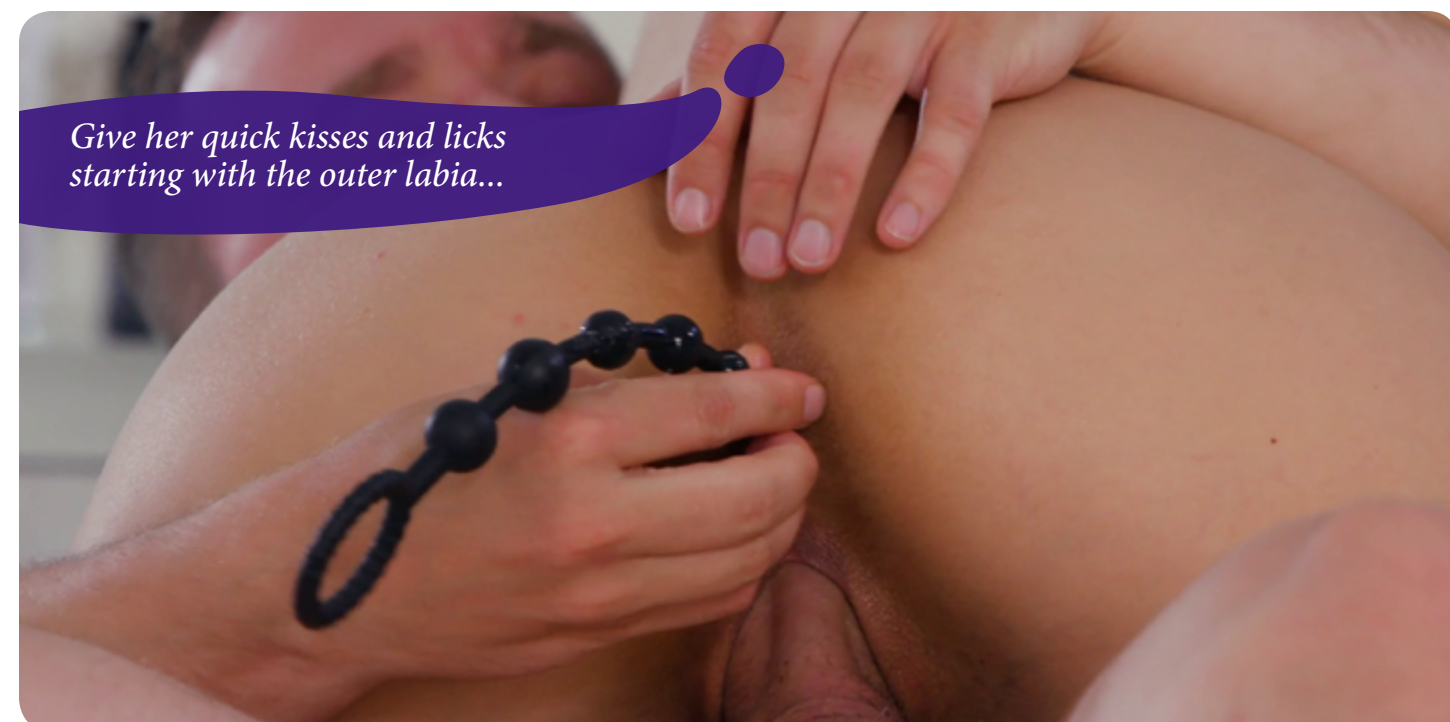


up in detail can be tricky. If you focus on what she's doing wrong, you might make her feel insecure. And if you're too subtle, she may not get the point. So try this technique: direct her with sexy positive statements, "That's it; now you've hit it, like that... more". It's like the way a good coach coaxes a player, with encouragement and flattery. Or use a simple, but effective system: If you want her to go faster, say fast. In you want her to go slower, moan slow. It's less like taking orders and more like a game.

You have a signature move

Paula, a patient of mine, can't get enough of the extra twist her man does in the middle of missionary. "While he's thrusting against me, he'll suddenly take one of my legs over his shoulder and resume the action. The way he goes deep is so different and erotic, I come in seconds. I've never been with a man who did anything like it."

Just like a signature car will make you stand out in a crowd, a signature sex move will propel you to the forefront of a woman's booty memory bank. "No need to invent an entirely new position; just personalize a specific trick so it becomes yours", says Jamye Waxman, author of *Getting Off: A Woman's Guide to Masturbation*. To cultivate your own sex specialty, identify what you're good at – like that you're super flexible and can get into some limbo-like positions or you have a tongue technique that makes your woman's knees weak. Or create a move around the body part of hers you lust for most. If your crazy about her breasts, run them across your body from head to toe. You love her legs? Slick them in baby



oil and hang them around your shoulders. You'll know you've struck gold when post climax, she just stammers your name over and over...

The Dangerous Doggy Step-By-Step

I know doggie is your favorite – you don't have to tell me the reasons why. But did you know you can make it even better, and trigasmic, with just a couple of tweaks? I "come" to the rescue with directions devised to assist any man seeking a PhD in doggie style triple ecstasy. The best part, my instructions are easy, involving no weirdness or circus acrobatics that take years of practice. Trust me, after you go through all this carnal knowledge, your partner will officially induct you into her Sex God Hall of Fame.

➤ **Start by giving her a fingertip massage up and down the small of her back, while also blowing gently into either ear.** Next, softly sink your teeth on her ever-so-hot midriff while giving her breasts some love as well. Finally, when you do think she's steaming up, lightly stroke and press against her clitoris. After a few good seconds, go in with your mouth, but approach it like peeling fruit. Flicker your tongue – almost like you're licking a stamp, only much slower – lightly around the sides and top and work your way toward the clitoris. Then draw circles around her sweet spot with the tip of your tongue.

➤ **Now is time to go into canine coupling... but with a saucy twist.** Your partner should be on





all fours on the bed, with her shoulders tilted downward and her forearms out flat in front of her while you kneel behind her. The triply orgasmic advantage of this special version of doggy is that it directs intense, firm pressure your member to your partner's G-Spot. Pressure so pointed that you can say it's one of the only positions where the penis is touching the G-Spot like a bull's eye. To bring the clitoris in action, your partner should meld with the mattress by lying flat on her stomach so that the clit rubs on the sheets, creating orgasmic friction. As for the anus, you've got ample freedom of movement, so use your fingers accordingly, paying attention to her breath to see which moves are helping lead her to climax.

You can also try a variation that blends doggy with missionary. While your partner lies on her left side, you kneel between her legs, curling her right leg around your right side and straddling her left leg, using your hands to bring her toward you. This is great because it mixes the deeper penetration of doggy style without the loss of face-to-face contact. Plus, you can add manual stimulation. Your right arm is perfectly positioned to tuck under her right leg and lend her clitoris a helping hand, while you can use the other one for anal fingering. That's a can't-miss trigasm combination. Want to know more about the sex positions that take you to a whole new carnal lover status? Check out my program on the matter, Orgasmic Sex Positions - <http://www.orgasmicsexpositions.com/>.

[orgasmicsexpositions.com/](http://www.orgasmicsexpositions.com/).

The last doggy variation we're going to try today seriously lifts her booty. While your partner lies flat, supporting her lover back with her hands, she should lift her butt and legs in the air. Meanwhile, you kneel in front of her and place a pillow and two under her tush to elevate her further. Now she should rest her ankles on your shoulders while you hold onto her shins for leverage as you penetrate her. This position is great for anal penetration as well, so you might want to try that and use a double trouble vibrator for the G-Spot and clitoris. Either way, she's bound to experience a mind blowing trigasm!

TECHNIQUE 3

Missionary Trigasm variations

It's not as intense as doggy, as sexy as the reverse cowgirl or as exotic as the lotus; it's the comfy sweater of sexual positions. However, while you may think yourself a bit tame for favoring the missionary above others, there are plenty of reasons why it is the best sexual position there is. From the intensity of eye



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



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



contact to the G-Spot arousal potential, missionary can definitely get you to Trigasm Land too.

Get her to try new stuff in bed

Even if your partner is a regular Marco Polo of bedroom exploration, you probably still have a couple of things on your wish list that you haven't quite worked up the nerve to suggest yet. And if she's more the vanilla sex type – never wanting to get out of her missionary comfort zone, I do understand your frustration. But don't get me wrong: missionary sex is awesome. There's something satisfying and comforting about relying on a position that you've done a thousand times. But that that doesn't mean there aren't a million things you can do in bed that you haven't yet. Maybe you want to do it on the kitchen counter, or maybe you have a secret fetish that you're just itching to try out.

It's hard to approach this kind of topic with a partner that's less than eager to go all the way sexually – you fear you might insult her or, even worse, scare her away. But if you want to up the ante between the sheets and spice your carnal adventures to suit your tastes, while at the same time making sure she feels amazing as well, I've got some pointers for you. Here, I tell you the right way to woo her into trying something a little bit different – like the Trigasm – without scaring her off.



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

Make her feel sexy

It might go without saying, but let's say it anyway. If you want your lady to do sexy things, you have to make her feel sexy. Chances are you already feel like she's incredibly sexy, but a little compliment goes a long way. The sexier and more empowered she feels, the more likely she'll be confident enough to try new things. "Compliment her butt, her breasts, her hair, her eyes — all of the specific areas of her body you love. Of course she is so much more than her glorious body parts, but if you want more adventurous sex, keep the talk unabashedly sexy," says Holly Bee, author of A to Z of Sex: The Little Book of Sex.

Share your favorites

There's a chance that if you suggest new moves in the bedroom, your partner might take it to mean that you aren't satisfied with what you are already doing. Even if that is true, you don't want to insult her or give her more reasons to be insecure. Complimenting the things about your sex life that you do enjoy will help to open the door for suggestions on how to improve or introduce new ideas, which you can also get from our course on how to have better sex. For men who want to be more adventurous, I'd encourage them to open a conversation with their partner about their sex lives. Tell their partner what they like about sex together, for example, starting with something like 'I can't stop thinking about that thing you did with your tongue the other night!', and then lead into a conversation about something they'd like to try. Or they could simply say to their partner how much they like or love them (whichever is true), how much they enjoy sex together, and that they've been thinking about new things they'd like to try.

Give her an out

Sometimes women are reluctant to try new things because they're afraid of getting trapped in some freaky sex nightmare that they can't get out of. "Many women feel once the wheels are in motion, they won't be able to turn back if they don't like it", says Gabrielle Morrissey, author of Urge: Hot Secrets of Great Sex. Your partner needs to know that she has an emergency exit, so reassure her with something like, "If you're not into it, no big deal – we'll stop." Assure her that at any point, she can bring it back to a place where she feels more comfortable. And if she pulls the rip cord, back off without argument. If you're cool about it, then she's much more likely to say yes to some of your scandalous suggestions in the future.

Take it one step at a time

Let's say you're looking to explore, um, uncharted territory. Well, if you all of a sudden flip her like a burger, don't be surprised if she's like "Hell, no!". If your girlfriend is used to vanilla sex, or has expressed



shyness in trying new things, you can't push her into the deep end without a life jacket. Whatever your goal is, you're going to have to ease her into the idea. "Go slow and communicate with your partner about what you both are thinking, feeling and doing. It is essential that you both have open dialogue as any new sexual activity is put on the table. I oftentimes recommend that a couple talk about a fantasy of theirs, playing it out verbally before trying to make it happen in real life. That way, you can find any roadblocks or topics of discomfort before they actually happen. Concern for your partner and the relationship are indispensable to building trust and safety when exploring sexually", says Daniel G. Amen, author of Sex on the Brain: 12 Lessons to Enhance Your Love Life. It's much harder to jump from point A to point Z. It's best to introduce an interim step and build on that. Put your master plan on the back burner for now and experiment first with a move that's halfway to your fantasy – a different position or (if spanking is on the agenda) some light love taps. If she likes it, you can gradually start upping the ante over the next sex sessions.

Create mystery

As a relationship rolls along, it's easy to fall into a same-old, same-old sexual routine. But you can get back that early dating excitement (and with it, a more open-minded attitude) by re-creating a sense of mystery and intrigue. Plus, she's more likely to agree to a new move that night if you can generate some anticipation for her during the day. For instance, call her that morning and playfully ask, "Are you interested in trying something a little different tonight?" When she presses for details, tell her she'll have to



wait and see. She'll be as giddy as a schoolgirl (down, boy!) all day. But use this approach only if the fantasy you want to try isn't too extreme – coming home to an S and M den is probably not what she had in mind.

Make her a deal

You should know by now that nothing in life is free. So increase the odds of her agreeing to your proposition by offering to return the favor. A couple needs to have some give-and-take or one partner is going to feel cheated. Find out what's on her to-do list, then pledge to grant her request that night (or at least in the very near future). Word of caution: You must make good on your promise or she won't be interested in your next offer.

The Mmmanic Missionary Step-By-Step

If the Big Triple O seems more elusive than Bigfoot, missionary is here to help. Because let's face it: many women rely on this trusted classic to do the job, and the reason this happens is that the move really works, touching all the right spots. I know you love it when I serve up new and exciting sex positions, but sometimes the biggest crowd-pleaser is the one that's as old as sex itself. But this doesn't mean the



trusty old companion pose wouldn't benefit from a slew of passionate variations. They're specifically designed to target your partner's magic orgasm marks so that she can enjoy a trigasm. Since the missionary is quite the tame sex pose, take things up a notch by playing it a little rough during foreplay.

▀ **So from the very start, make sure your partner knows who's boss.** Set off the action with a must-have-you-know lip-lock. Push your lips into hers and grab a bunch of her hair and pull as you're playing tonsil hockey. "The scalp is loaded with nerve endings, so tugging on her hair gently releases feel-good endorphins. Instead of causing her pain, it will actually feel really pleasurable to her", says Stella Resnick, author of The Pleasure Zone.

▀ **Then proceed to treat your girl to a rough massage as you knead, rub, and trail your nails over every inch of her body... and don't be afraid to use just a tiny bit more force than usual.** The tough-love technique doesn't apply to her lady parts as well. Her labia and clitoris demand more delicate attention, so tame your firm grip. Once you've worked her into a frenzy, grab her wrists and bind them together with a scarf, hop and top and have your way with her. For more information on the art of erotic massage, check out my program on the matter, Erotic Massage For Better Sex - <http://www.eroticmassage mastery.com>.



▀ **The hottest missionary variation on the repertoire is called the shoulder holder, and here's why.** You should slide her feet down to your chest, one foot on each pectoral muscles, and start her in a rocking side-to-side motion. This targets her G-Spot, making you feel bigger. Then, you should take both her legs and rest them on one of your shoulders, tightening the vaginal opening and really making her feel that good friction. With your hands free, whip up a bullet vibrator and tease her anal area with gentle moves while she teases her clitoris with her fingers. Paired with the rhythmic pressure of the thrusting, this is one hella good recipe for trigasm success.

▀ **A more intimate variation of the mystery missionary has you both really close together.** Enter her while she's lying on her back with her legs apart. Once you're inside, your partner should bring her legs close together while you hook your ankles around her calves and raise yourself up slightly on your hands with a small arch in your back. By closing her legs, you are creating a more snug entry for your penis and more sustainable clitoral stimulation for her – your groin will be doing a rumba on her hot spot while your penis is hitting on her G. While both magic areas are on fire, triple the pleasure by sliding your hand beneath her bum and inserting a lubed up finger inside her anus. Coordinate your finger and penis moves for a heightened trigasm



sensation.

The Splitting Bamboo is last, but definitely not least! It's simple to achieve but packs so much heat a triple orgasm will become a given after just a couple of thrusts. While your partner lies on her side, supporting her body on her forearms, you slide between her legs, lifting one up in the air and holding it tight for support. This is an amazing variation because your back and forth motion not only wreaks havoc on her G-Spot, but also her clitoris – your thigh is brushing against it as you pump, making her delirious with pleasure. Plus, you can use one hand to squeeze and jiggle her bum and make your way inside. If this isn't the perfect cocktail for triple orgasm success, I seriously don't know what is.



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