

**ESSENTIAL READING FOR EVERY MAN
WHO WANTS TO BE A BETTER LOVER...**

“Better In Bed”

Discover The Sexual Secrets To “Blowing Your Woman’s Mind” In The Bedroom And
Having Her Call You “The Best She’s Ever Had”

www.Outrageous-Orgasms.com

Adam Armstrong

Better In Bed

Discover The Sexual Secrets To *Blowing Your Woman's Mind* In The Bedroom
And Having Her Call You "The Best She's Ever Had"...

By Adam Armstrong
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Written for every man who wants to become a better lover

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Now that we're finished with this notice, let's talk about becoming "Better In Bed"...

About The Author



Adam Armstrong is a sex coach.

He specialises in teaching men how to become better lovers. The reason why he is able to do this so effectively is because he spent years devoting a lot of time to figuring out why most men are clueless when it comes to women and why so many women are dissatisfied in bed with their man.

It wasn't easy to work all of this stuff out, largely because the mainstream advice to be found in magazines (both those aimed at men and women), on television and on the internet proved to be mostly inadequate. And the stuff in so called "scientific literature" was often no better.

It seemed that most so called "sex experts" skirted around the real issues for fear of offending people, or simply because they did not really know what women wanted, needed and craved in the bedroom and much less how to teach men the skills required to become dynamite with women.

Luckily for you, Adam has this stuff figured out.

He is not afraid to speak his mind and at times uses some, how shall we say; colourful language! He might challenge your beliefs and seriously make you question much of what you previously thought was true about female sexuality.

But if you go with it and read and listen to Adam's programs with an open mind, you will become a better lover than you ever dreamed possible.

After-all, **when was the last time you gave your woman clitoral orgasms, vaginal orgasms and multiple orgasms?** If you are like more than 99% of men, your answer is probably that you do not yet know what some of those things are.

But rest assured, when you finish reading "Better In Bed" you'll know exactly what those things are and you will be in a position to help your woman have those kinds of experiences with you. And she will be very grateful for it.

Introduction

Every man wants to be a good lover.

In fact, pleasing his woman is perhaps a man's *greatest* pleasure. Every man wants to feel like a real man and to do so he must know how to satisfy his woman in the bedroom.

It's for this reason that I wrote this book. I wanted to share what it's taken me several years to figure out - **exactly how to give women outrageous orgasms and have wildly sexual, happy and fulfilling relationships.**

Ultimately I think that every man (even the so-called "Players") wants a relationship with a woman that lasts many years and is totally satisfying both inside the bedroom and outside of it.

In *Better In Bed* you are going to learn all about how to become a better lover.

Use this book as a reference.

Don't just read it once and never come back to it. Instead, you should read it once all the way through and then work out which areas you need to work on the most and practise them until you have total confidence those areas. You should aim to master *every* area in this book.

When you do that you will truly be in the 1% of men who "get it". And you'll be able to please any high value woman in a way that most men can only dream of.

If you are serious about getting really good at this, you will have to put a little time and practise in. Don't expect to read this once and become the greatest lover who ever lived. However, if you read it, apply what you learn and come back to any areas that you get stuck with; you will end up being very good in bed with women.

If you are single at the moment, then learning this stuff will go a long way to ensuring that you *blow the mind* of the next woman you meet and make her fall wildly in love with you.

On the other hand, if you are in a relationship right now and you start to use what you discover in Better In Bed, you will quickly find that your relationship with your woman grows into something better; *both inside the bedroom and outside of it.*

Just remember that when things are working correctly in the bedroom and you are giving your woman earth-shattering orgasms; 90% of everything else outside of the bedroom tends to work well too.

However, if things aren't working in the bedroom, the opposite is true and everything else can quickly fall apart.

Sex really is that important.

Women crave orgasms and it's your job to become very good at making those orgasms happen.

I'd love to hear your success stories, ideas, comments and suggestions. Please email them to:

adam@outrageous-orgasms.com

Now let's get started and talk about what it really takes to become **better in bed...**

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Part 1: All About Size, Duration And Sexual Experience

In this section I'm going to share with you the truth about three areas that many men have insecurities in. You will discover that a lot of the sexual beliefs that we have about size, duration and sexual experience are actually erroneous.

The goal is to free yourself from any insecurity that you have.

Chapter 1: The Truth About “Size”

If you look in many popular mainstream men’s and women’s magazines, you will find a lot of talk about “size”. People are obsessed by it.

Some men are totally insecure about their size. Some women think that they need a man with a big ‘tool’ in order to have great sex. Others say size isn’t an issue. It’s hard for most men to know what to believe.

Once upon a time I too was confused on this subject and it took me some time to discover the truth about it. This chapter will explain that truth to you.

Prepare to be shocked.

Does Size Really Matter?

The simple answer to this question is: NO.

Size does not matter and it is not the deciding factor in whether or not you can be a great lover. Sure, there are “Size Queens” out there who prefer men with large tools; but they are a tiny minority.

What’s interesting about size queens is that they objectify a man and want him for his penis. This is much the same as lame men who just want a woman for her looks or because she has great breasts.

Just as most women don’t want a man who objectifies them in this way, you should not want a woman who just wants a man for the size of his tool. Relationships based on these kinds of things will not stand the test of time and are unlikely to produce the kind of sensational sex that you are going to read about in this book.

So size doesn’t matter.

However, there is a “but” in all of this. Read carefully...

Size doesn’t matter, but...

...if you believe that your size is an issue, then it will be. You see, if you believe that you are not “big enough” then it will affect your masculinity and sexual confidence. And it will affect them in a negative way.

Women respond well to masculine men who exude sexual confidence. In a world where real men seem few and far between, when you display real masculinity and sexual confidence; women will respond exceptionally well to you and you will stand out from all the other guys.

The thing is though, when you are embarrassed or insecure about the size of your tool; your masculinity and sexual confidence will significantly drop. Unfortunately, this affects many men and that’s one of the reasons why there are so many unsatisfied women out there.

I’m going to share a little secret with you right now that will re-assure you about your size:

If you have a penis and a brain and they both work, you are fully equipped to satisfy virtually any woman (yes, even the size queens, because some of the things you are going to learn in this book will *blow their mind* just like any other woman’s).

What Women Have Told Me

I have had highly interesting conversations with dozens of women about the issue of a man’s size. Here’s what I discovered:

- Just 1 in 5 women said size was an issue (4 in 5 said it wasn’t)
- Of the high value* women I discussed this with, not one said that size was important in relation to the quality of the sex she could have with a man

*When I say high value, I am referring to women who are intelligent, confident, without any significant insecurity and have a high sense of deservedness. Please be aware that everything I share with you in Better In Bed will work best when you use it with high-value women.

Women who have low self-esteem, a poor sense of deservedness, insecurities and hang ups will cause you problems; no matter how good your skills are. In the end, drama and heart-

ache will arise if you try to have a relationship with women like this. These women need help. If you are a counsellor and wish to help them, that's great.

However, if you are looking to have a wildly sexual and happy long-term relationship with a woman, I suggest you choose wisely and find yourself a high value woman. Anything less is setting you up for failure.

So because women have told me that size isn't an issue and I've shared these insights with you, I hope that re-assures you. The real truth of the matter is that women want great sex. And great sex isn't about size. It's about pleasure, orgasms and emotional connection.

If you give your woman regular orgasms and develop an emotional connection with her, you will be doing better than 99% of the other guys out there and she will love you for it.

What You Can Learn From "Blue" Movies

The porn industry has no doubt helped promote the myth that size is the deciding factor in how good a lover a man can be. This is sad because nothing could be further from the truth, as so many women have told me.

If you want to see for yourself why size doesn't matter, watch some porn and ask yourself how many of the girls look like they are really enjoying it. And by enjoying it I don't mean *faking* orgasms.

How many of the porn actresses are actually having incredible orgasms? The answer is not many. And yet the average tool a male porn star has is without a doubt quite a lot bigger than the average for the male population on the whole, further proving my point that size doesn't matter.

I'm going to share with you a story from my own personal life that is yet another example that proves that size doesn't matter.

One of the most sexual relationships I have ever had was with a beautiful girl from Portugal called Ana. The relationship I shared with Ana was highly sexual, and I made her come in ways she had never previously imagined; including several phone sex sessions that were absolutely hard-core.

Ana and I had a very honest relationship based on mutual respect and trust and we could talk about previous lovers to each other, without jealousy on either part.

What's interesting is that Ana had had 3 previous lovers who had huge tools, in excess of 9 inches each. Despite this, I was able to sexually satisfy her in a way that went beyond what any of those guys could do. And I did so not because of my size, but because of what you'll read in the subsequent chapters in this book.

For now, just understand that you can be an outstanding lover regardless of the size of your penis, provided you learn how to give women incredible orgasms.

Overcoming Your Insecurities

If you are hung up on your size and feel like you need a bigger tool I understand that this can make you feel like less than the man you want to be. You must change this immediately if you want to progress to becoming a great lover.

Let go of your size issues and be proud of your tool. You are a man, you have a penis and it works. And that's enough to satisfy any woman in a way that she'll love.

Embrace what I just said and when you really believe it, you will *instantly* become a better lover because your sexual confidence will increase and so will your masculinity.

The thing is; I can give a woman a powerful series of orgasms using only my fingers. If I cause women to have orgasms like that, do you think that my size matters anymore? The answer is that it doesn't. And neither will yours once you get the basics right.

Before your read on, make a commitment to yourself and me that you'll ditch any dis-empowering beliefs you have about your size and you will replace them with empowering thoughts. Try adopting the belief that:

“I have a big enough tool to satisfy *any* woman”

When you truly believe the above statement, you'll find that it becomes your reality. However, if you carry on holding onto negative beliefs about your size, sadly they will hold you back and your reality will not be so good.

I think you know what to do. Now just do it!

Note: You may have a large tool. If you do, don't make the mistake of thinking that this gives you the right to be a lazy lover. I have spoken with many women who told me about men like these, who thought their size was enough.

Remember, only orgasms will do. Anything less and you have a problem.

Chapter 2: Duration Or “How Long You Last”

Much like “size”, the issue of duration can often be seen being debated in a lot of men’s and women’s magazines and through other popular mainstream mediums.

Unfortunately, (as with the issue of size), the subject of duration or “how long you can last” is often surrounded by false conclusions and lousy advice. For that reason, in this chapter you’re going to discover the truth about duration; including how long you need to last and what you can do to last longer.

Let’s jump straight into the good stuff...

How Long Do You Need To Be Able To Last?

Let’s get one thing straight right away; the length of time that you spend penetrating your woman has very little correlation with how good the sex is. What I am about to say next is very true and may shock you:

One man could have sex with his woman for an hour, pound away with an impressive erection and go non-stop and the sex could still be pretty poor. If she doesn’t come, the efforts wasted; *right?*

Another man could have just 5 minutes of penetration with his woman, give her multiple orgasms and she could be walking round with a huge smile on her face for the next few days.

If ever there was a subject where the old saying “Quality over Quantity” is true, sex is that subject.

At this point I must point out that I am not a doctor. If you suffer from premature ejaculation* you may want to consult a professional. However, it’s my experience from helping many male clients, that premature ejaculation is more often than not a mental problem and not a physical one.

In this chapter I will present you with three simple ways to improve the quality of your erection (how hard it is) and the duration of it.

Please bear in mind that endlessly pounding your woman during intercourse, without giving her orgasms is entirely mechanical and she won't enjoy it. In fact, she may end up sore and frustrated.

However, with all that said; having total control of your erection and how long it lasts is an entirely achievable goal and a good one to set for yourself. This is because when you combine the mental characteristics of a great lover with the ability to have great control over your penis, you really will enter the exclusive group of men who women love and crave.

*It's difficult to define exactly what Premature Ejaculation is, because people have different ideas of how long they should last. For this reason I will disregard the term from now on and instead tell you that if you ever feel like you'd like more control over your erection, pay very special attention to what follows; because if you practise it, you will gain that control.

Maca Powder For Sexual Longevity

Maca Powder is a little-known yet highly effective nutritional supplement from Peru. It's natural, healthy, and relatively cheap and can be bought in most health food stores. If you do a search online you'll easily find it.

Maca gives energy, particularly of the sexual kind. It's both an aphrodisiac and a longevity aid. If you use a couple of teaspoons a day, added to some fruit juice, water, cereal or porridge, you can expect the following awesome benefits:

- Greater energy throughout the day
- Increased sex-drive
- Longer lasting and stronger erections
- A bigger load when you climax

There is absolutely nothing to not like about Maca Powder and if you want a quick and easy way to improve your sexual potency, I highly recommend you get some.

You'll notice that I mention that Maca Powder will increase the size of your load. This is very important. Here's why:

Women generally love a big load. It is very exciting for them. And whilst it's not the be all and end all, it is my experience that most women find it extremely satisfying when their man comes hard and comes a lot.

Get yourself some Maca Powder today – Sexual power to you!

If you are looking for more foods that are aphrodisiacs, here are my favourites (they're tried and tested):

- Almonds
- Blueberries
- Asparagus
- Coconut Water

Nutrition And Exercise

You may be surprised to find a section in this book titled "Nutrition and Exercise". However, there's a very good reason for it being here. If you want to increase the strength of your hard-on and improve your duration, this will help you out a lot.

The fact of the matter is simple...

Assuming that psychological issues are not preventing you from maintaining your erection for as long as you would like to, it's improvements in your physiology (your physical body) that will get you the results you desire.

If your body is unhealthy and you are un-fit, you cannot expect to have any great sexual staying power. To get fitter and healthier I am going to give you some recommendations. If you incorporate some (or all) of these into your lifestyle, you can reasonably expect to see very quick improvements in the strength of your erection and your sexual longevity.

Here are some quick and easy ways to improve your health and your hard-on:

- Get some exercise. Sounds simple, but we live in a world where people do very little exercise and watch 5 to 7 hours of television per day. Try to do a minimum of four, 30 minute walks per week. This is very easy to do
- Eat more Fruit and Vegetables. The government in the UK recommends 5 portions of fruits and vegetables per day. Ignore this and shoot for 10 or more portions per day and see how good you feel
- Stop eating junk food, meaning anything processed (fast food, packaged food, greasy food, fried food) – eliminate it all. **An erection requires blood flow.** If you consistently make poor food choices and clog up your system, a quality hard-on will become more and more elusive

These nutritional and exercise recommendations are very easy to do and will produce very good results. Start doing them from today and prepare for stronger, longer-lasting erections.

How To Last As Long As You Want

What I'm about to share with you here is extremely powerful. It's not as easy to do as the recommendations I presented to you in the previous two sections, but it's at least as powerful; if not more so. And it's all to do with your breathing during sex.

If you want to have unbelievably good control over how long you last in bed, you have to gain control of your erection. A great way to do this is to learn to control your breathing. When you get close to climaxing, your breathing usually becomes very quick and shallow.

For most men, this happens without them being aware of it. As they continue to get more and more sexually excited their breathing becomes quicker and quicker and eventually they come.

If you want to have total control over your erection you must gain a special awareness of breathing that most men lack. Once you have this awareness you will be able to slow your breathing down and make it deeper. By doing this you will be able to last for longer.

Many men blow their load way sooner than they'd like to simply because they have no conscious control over their breathing. They start breathing shallow and quickly before they even penetrate their woman and it is therefore no surprise that they come very quickly once they actually get inside her.

If you want to avoid these embarrassing situations, check out the following tips and start practising them straight away:

- Become aware of your breathing – not just when you are having a sexual encounter with your woman, but at all times. Notice when you breathe slowly and deeply and also notice when your breathe gets shallow and quick (often the shallow and quick breathing that occurs when you near climax also happens when you are nervous)
- Take control of your breathing during sex. Breathe deeply and slowly and you will find you can last a lot longer
- If you get that feeling that you are nearing the “point of no return” where no matter what you do you are going to come, try this: pull out of your woman and keep her occupied with your hands or tongue. Then, for one minute squeeze the base of the shaft of your penis. You will find that the urge to come subsides somewhat and when you resume penetration you will be able to carry on. Be sure to control your breathing when you put your penis back inside your woman

We have already discussed how woman love a man who is masculine and exudes sexual confidence. Having control over your penis is one way to demonstrate these qualities to her.

Whilst it is true that “staying power” alone does not ensure great sex by any stretch of the imagination; control over your erection is definitely an advantage and something that you should look to gain at a high level. Practising the things I mentioned in this section will help you to do so.

Imagine a situation where you have total control of your erection and you are in a relationship that is very passionate and sexual. Your woman is highly orgasmic and you are giving her Clitoral Orgasms, Vaginal Orgasms and Multiple Orgasms on a regular basis.

It is highly likely that your woman is mad about you and you decide to surprise her and take her away for a romantic weekend. If you are healthy, and have control over your erection you may be able to ravage her over and over again during the course of your weekend. It's experiences like these that two lovers never forget. Nights of endless passion and endless orgasms.

Whilst you do not *need* to last a long time to give your woman outrageous orgasms, it is fun to be able to occasionally have a wild weekend with your woman like the one I just described. The healthier you are, the more capable you will be to make such a weekend a reality.

The more control you have over your erection, the more you display masculinity and sexual confidence.

Just keep in mind that Orgasms are king. Never ever lose sight of that fact. Don't aim to be a robotic porn star kind of guy who just bangs away at his woman with little regard for making her come.

Instead - lead her, be dominant, talk dirty and give her earth-shattering orgasms. She'll love you for it.

Chapter 3: Sexual Experience

Sexual experience is an interesting topic and a slightly ambiguous one. Consider the following questions:

- Does a man's sexual experience relate to how many women he has had sex with?

Or

- Does a man's sexual experience relate to how good he is at pleasing a woman in bed?

These are intriguing questions and ones that I'd like you to consider for a couple of minutes because I think that in general, society has conditioned many of us to think about sexual experience in the wrong way.

You see, I have had several conversations with women where they say that they think a particular guy would be good in bed because he's slept with quite a lot of women. They say this guy is "sexually experienced".

I say he's *experienced a lot of sex*. Not quite the same thing... he may or may not be good in bed (read: good at giving women orgasms).

It's Not How Many, It's What You Know

I have a friend who must remain nameless for obvious reasons. He's very good looking and has no trouble getting female attention. And he sleeps with a lot of girls. I think we're talking in the region of 200 girls and he's in his mid-twenties age wise. Clearly, my friend has no problem "picking up" women.

And in my social circle I have heard girls comment that one of the reasons why he is so attractive is because he is "sexually experienced".

However, I know that this label is a misnomer. The reason being, when I talk to him about sex, it is obvious that he is inexperienced in regards to giving women *mind-blowing orgasms*. He doesn't talk dirty, he doesn't grasp the

concept of leading in the bedroom, and he doesn't like the idea of squirting orgasms.

Now this strikes me as pretty weird. But what's exciting for you is that by the end of this book you'll have a better understanding of female sexuality than my friend, in spite of the fact that he has slept with over 200 women!

Now that is powerful. I'm sure you'll agree.

Heck, you could be a virgin for all I care and yet if you apply the information I am sharing with you with the very first girl you sleep with; she'll think you are a total stud. How cool is that?

So the bottom line is that the term "sexual experience" is used by many people in the wrong way. They think that the more women a man has slept with the more sexually experienced he is.

Wrong. He's just experienced a lot of different women. It doesn't guarantee he's any good at pleasing them.

Your goal should be to acquire the knowledge required to give your woman out of this world pleasure; the kind she'll never forget and the kind that will make her *addicted* to you.

Never think that you have to sleep with a certain number of women in order to be sexually experienced and good in bed. That's total non-sense and a highly limiting belief.

Knowledge Is Power

When you get the right kind of sexual knowledge, you will have *real sexual power*. In the next part of Better In Bed you will start to learn about sexual techniques that very few men know about and very few women have experienced.

With great sexual power you also have a responsibility.

Understand that when you use these techniques on a woman, she is likely to get very *emotionally attached* to you because you are giving her sexual

pleasure that she has never experienced before. If you are in a relationship already, then you should start using this stuff straight away.

However, if you are single and meeting new women, of course you should use what I am going to teach you, but if you have no intention of being with the woman in the long run, just be honest about your intentions up front.

Always tell the truth.

It's essential to your sexual success. It'll also keep your conscience clear and that is a very good thing. When you have a dirty conscience it will negatively affect every part of your life. So think before you act and be honest at all times with *every* woman you meet. Playing with female emotions is a dangerous game; so play fair.

I don't have a problem with men who don't want to be in a relationship with just one woman, but there is a right way to do things and a wrong way. Make sure you choose the right way.

Part 2: Orgasm Techniques

In this section I'm going to teach you about two highly effective ways to give any woman an orgasm. Then I'm going to share with you the three sexual positions that all women love.

Chapter 4: How To Make Any Woman Orgasm

So many people, (both male and female), are confused about orgasms. I see endless debates about whether guys need to rub their woman's Clitoris during intercourse in order to make her come, whether or not every woman can have a Vaginal Orgasm and a host of other stuff that proves that most people just don't have a clue when it comes to sex.

The exciting thing for you is that I'm about to share with you two techniques that you can use to make any high value woman come. They are proven to work and will give you the power to give your woman incredible orgasms; the kind she will almost definitely not have shared with any other man before you.

Then I'm going to clear up the issue of sexual positions and tell you about the three that work the best, which almost every woman enjoys.

So without further ado, let's have a look at the techniques that will separate you from all the other guys and that you can start using with your woman tonight...

The Welcomed Method

Credit goes out to David Shade for making me aware of this little-known yet highly powerful method for giving a woman an orgasm. I forget where David said he learnt this, but suffice to say it works unbelievably well and is very easy to learn.

The other great thing is that only a tiny proportion of men know about this and it's not something a woman can do for herself. Read carefully and you'll be giving your woman incredible pleasure tonight.

The Welcomed Method is a very specific way of rubbing a woman's Clitoris. It is a perfect technique to use as foreplay, to get your woman ready for intercourse. Alternatively, you can use it on the rare occasion that you may not feel like having sex, but still want to give your woman an outstanding orgasm.

Either way, it's very versatile.

By using the Welcomed Method on a woman you are showing her that you are different to all the other guys and really understand her body. She'll be highly impressed.

To perform the Welcomed Method, first of all make sure that your hands are clean and your finger-nails are cut short and very smooth. You should never touch your woman's Vagina if your nails are long and/or sharp because you can cause small tears that will be painful for her and then she won't be able to have sex for a while – not what you or her wants.

So be prepared at all times and keep your hands in good order.

Next, get some lube. I like "ID Millennium" because it's Silicon based and therefore doesn't go dry half way through. When you apply a little bit of this you usually don't usually need to re-apply anymore of it during the same session with your woman. This cannot be said of many cheaper alternatives. Do a Google search for ID Millennium and you will find it.

Now that you are ready to use the Welcomed Method, here's how it's done:

- Have your woman lie face up on your bed with her legs open
- Lie on her left side, perpendicular to her body, so that your head is near her stomach, looking down at her Vagina
- Put your left hand under her left leg and push on her Perineum with your index or middle finger
- Rub her Clitoris with your right index finger at the 1 o'clock position. The strokes should be about half an inch long and at a moderate pace.

So that you can perform the Welcomed Method as well as possible, I need to expand on some of the above bullet points.

First of all, the reason for pushing on the Perineum is because it makes most women feel "anchored" and "secure". This is the feedback almost every woman gives and it's hard to explain why it does this, but it works. So just roll with it. (The results are well worth it).

By the way - the Perineum is the small area between her ass and her vagina.

When you rub the Clitoris at the 1 o'clock position that is 1 o'clock as if you were looking directly at her Clitoris whilst standing between her legs; now you should understand why you lie on her left side and not her right side. From the left side it is perfectly easy to rub the 1 o'clock position with your right index finger. However, from the right side it would be near impossible to do it correctly.

Now what's very interesting about the Welcomed Method is that for most women it does not produce an Orgasm quickly. However, it usually has women on the verge of Orgasm and in total ecstasy almost as soon as you start doing it. So if it takes her 10 minutes to come whilst you use the Welcomed Method on her, she'll be on the verge of Orgasm for very nearly the full 10 minutes.

If that's not proof that women are more sexual than men, I don't know what is. The male Orgasm lasts around 5 to 20 seconds and yet with the Welcomed Method a woman can experience total pleasure for minutes on end. Women are truly fiery balls of sexual energy just waiting to be released. All they need is the right man to release it.

You have the power to be that man.

Oftentimes, a woman can take 30 minutes to come using this method and be delirious with pleasure the whole time. In fact, many times I've had women say that they don't want to come "yet" because the pleasure was so good – they just wanted to me to carry on and on and on, doing the same motion over and over again.

The way you approach using the Welcomed Method is very important. It's almost the exact opposite of The Deep Spot Method (which I'm going to share with you in the next section).

To get the most out of the Welcomed Method, you just want to tell your woman to lie on your bed and totally relax and enjoy what you are going to do. Don't mention anything about Orgasms and instead just confidently start using the method as I've described and prepare for her to very quickly be on the verge of coming.

To fully maximise this technique, when you start to see her get very close to Orgasm (and she may tell you that she wants to come); you should *tell her to come*. And keep telling her to come as she is coming. This is a powerful way to lengthen her Orgasm and make her associate your voice with her Orgasm.

You will find that you may be able to extend her orgasm to a minute or more by telling her to:

“Keep coming baby. Come hard”

It's techniques like the Welcomed Method, combined with a dose of Dirty Talk, that will make you an outstanding lover and cause your woman to fall madly in love with you. Do this right and she'll never have eyes for another man. After all, why would she look elsewhere? She knows nobody else is going to do it better than you. Any fears over your woman cheating on you will become a thing of the past.

Try The Welcomed Method out tonight and let me know how you get on.

The Deep Spot Method

This is the second technique that I am going to share with you that I learned from David Shade and it's also my favourite method for giving a woman her first *vaginal orgasm*.

Consider the fact that 70% of women have never had a vaginal orgasm and approximately 30% of women have never had an orgasm of any kind. This should make you realise that when you start giving your woman vaginal orgasms you are doing something special and out of the ordinary.

The Deep Spot Method is a great way to give a woman her first vaginal orgasm.

To perform the technique, as ever; make sure your finger nails are short and smooth and be sure to use plenty of lubrication.

The Deep Spot Method can be used during foreplay or in-between intercourse. If you feel like you are going to come, pull out and give your woman a Deep Spot orgasm, then carry on.

Unlike the Clitoris, which can become too sensitive to touch after a woman has come via clitoral stimulation; the deep spot suffers no such problems. For this reason, it is often possible to give your woman two or three deep spot orgasms before penetration. Can you imagine how this will improve your sex life?

Most men are highly frustrated trying to give their woman one clitoral orgasm before penetration. They almost see the clitoral orgasm as a gateway to penetration. Give her an orgasm, and then they can use her vagina to make themselves come.

This is just pathetic.

When you give your woman a couple of orgasms during foreplay using the Deep Spot Method and then make her come during intercourse, you are going to *blow her mind*.

Sex will no longer be a question of whether you can get her off, but rather how many times ;)

Another benefit of the Deep Spot Method is that it effectively “awakens” a woman’s vagina. So once you have performed the Deep Spot Method on a woman and caused her to powerfully climax, you will find that vaginal orgasms during intercourse are much easier to make happen.

The truth about this is that once her Vagina is awakened, if you lead her, be dominant and talk dirty to her whilst making love to her... multiple orgasms during intercourse will become the norm.

At this point, sexual relationships progress to another level and take on a newfound meaning. When the sex is this good, everything outside the bedroom very often improves as well and the emotional connection between the man and woman grows.

By now, you must be thinking:

“Adam, this sounds great, but how the hell do I actually perform the Deep Spot Method?”

Great question. And here’s exactly how to do it:

- Have your woman lay face up on your bed, with her legs open
- Keep your palm up (facing the ceiling) and insert your middle finger into her Vagina. Put your finger in as far as it will go
- Now use the end of your finger to press firmly into the wall of her Vagina using a “come-hither” motion

Be sure to use plenty of lubrication because you will find that your woman will more than likely respond very well to this method when performed with a lot of pressure. Now is not the time to be a wimp or treat your woman as a fragile, breakable object.

As long as you have plenty of lubrication you will not hurt her. And you may actually find that *your* hand and wrist start to ache because of the pressure you are applying. Ignore you own pain and proceed regardless – your woman’s orgasm is worth it, *right?*

The “come hither” motion is best imagined by thinking back to when you were 11 years old and how your teacher would motion you to come to talk to them when you had done something naughty.

It is a very simple motion to do.

When your finger is inside your woman pull up into the front wall of her Vagina and then pull towards you; do this firmly enough and for long enough and she *will* have a powerful orgasm. Better still, you will probably be able to let her catch her breath after the first orgasm and then, a minute or so later, give her another orgasm in exactly the same way.

This is powerful stuff that you can use tonight.

Prepare for your woman to scream your name, dig her finger nails into your back and have the most powerful orgasms of her life. And those powerful orgasms will all be associated to you, because you made them happen. This is very good news because she’ll see you as the man who could give her vaginal orgasms, which more than likely no man had done before. And it has nothing to do with your looks or the size of your package.

I am going to tell you a quick story about my first experience with the Deep Spot Method that happened several years ago when I was first starting to educate myself on the subject of sex and relationships.

I had just read about the Deep Spot Method and was eager to try it out on my girlfriend at the time. She was previously quite shy in the bedroom and I was having little luck getting her to come during intercourse.

Well, that was about to change.

As soon as I inserted my middle finger inside her and started to move it in the “come hither” motion, she started to scream. And when I say scream, I mean SCREAM. I would not be surprised if half the street heard her. But what happened next was just beautiful.

This previously shy and un-orgasmic girl proceeded to have several earth-shattering orgasms. Her vagina contracted so hard that I thought that it was going to snap my finger off!

This event changed that relationship forever. The sex went from a little dull to positively WILD. She became orgasmic in a way that most women can only dream of and I would give her multiple orgasms every time we had sex. Needless to say; I was dominant, sexually confident and led her through every sexual adventure.

Using the very same method, I also made her squirt.

Now here’s the interesting thing. When you use the Deep Spot Method with a woman, she may very well feel like she’s going to urinate. And when she feels this for the first time there’s a fair chance she’ll make you stop doing what you are doing, even though it feels amazing for her.

Here’s the crucial point - she is *not* going to pee, she is going to ejaculate. Or as I prefer to call it: squirt.

Female ejaculation is highly exciting for a woman. The trouble is that many men think its pee and many women are too embarrassed to let themselves go. If you want to get your woman to squirt you must re-assure her that that

feeling she gets where she thinks she's going to pee is actually a feeling that she's going to squirt.

Get her to relax and tell her to force that feeling out.

At first, she may only produce a tiny amount of ejaculate. However, some women can eventually squirt a lot of fluid. Drenching the bed becomes a very real possibility. If you are not excited by this prospect then you must seriously question your sexual beliefs.

When your woman totally lets go for you and you cause her to release all her sexuality in a torrent of sexual fluid; that has to be the best thing in the whole world.

Start using the Deep Spot Method with your woman and use it to give her vaginal orgasms. If she feels the need to pee, re-assure her that it is not a need to pee but rather a need to squirt.

Once you have given your woman a few deep spot method orgasms you will find that orgasms via penetration are much easier to come by. This will transform your relationship with your woman and take your sexual confidence to the next level.

Have fun with this technique and be sure to let me know how you get on. You can drop me an email at: adam@outrageous-orgasms.com

3 Positions For Sexual Success

Sexual positions are *way* over-rated.

This is because there are much more important things to work on in order to ensure that you have great sex. Your beliefs about sexuality, overcoming your size, duration and sexual experience insecurities, the ability to lead, be dominant and talk dirty are all far more important than a new sexual position.

You see, if those things are all wrong, it doesn't matter what position you use... the sex will still be lame. Likewise, if you choose a woman who lacks confidence and has many emotional issues; the sex will also be lame.

In contrast, if you are confident, masculine and choose a high value woman; you are nearly guaranteed to have good sex. So get your priorities right.

With that said, a wide variety of sexual positions is a good way to keep things interesting and make the sex different every time.

Missionary, Doggy Style and Her-On-Top are the basic positions that work the best. Any man can get these positions right. I am now going to show you some easy to use variations (of those three main positions), that you can use tonight to show your woman that you have some sexual imagination.

Missionary Position

The missionary position involves the man on top of the woman, with her legs open and him in between them. It's great for creating intimacy, as it's a face to face position which makes kissing very easy.

Here are three variations of the missionary position that make it even better:

1. Pillow Under Her Lower Back

This is performed exactly as the name suggests.

Just put a pillow under your woman's lower back and then use the missionary position as normal.

The great thing about this is that it causes your angle of penetration to be slightly different than without the pillow. And the effect is that your penis is much more likely to hit your woman's G-spot and Deep Spot.

If you have awakened your woman's Vagina using the Deep Spot Method, the missionary position with a pillow under her back can be a great thing to try as it is likely you will be able to give your woman orgasms during intercourse very easily when doing so.

Remember that orgasms during intercourse are the sexual Holy Grail for women. It's what makes them want a lot of sex. After-all, if *you* couldn't come via penetration, would you bother with it? I think not. So if you make sure you

give your woman vaginal orgasms via penetration, you will be a very happy man in a relationship with a woman who has a very high sex drive.

2. Her Legs Over Your Shoulders

This position involves starting out in the basic missionary position and then transitioning to having your woman's legs over your shoulders. It's pretty easy to do and most women have the flexibility to do so. (If you are with a woman who doesn't have the required flexibility, just use another position. It's no big deal).

The great thing about this position is that it puts you in a very dominant posture and that gives your woman a great feeling of really surrendering to you.

It also makes her Vagina feel tighter for you and your penis feel bigger for her.

3. Your Legs Outside Hers

This position offers a unique sensation for both you and your woman.

Start out in the regular missionary position and then skilfully move your legs outside of hers. From here you can thrust away with all the intimacy of the normal missionary position, but with a very different feel.

Doggy Style

Doggy Style positions involve you bending your woman over and taking her from behind. In these positions your woman will feel completely controlled by you and that gives you a great opportunity to take control of her like a real man, a dominant man and really make her come hard. Take full advantage of this and allow your sexual confidence to show. Your woman will love it.

1. Stood Up

This variation of doggy style is performed with both you and her standing up. Your woman will need something to rest her hands on so she can balance. Your bed, a sink, the kitchen table will all work. The only limit is your imagination.

This is a real “anytime, anyplace” position and is extremely animalistic. As long as you are confident and dominant, your woman will love it.

2. Kneeling

This position is performed the same way as the stood up variation, except for the fact that your woman is on all fours and you are kneeling.

3. Holding Her Hands

This variation of Doggy Style is my favourite.

The more sexually liberated and orgasmic your woman is, the more likely she is to enjoy this one. She will be *totally* out of control and you will be totally in control, allowing you to be “all man” and her to be “all woman”.

This is a recipe for mind-blowing orgasms if ever there was one.

To perform the doggy style position whilst holding her hands, start off in the regular doggy position; kneeling or standing is fine.

Now get her to put her left hand behind her back and then you take hold of it with your left hand (her hand should be palm up and yours palm down). Then do the same with her right hand. You are now holding both her hands behind her back and in effect you have complete control of her, forcing her to surrender to you.

It is possible to really do her hard in this position, and most women love to be taken hard by their man. Add in a dose of dirty talk and be sure to make her come hard.

She’ll feel alive.

Her On Top

Many women like being on top because it allows them to grind their clitoris on their man’s pubic bone and “get themselves off”. If your woman does this be very careful because she is in effect using you as an object to bring her off – not cool.

However, once you have awakened her vagina and can give her orgasms via penetration (without the need for clitoral stimulation); you will find positions with her on top become much more interesting.

Here are three great ones to try:

1. Reverse Cowgirl

This position involves her being on top but facing away from you. It's a great position that gives her access to your balls and you an awesome view of her ass.

But that's not the best bit... she's in the perfect position for you to slap her ass whilst she's riding you. Don't forget to add in some dirty talk and you'll be onto a winner.

2. Reverse Cowgirl, Her Head Near Yours

This is performed the same way as the previous position except for the fact that you'll get her to lean back so that she is laying against you and her head is near yours.

This makes it more intimate than the regular reverse cowgirl and you can now reach round and play with her breasts as you do her and whisper naughty things in her ear – perfect.

3. Her On Top, Facing You, Her Head Near Yours

The regular girl on top position that I described at the start of this section on "Her On Top" positions involves your woman on top grinding on your pubic bone. I'm not a huge fan of this because it puts the man in a weak position (not very dominant).

Once you have your woman coming via intercourse, the following variation works like magic:

Whilst she's on top, pull her head down and bring it close to yours and get her to keep relatively still. Now you can kiss her, talk dirty right in her ear and thrust in and out of her even though she is on top.

This is a great way to make this position a very manly one and add more intimacy than when using the regular variation of her on top.

Key Points About Sexual Positions

- If you know the missionary position, doggy style position and her-on-top positions, you know enough to be an outstanding lover
- The kind of man you are and the kind of woman you are with will have a much bigger effect on type of sex you have than a particular position will (Make sure you are masculine, confident, have the ability to lead and can use your voice to talk dirty. Make sure your woman is high value, has good self-esteem and is free from any major emotional issues)
- Changing sexual positions is a great way to keep the sex interesting. You *must* make the sex different every time
- Once you have awakened your woman's Vagina and can make her consistently climax via intercourse, most positions will be rewarding. If you can't make her come via intercourse, work on it; because that's the sexual Holy Grail
- Don't bother with positions that she is not flexible enough to get into. Discomfort during sex is not a good thing and will distract her from the most important thing – YOU

Part 3: How To Really “Blow Her Mind”

In this section I’m going to teach you about all the things that you must do in the bedroom, aside from techniques and positions. After all, any man who can achieve a hard-on can perform the doggy-style position and most men can learn how to use the Deep Spot Method (although most will never find out about it).

The things that you learn in this section, when combined with the sexual techniques and positions you learned in the previous section, are what will take you from being a decent lover; to being a very good one.

Get excited, because you are about to learn the things that very few men do consistently well in the bedroom...

Chapter 5: More Than Just Techniques And Positions

Duh! Don't Be A Human Dildo

If all you do when having sex with your woman is just pound away at her with no dirty talk, you are nothing more than a human dildo. After all, isn't that exactly what a dildo/vibrator is... an object that a woman can drive in and out of her Vagina in an attempt to bring herself off?

You don't want to be one of those, do you?

I didn't think so.

Well, the truth is that if you want to be more than a human dildo you must act like more than a dildo. Getting a hard-on and thrusting it in and out of your woman does not make you a great lover, no matter how long you can go for (remember what we said about the Porn movies: great staying power is all well and good but if it doesn't result in orgasms for the woman, it's kinda pointless).

In this chapter I'm going to teach you how to do the things in the bedroom that high value women love. These are the things that few men do well and yet nearly all women want their man to do. Just remember that it's your job to know what your woman wants because she will rarely tell you. And having to ask is just lame.

Let's jump right in and talk about...

How To Lead Your Woman

Your woman wants you to take charge of her in the bedroom and lead her through new and exciting sexual adventures. She wants you to be dominant and yes; that means she wants you to dominate her.

By leading her, you automatically display to her that you can do the things every man should be able to do:

- Make a decision

- Take charge
- Display masculinity and sexual confidence

If you don't lead your woman you are in trouble. So you had better learn how to do so and do it fast.

You see, you have to be believable if you want to give your woman the kind of orgasms and sexual pleasure that will cause her to be absolutely crazy about you.

To be effective at leading your woman you must lead right from the start. Take her hand and lead her into the bedroom. Don't ask her if she wants to have sex, just take her by the hand and show her the way.

Or if you are feeling really "cave man" and want to display masculinity and confidence, throw her over your shoulder, carry her to the bedroom, throw her down on the bed and ravage her.

When you are making love to her, tell her that she wants to come and tell her you are going to make her come. When she is about to come, tell her to:

"Come now"

And when she's coming, tell her to,

"Keep coming baby, come harder for me"

By doing all these things, you are effectively leading your woman. Be aware that it is ok for her to make decisions in the bedroom as well as you. For example, if you have just made her come whilst in missionary position and she then asks you to "take me from behind", that's great and you should do so.

Just understand that she wants you to take charge and make 95% of the decisions.

Make Things Different Every Time

There is a very simple way to kill off an otherwise awesome relationship; and that is to keep doing the same things over and over again. This is particularly true regarding sex.

Einstein's definition of insanity was:

“To keep doing the same things over and over again and expect a different result”

I am going to presume that you do not want to be labelled insane.

Therefore...

...in the bedroom make sure you make the sex different every time and this will avoid letting things get boring. When things get boring, people start looking elsewhere for excitement. This is how a lot of women end up cheating* on their man. In the end, he was just a bore.

*50% of women in relationships have cheated on their man at least once.

Don't be a bore. Let your sexual imagination run free and you will find that it is possible to have sex in different ways every time. The differences don't have to be huge, but they have to be there.

When the time arrives whereby a man and a woman have sex twice a week on a Monday and Saturday at 8pm, for 20 minutes, in the missionary position with the lights on... you know that that relationship is broken. There's no excitement, no passion and somebody will more than likely end up leaving the relationship or cheating.

On the other hand, if you lead your woman through a different sexual adventure several times a week and make her come often; you will be with a very happy woman.

To make things different every time, be sure to vary the following:

- *The location.* Don't always have sex in the bedroom. Instead, try different rooms in the house. You could get more risqué and go for the car and of course trips away to a hotel are great ways to mix things up and keep things exciting
- *The Techniques.* Sometimes use the Welcomed Method to give her an orgasm, then give her three Deep Spot orgasms and then penetrate her. Other times just sit her on the bathroom sink, pull her knickers to one side and take her like "your little slut". She'll love it. The only limit is your imagination (I like to let mine run wild)
- *The Positions.* Small variations to the missionary position, doggy style position and "her on top" position can keep things interesting
- *The atmosphere.* Sometimes light candles, make love to her gently, kiss her tenderly and tell her you love her. Other times, throw her down on the bed and ravage her hard and fast and just be totally nasty

I could write an entire book on ways to make the sex different every time, but I think you get the idea from my examples above that with a little thought and a vivid imagination; you can keep the sex fresh and exciting each and every time you make love to your woman.

If you are currently in a relationship where the sex has become boring, be sure to change things up the very next time you have sex with your woman. If your woman links boring sex to you, you are in trouble. You must change things up, do something new and give her orgasms as soon as possible.

The Power Of Your Voice And Dirty Talk

The subject of dirty talk is one of my favourites and it's also an area that most men have absolutely no idea about. So pay very careful attention as being able to expertly talk dirty will make you stand out from all the other guys and it will give you the ammunition you need to get your woman off in a way that will drive her crazy.

A woman's orgasm is a very *mental thing*.

I once dated a woman who told me that she used to think herself to orgasm at 11 years old! YES, this woman could make herself come just by thinking about sex and she was doing it at 11 years old.

Women are truly sexual creatures.

Once you understand that it is possible for a woman to have an orgasm without any touching and via just the thoughts in her head (or the thoughts that you plant in her head), it becomes obvious that as a man, your most important tool in the bedroom is not your penis; but rather your *voice*.

This may be hard for you to accept.

After-all, the popular magazines obsess over “size”, 1000 ways to lick the Clitoris and 101 different sexual positions. And that’s why most guys focus on the wrong things; because the majority of the sexual information out there is lousy.

I am not completely sure why the mental aspect of sex isn’t written about more extensively, but I can hazard a pretty good guess. Many people probably find the idea of dirty talk degrading to women. Feminists do for sure.

A lot of men are embarrassed to talk dirty or have had bad experiences when they tried it in the past. The truth is that the amount of men who either offend their woman or make her laugh when trying to talk dirty is just staggering. And both of those outcomes are terrible.

This might be enough to put you off dirty talk, but don’t let it.

You must do it. You must talk dirty if you want to totally sexually satisfy your woman. She has a brain and a Vagina and you must stimulate both. To only stimulate her vagina is to overlook her most powerful sexual organ; her brain.

The most important thing you must learn regarding dirty talk is the way you frame what you say. Saying to your woman,

“You’re a naughty slut”

Is very different from saying to your woman,

“You are my naughty slut”

Without the use of the word “my” the statement is an insult and you should never say anything like that to your woman. However, telling her that she’s YOUR naughty little slut is very powerful and she will respond favourably to it when she is highly aroused (providing she respects you and you are believable).

Your voice must be deep and clear in order for your dirty talk to be believable. When you work on your voice and start to say the right things at the right time, you will be amazed at how much more frequently your woman comes. It is powerful stuff.

You simply must say the right things and say them at the right time.

For example, if you’ve just started kissing your woman and you are both still fully clothed on your bed; telling her that she’s your dirty little girl is probably not going to go down very well and you may turn her *off*.

However, if you stop kissing her for a second and pay her a sincere compliment, whilst staring into her eyes, such as:

“Baby, you’re so beautiful”

She will probably melt further into your arms and get very turned on.

In contrast, when you’re doing her hard from behind and she is about to come, telling her that she’s beautiful is not the best thing you could do.

Instead, say something like:

“Baby you’re my naughty little girl and you are going to come all over me”

See the difference?

What you say, when you say it and how you say it are all very important.

If you have just met a woman, don’t jump in with the hard-core dirty talk straight away. Instead, build up to it over time as she responds more and more

favourably to your voice. Likewise, if you have never previously talked dirty to your woman, you must start off slowly in order to see what works for her.

Whatever your current situation, regardless of whether you are in a 20 year old relationship or with a woman who you have only known a week... you must talk dirty. It's the key to unreal orgasms and truly un-locking your woman's sexual potential.

Most men don't talk dirty and that's as good a reason as any to start doing it. Most men are lame at sex and they don't use their voice. If you use your voice and talk dirty to your woman you'll be opening up a new sexual world for yourself and her.

Before we move on to the next section I just want to tell you one other thing. Mastering dirty talk is highly powerful but don't overlook how powerful it is for your woman to hear you enjoying yourself too.

Many women have told me that there's nothing worse than a man who ejaculates in silence. It's almost as if that man is being apologetic when he comes.

Be proud to be a man and when you drop your load do it expressively and naturally. It sure as hell isn't natural to do it in silence!

Your woman will respond extremely well when you are vocal whilst receiving pleasure from her.

When she's sucking you off, tell her:

"That feels so good babe"

She'll love it. So make sure you do it.

Here's a 5 step plan to getting really good at dirty talk:

- Get a voice recorder and record your voice. (Do this exercise on your own). Play the recording back and listen out for how clearly you speak and how high/low your voice is. You need your voice to be clear and deep in order to succeed with dirty talk. Fast, high pitched, rushed words

are not going to work in the bedroom. Take your time, slow down and speak with authority

- Once you have worked on your voice, start to read to your woman. It doesn't matter what it is; just read to her. This will get her used to listening to what you say (I have found out from helping many men to improve their sexual relationships with their woman, that after many years of being together; a lot of couples don't really listen properly to each other anymore. This fact makes this step highly important because it will get your woman to concentrate on you and listening to you in a way that she may not have done for a long time)
- After you have read to her a few times, read romance stories to her. This will get her used to you talking to her about sexual things. This is a great way to transition to dirty talk if you have never really used your voice during sex before (by reading romance stories to her you will also get her very turned on and ready for sex. Women love romance, almost without exception)
- Next, progress to paying your woman a couple of sincere compliments. When you are un-dressing her in the bedroom, tell her how sexy her body looks and how good she feels in your hands. She'll melt if you deliver these statements with sincerity
- Once you have done all the other steps, it's time to start talking dirty to your woman. When you are inside her, tell her how good it feels to be inside her. When she's about to come, *tell* her to come. When you are about to come, tell her to make you come. Most of the time dirty talk is simply a matter of being brave enough to say what you are thinking.

I'm sure you have thought the following things whilst making love your woman:

"It feels so good to be inside you"

"You're my dirty little girl"

"Come for me"

“Come harder”

I’m sure you get the idea. Now is the time for you to step up and *say what you are thinking*. Your woman will love you for it and you will give her outrageous orgasms when you start talking dirty to her.

Just remember that your success with dirty talk comes down to three things:

- What you say
- When you say it
- How you say it

Be “The Best She’s Every Had”

I am willing to bet that you want your woman to see you as *the best she’s ever had*. But how do you do it?

For starters, working on everything we have discussed in Better In Bed so far will help. In fact, it will put you ahead of 90% of all the other guys out there.

However, overcoming your size, duration and sexual experience insecurities, using advanced techniques (like the Welcomed Method and Deep Spot) and talking dirty to your woman are not enough to ensure that you totally satisfy her.

Here’s why...

Many men do one of the following things after they have come and the sex is over. They:

- Go to sleep
- Go to the toilet
- Go get a shower

- Turn on the Television

Doing any of these things is a big mistake and will not strengthen the feelings your woman has for you.

What you must do after the sex has finished is *engage in light-hearted conversation* with your woman. This brings her back to reality, which is important after you have led her through a sexual experience where you may have called her your “dirty little slut” and other similar things.

This conversation should be relaxed in nature. Now is not the time to discuss contentious issues like politics or religion. No, no, no; now is the time to tell your woman how much you love being with her, how much you enjoy sharing your time with her, how good she makes you feel and how happy you are to have her in your life.

When you do this you are showing her that you care about her, that you see her as more than just a sexual object and the outcome is that you will strengthen the emotional connection that you have with her.

Women need an emotional connection with their man in order to totally surrender to him and have the best sex possible.

So in order to be “the best she’s ever had”, YES you must give her great sex, but don’t think that that on its own is enough. Talk to her after sex and show her that you care about her and that she’s special to you.

When you do this with your woman, she really will feel like she has hit the jackpot and she will see you as *the best she’s ever had*. At this point she will never cheat on you. I mean, why would she? She has everything that a woman wants... A man who she connects with emotionally, who is awesome in the bedroom and who really treats her well and makes her feel special.

Now She Wants It Every Day

It is every man’s dream to have a relationship where his woman wants to have sex with him every day. Unfortunately, this is not the reality for most couples.

Most men allow the sex to become boring and predictable. When the sex becomes boring and predictable, the women don't want it.

Boring and predictable sex is probably enough to make the man come and therefore he is still happy to do it. However, it usually is not enough to make the woman come and she will therefore stop wanting it.

The solution to the problem and a sure-fire tried and tested proven method to make your woman want sex every day is as follows:

Just give it to her *really good!*

Sounds simple, *right?* And it is. But it works and it is actually all that's required to keep a woman's sex drive and sexual desire sky high.

Just practise everything that we have covered so far in Better In Bed and you will have a very happy woman on your hands; one who wants you to take her all the time and treat her like your "dirty little girl".

You now know the secret to making your woman want to have sex with you every day. Believe me when I tell you that that simple, yet devastatingly effective secret is a total mystery to 99% of men out there and many women as well.

Many women think that when their sex drive declines it is due to their age or a physiological problem. In 99% of cases nothing could be further from the truth. All they need is a real man.

Make sure you are that *real* man...

Part 4: On Being A Real Man

In this section I am going to teach you about some of the most important things that you should work on outside of the bedroom. These are things that women love in a man.

To try to become a better lover simply by working on what you do in the bedroom is to ignore the bigger picture. A high value woman will not go to bed with just any old man. She requires a high value man. You are about to discover some of the things that will allow you to become a high(er) value man.

Chapter 6: Stand Out From Every Other Man

When you combine a good knowledge of how to behave like a real man in the bedroom, with the things that you are about to learn about in this chapter; you will be more attractive to women and have better relationships with them. Period.

This is a good thing regardless of whether you are currently single, in a fairly new relationship or in a relationship that is years old. These ideas will make you a better-rounded individual.

After-all, there is no point in having awesome skills in the bedroom and being a loser outside of it. No matter how good a man is in the bedroom, no high value woman will stay with him in the long-run, if he has nothing going on outside of the bedroom.

Your Sexual Beliefs

I actually wanted to start this book with this section because it is the most important section of the whole book. However, I was persuaded by people I trust and that I work with that most guys reading this book would want to see the stuff about sexual techniques and positions and such like, early on.

And I understand that, because those are powerful techniques and ideas that can be used straight away. However, what I am going to talk about now is absolutely crucial to your long-term success in the bedroom.

Your beliefs are the foundation for everything you do with a woman both inside the bedroom and outside of it. If you have lousy beliefs about woman and sex, you will never be as good a lover as you could be if you changed those beliefs for some more empowering ones.

What you believe is the most important factor in how good of a lover you are right now and how good you can become.

If you believe you can become a great lover, your brain will find a way to make that a reality for you. And if you believe you can't become a great lover, you'll find that unfortunately that will always be your reality.

Beliefs are powerful things, so you must take an honest look at your sexual beliefs and your beliefs about women. And then you must strengthen the beliefs that are empowering and get rid of the beliefs that are disempowering.

In this case, an empowering belief is a belief that allows you to get closer to your goal of becoming a great lover. Therefore, it goes without saying that a disempowering belief is a belief that holds you back and slows down your path to sexual mastery, or worse; prevents it altogether.

Right now, I want you to do an exercise. Spend at least 10 minutes (and preferably 15 minutes) writing down everything you believe about women, yourself and sexuality.

These beliefs will look something like this:

- I believe women are...
- I believe I am...
- I believe sex is...

Now be really honest when you do this. Nobody else is going to see what you write and it will give you a powerful insight into what beliefs you hold about yourself, women and sexuality that are good and which beliefs that have about yourself, women and sexuality that are bad.

Have you made a list?

If not, stop reading right now and spend 10 to 15 minutes doing the exercise. If you don't do it you will not get the best out of everything else in this book and you will slow down your path to sexual mastery. I'm sure you'll agree that 10 to 15 minutes is a short price to pay if it frees your mind up and allows you to become a sexual master...

So now that you have your list of empowering and disempowering sexual beliefs, let's take a look at:

The Beliefs That Make You A Lousy Lover

There are literally hundreds of things I've heard men say; things that they truly believe... that are so lame I can't stand to hear them. I'm going to share with you a list of disempowering sexual beliefs and if you have any of them yourself, get rid of them.

Here are some examples of really bad *sexual beliefs* that many men have:

- Women are only good for one thing (sex)
- Women don't want sex
- Women aren't as sexual as men
- Women don't deserve sexual pleasure
- If a woman wants to have sex, she must be a slut
- I need a bigger tool to be a good lover
- I must be able to go for an hour straight in order to be a good lover
- I need to sleep with more women and gain lots of "sexual experience" in order to become a good lover
- I keep thinking my woman is going to cheat on me
- I must slowly and gently make love to my woman every time we have sex
- I don't talk dirty to my woman because it might offend her
- I am not a good lover and I never will be
- I think my woman should instigate sex every time it happens
- I think it's ok to ask my woman for sex

Now I could keep going on and on with this list but these are some of the most common beliefs that many of my clients have when I first start working with them. The first thing I do is get them to throw away any beliefs like the ones above and start focusing on developing some empowering sexual beliefs.

I want you to do the same right now. Go ahead and feel free to just let go of any of these limiting beliefs.

You'll instantly become a better lover.

Now let's look at the really juicy stuff. Pay attention because this is one of the most important parts of this whole book...

The Sexual Beliefs Of A Real Man

Obviously, every man has his own beliefs and each person is unique. However, every man who is an exceptional lover who I have spoken with shares some or all of the following beliefs (or his personal take on them)...

- Women are amazing
- I totally respect women
- I love women
- To give a woman incredible pleasure is the greatest pleasure in my life
- Women are wildly sexual
- Women deserve sex from an exceptional lover
- Women can come over and over again
- Every woman is different and unique
- Women can come in many ways
- Women can come through penetration and do not necessarily need Clitoral stimulation in order to do so

- I am proud to be a man
- I am proud of my 'tool'
- I know I can please any woman
- I adore the scent of a woman
- I have high standards and choose which women I date very carefully
- I know that my voice is a powerful tool and talking dirty to a woman is one of the most important sexual abilities I have
- I am confident in my ability to please any woman and give her intense orgasms
- I understand and embrace the fact that soft, slow, loving and gentle sex has its place... as does downright nasty, dirty, rough and fiery sex
- I love to take charge and lead women through sexual experiences
- I treat my woman like a lady outside the bedroom
- The more I treat a woman like a lady outside the bedroom and be the perfect gentleman... the more she'll open up to me inside the bedroom and become my naughty little slut

You should be able to see that if two men knew the same sexual positions and techniques, but one had a lot of beliefs like the ones in the first list and the other had beliefs like the ones in the second list; they will have very different sexual experiences with women.

Your beliefs are the foundation upon which all of your interactions and sexual experiences with women are based. So you must choose your sexual beliefs wisely.

If you believe you can be a great lover you will be.

If you believe that women will love you; they will.

If you believe you have plenty of size; that'll be your reality.

And so on.

Likewise, if you have negative beliefs; they will shape the man and the lover you are and become. So choose your beliefs wisely and set yourself up for sexual success.

Your beliefs are the hardest thing to change. Learning a new technique or position can take just a few minutes. But changing your sexual beliefs can take much longer. Fortunately, if you commit to doing so and as a result develop a set of very empowering sexual beliefs, you can expect the following:

- Women will love you
- You will instantly improve as a lover, without learning any new *tricks, techniques or positions*
- Size issues will be a thing of the past
- You will look at women in a new way... and they'll do the same with you
- You can start to experience the kind of sex with your woman that you had only ever previously dreamt of (the kind of sex that only 1% of men know how to give to a woman)
- You will be able to give your woman earth-shattering orgasms in a variety of ways

If it sounds good, that's because *it is*. Every successful person in any walk of life has some empowering beliefs. Sexuality is no different. Start to take an honest look at your sexual beliefs and throw out the bad ones, keep the good ones and develop some *exceptional* ones. It's the first step you must take on the path to sexual mastery.

(If you still haven't done the exercise, please go back and do it now; *before* you read on).

When you work on your sexual beliefs and end up with a set of rock-solid, empowering ones, you will automatically develop...

Confidence

Women love confidence in a man, both inside the bedroom and outside of it. We have already talked about confidence *inside* the bedroom, manifesting itself as the ability to lead and be dominant and use your voice to give your woman outrageous orgasms.

In order for your woman to really think you are amazing, you must be confident *outside* the bedroom too. Notice that I say confident and not arrogant. Arrogance is un-attractive and a major turn off for most woman.

By confident I mean *sure of yourself*.

Walk with good posture, your stomach pulled in, your chest out and your head held high.

Be polite and personable to everyone you meet.

When you are arranging something with your friends; a day out or a meal at a restaurant... take charge and make the event happen.

All these actions demonstrate to your woman that you are a leader of men and extremely confident. This confidence will make her want to be with you even more and yes, that means she will want you to take her to the bedroom and show her wild sexual experiences more than if you lack confidence outside the bedroom.

If you lack confidence, work on it. See how confident men act and try to model (copy) their actions. Watch the way they carry themselves (posture), observe *what* they say and *how* they say it.

Do this enough and pretty soon you will be displaying levels of confidence way above those of the average man. This is a good thing to do whether you are currently single (as it will help you attract a new woman), or if you are in a relationship (because it will increase your woman's attraction for you).

Get A Life

In order to be a great lover in the long-run, you must have a life. I have male friends who are good in the bedroom but have little going on outside of it. They don't have a good job/career, they are not ambitious and generally don't come across as very motivated or driven individuals.

The end result is that these guys have a lot of exciting flings with women. Flings that last a couple of months. But the trouble is, a high value woman wants a man she can respect and once she realises there is little more to this man than his ability to charm a woman and impress her in bed; she no longer wants to be with him.

To be the best lover you can be; you must be the complete package - skilled in the bedroom *and* outside of it.

Have you ever noticed how very successful men, who are financially rich (and sometimes famous) often have a beautiful woman in their life? This is not just a coincidence and it is easy to say that these women just want the guy's money. It is true, some might. But it's also true that success is a *turn-on* for women.

Women are attracted not only to a man's personality, but also to his power, success and status.

Now please do not miss-understand me, I am not saying that you need to be one of the richest men in the world to satisfy a high value woman. Nothing could be further from the truth.

However, what I am saying is that if you strive to improve yourself outside of the bedroom and achieve success in many areas of your life, your woman will respect you more and be more attracted to you. And this means more sex. When attraction goes up, the frequency of sex tends to go up.

You can improve yourself in many ways that are attractive to a woman.

If you are overweight, lose weight.

If you are unhealthy, get healthy.

If you hate your job, quit and start doing something you love.

If there is the chance of a promotion at work and you are one of ten guys who could win it... try your best to win it.

Commit to being a little bit better in every area of your life, every single day and you will be pleasantly surprised at how much of a positive impact this has on you and your woman. She'll respect you for it. And as you are about to learn, respect is one of the most important aspects in all wildly exciting, happy and fulfilling long-term sexual relationships...

Part 5: Wildly Sexual Relationships That Last Forever

In this section I am going to talk to you about all the factors that will help you create a wildly sexual relationship that stands the test of time. It's one thing having a couple of months with a woman that is a lot of fun, but getting that fun to last for the long-term eludes many couples. Once you have read this, it won't elude you.

Chapter 7: The 3 Values You *Must* Understand

There are three values that are at the heart of all wildly sexual, happy and fulfilling relationships. In this chapter you are going to learn about what those three values are and how you can make sure that you develop them with your woman.

I will warn you now that if you do something that destroys any one of these values, the quality of your relationship with your woman will decrease; both inside the bedroom and outside of it.

Honesty

Honesty seems to be something that many men struggle with. They just can't help but tell lies to their woman. Some men do it frequently and others on occasion.

You must buck the trend and be honest with your woman *at all times* because without honesty, your relationship is doomed to failure.

A lot of men struggle to be honest for two reasons. Firstly, because they are doing something that they know their woman would not approve of. Secondly, because their woman asks them a question that makes them feel uncomfortable, so they choose to give what they perceive as being the easy answer; a lie. In the long-run this always back-fires and the "easy" answer turns out to be not so easy after-all.

Many men in relationships cheat on their woman and this is an obvious time when they tell lies or become noticeably evasive. Those men who won't let their mobile phone out of their sight are examples of this. What are they afraid to let their woman see? Text messages from another woman? Rude photos? Probably.

If you find yourself wanting to cheat on your woman, it is time to be honest with yourself. Is she really the woman for you? If not, leave her. Are you trying to get the "best of both worlds" by having your woman and a fling behind her back? If so, man up and make things work with your woman and stop looking

for extras. You must realise that you will have the most *mind-blowing sex* when you are honest and have a clear conscience.

There is nothing wrong with seeing multiple women at once. Just make sure you are honest about it and that they all know the score. Those guys who tell a woman they are fully committed to her and then actually have three other women on the go at the same time are not “players”, they are losers. Sexual relationships are emotional things and to play with a woman’s emotions in a negative way is not cool.

Honesty rules at all times.

If your woman asks you questions that you feel bad about answering honestly, do so anyway; just be tactful about how you do it.

For instance, many men hate it when their woman asks them if they think they have put on weight. If your woman asks you this, there is a right way to go about answering and a wrong one.

If she has put on weight, there is no point telling her she has not because she will more than likely carry on doing whatever she has been doing to put on the weight (eating too much) and put on even more. This is not what either of you want in the long run.

An elegant way to handle a situation like this would be to give her a kiss, tell her you adore her and that she’s very sexy to you. Then slip in that she looks like she may have put on a few pounds, but it is ok because if she just stops eating that bar of chocolate that she has been eating every night for the past two weeks; the weight will fall off very quickly.

I hope you see how you can be honest at all times. Lies will always catch up with you and once they do you will destroy...

Trust

To have a really amazing relationship with a woman and give her outrageous orgasms on a regular basis, she must fully surrender to you in the bedroom. She must be all woman and you must be all man.

You must lead her and she must follow.

You must be dominant and she must be submissive.

In order for these things to happen, your woman must totally trust you. Remember, you are much bigger and stronger than her physically, so for her to give herself to you in a sexual sense is actually quite a big deal.

Furthermore, giving herself to you emotionally is a very big deal. When she fully surrenders to you and you blow her mind in the bedroom, giving her multiple orgasms, vaginal orgasms and other such pleasures; she has a lot to lose if the relationship goes wrong. When the sex gets that good, she will be very emotionally attached to you.

In order for her to allow herself to get to that point, she simply has to trust you. And that's why being honest is so important, because it allows trust to be formed.

If you break your woman's trust, you have trouble on your hands. Once trust is broken it is very hard to get it back.

We all know a friend who has cheated on his woman and yet the woman stays with him, but then she brings up the fact that he cheated on her every time they have an argument, regardless of what that argument is about. This is not the basis for a happy sexual relationship, but it is exactly what happens when a man breaks a woman's trust.

Things will *never* be the same again.

So be honest at all times and you will be rewarded with trust. With the trust of your woman, you have a woman who you can lead in the bedroom, which is exactly what you must do if you want to give her sensational sex.

If you break the trust of your woman, you are often better off leaving her than trying to make things work.

Don't get me wrong, it depends on the situation and sometimes trust is salvageable. But if you do cheat on a woman, I can guarantee you that you will break trust and do damage to the relationship that is partly irreversible. If you

do this, things will never again be quite the same inside the bedroom or outside of it.

Respect

Respect is *essential* to the success of the relationship you have with your woman. You must respect her at all times and she must respect you.

In order for your woman to respect you, you must be respectable. To be respectable - tell the truth and act like a man. Be confident, masculine, make decisions and be a good person.

If you do something or act in a certain way that causes your woman to lose respect for you, your relationship with her will deteriorate. She won't want to have sex with you as frequently as she once did and the sex won't be as good.

Keep this in mind at all times and never do anything that would cause your woman to lose respect for you.

The more you improve as a person, the more your woman will respect you. The more healthy and fit you become, the more your woman will respect you. Same applies if you get a promotion at work, start a successful business, make new friends and so on. Do everything you can to ensure that your woman respects you at all times.

Chapter 8: What You Must Do Outside The Bedroom

A great lover knows how to treat a woman outside of the bedroom as well as inside of it. In this, the final chapter of *Better In Bed*, you will discover all the things that you must do to ensure that your sexual relationships are balanced and last a long time.

A relationship can only survive on great sex for so long. To stand the test of time it must be dynamite in all areas, not just in the bedroom.

Appreciate Your Woman

Every woman wants to feel appreciated by her man, yet it is true to say that many men end up taking their women for granted, especially as relationships evolve over time.

If you are with a high value woman, you must appreciate her because she won't stand for anything less. High value women will not tolerate being taken for granted for very long and they will either cheat on their man (with another man who appreciates them) or flat out leave their man and find a better one.

Appreciation can be shown in many ways...

When your woman does something for you – be it making you a cup of coffee, or surprising you with an unexpected gift; make sure you say “thank you” and tell her how much you appreciate her.

In contrast, you can show your appreciation for your woman by doing things for her that you do not have to do, but rather want to do; simply because you adore her.

For example, you could make her breakfast in bed, or take her shopping for clothes. These kinds of things may not be the most exciting things in the world for you, but to a woman they mean everything.

And the more often you do things like this for your woman, the more she will want to be with you and yes; the more she will want to have sex with you.

The equation is simple, yet remains a complete mystery to 99% of men:

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- **Treat her really well *outside* the bedroom (and appreciate her) and she will totally give herself to you *in the bedroom* = a very happy, fulfilling sexual relationship.**

It is not difficult to show your woman that you appreciate her, but at the same time it is easy to not do it. Make sure you do not make the mistake of taking your woman for granted because the results will not be favourable if you do.

However, if you do all the “bedroom stuff” that you have learnt about in Better In Bed and then really show your woman that you appreciate her outside the bedroom; you will be doing what most men can’t and will be well on your way to a sexual relationship that lasts a long time and gets *better* with age, not worse.

“Date Nights”

Date nights are a great way to keep a relationship interesting and exciting.

Most men think of “dates” as something they go on when they first meet a woman and usually see them as something they have to do before they get sex. This is *not* the right way to view dates.

For a sexual relationship to last, you should make it your mission to take your woman out on a “date” quite often. This is especially important if you both have demanding jobs and/or children because life can end up feeling like a constant rush, with no time for each other.

A date night helps relieve that feeling and is an opportunity for you and your woman to spend some *quality time* with each other, with no distractions – work, children or otherwise.

And make no mistake; after an awesome date, your woman will be very interested in ending the night by having **amazing sex** with you.

Let me ask you a question...

When do you think your woman will feel most like having sex with you and totally surrendering to you? Either...

- When you have both worked hard all day, not had any conversation together and then end up in bed together, tired and sleepy at 11pm?

Or

- When you have made the effort to take your woman out, wined and dined her, or taken her to the theatre and spent some real quality time with her?

The answer is obvious and I hope you said the *second option*.

These date nights are easy to do, yet most men can't be bothered to make the effort. I'm asking you, for the sake of the happiness and fulfilment of women all around the world, to take your woman on a "date" at least once a week. I'm being deadly serious here; if more men did this there would be a lot more happy and satisfied women in the world.

And don't make the mistake of asking her what she wants to do. The date is actually an opportunity for her to "go with the flow" and follow *your* lead (just like you want her to do in the bedroom). So use dates as a chance to show her that you can make decisions and plan a really good night.

Here are some great options for "date nights":

- Dinner at a restaurant (sit next to your woman whilst eating because it's so much better than sitting across the table from her)
- Theatre
- Cinema (be sure to pick a film she is going to like; now is not the time to be selfish)
- Go for a romantic walk (woman love romance)
- Get in the car and drive (it doesn't matter where, just share the time together, put your favourite tunes on the stereo and enjoy each other's company and conversation)
- Cook dinner for her

As ever, the only limit for what to do on a date night is your imagination. Just remember to put your woman first, don't be selfish, surprise her and take control. She'll love you for it, it'll enhance the quality of your relationship with her and date nights will almost always end with *great sex*. Perfect.

Special Occasions

If "date nights" are something you should utilise regularly (like once a week) to enhance the quality of your relationship with your woman, "special occasions" are an excuse to really *blow your woman's mind* several times a year and totally strengthen your relationship with her.

If you think about it, there are tons of special occasions that you can take advantage of to do something amazing with your woman.

Here are some tried and tested special occasions that you should definitely capitalise on. If a man is sat at home watching television with his woman on nights like these; then he deserves for her to cheat on him...

- Her birthday
- Your birthday
- Valentine's Day
- New Year's Eve

Now the occasions in the list above are obvious, but if you think a little harder; you will see that special occasions occur much more often than that. If you or your woman get a promotion at work, win a sporting event, achieve a big goal... all are reasons to celebrate and can be loosely termed "special occasions".

Now you may be asking where this is going. Here's where:

Use occasions/events like these as the perfect opportunity to book a night or weekend away somewhere exciting with your woman. "Date nights" are great, but a night away in a hotel or a weekend away somewhere that your woman loves (or has never been too before but really wants to go) is magic.

Take her to a great hotel, wine and dine her and make the most of the amazing sex that she will want to have with you because you have done this for her.

It works every time and these special occasions are there to separate the men from the boys. The real men use them to show their woman a really good time.

Make sure you do the same.

Here are some things to bear in mind when you are booking nights or weekends away with your woman:

- Woman love surprises and it is great if you can hold off telling her where you are going. However, do make sure to tell her that you are planning something on “xyz” date and that she must keep it free. I know a couple of friends of mine who failed to do this and it turned out that their women had work commitments that they could not get out of on the date they had planned the night away. Major bummer. Don’t make the same mistake. Tell her the dates to keep free but feel free to keep the location a mystery
- If you are planning to go somewhere you and your woman have never been before, don’t be selfish when choosing the location. Think about somewhere she has always said she would like to go to and go there, as opposed to simply picking somewhere you would like to go
- Don’t skimp on hotels and restaurants. In general women love nice hotels and great food. Pick the best of both that you can afford
- Do some research before you arrive at your destination. This way you can plan your time and lead your woman through a series of “mini-adventures” whilst you are there. There is nothing worse than having three days in an unfamiliar place and spending the best part of the first day just working out where everything is. That is *not* exciting for your woman or you. So plan up front and your woman will think you are brilliant. After-all, it’s another excuse for you to demonstrate that you are a real man who can make decisions and lead his woman

Now She's Crazy About You

When you get to the point where you have:

- *Overcome* your own sexual insecurities
- Learnt the sexual techniques and positions that will *blow your woman's mind in the bedroom*
- Discovered how to *confidently lead* your woman, dominate her, talk dirty to her and make it different every time
- Made your own sexual beliefs *empowering*
- Committed to treating your woman *exceptionally well* outside the bedroom....

She will be crazy about you. It's as simple as that.

What I'm really saying is; make sure you master the material that you have read up to this point in **Better In Bed** because when you do, you'll be so far ahead of all the other guys, that keeping a high value woman in your life will be easy. After-all, why would she want to be with anyone else?

If you appreciate her and treat her well outside the bedroom and totally take her breath away inside of the bedroom, I assure you that she won't want to be with anyone else.

Which leads nicely into...

Why She'll Never Cheat On You

People only cheat when they are not happy in some way. That's a fact.

What's interesting is that women sometimes cheat on their man when they are unhappy in a *particular area* of their relationship.

For example, I know women who have cheated on their man because he was lame in the bedroom. That one's pretty obvious, *right?*

However, I also know woman who have cheated on their man because of the way he behaved *outside of the bedroom*. In the bedroom he gave her great sex, but outside of it he spent too much time with his buddies watching football and generally ignoring her and taking her for granted.

Basically, he didn't appreciate her.

And guess what?

That's right; she cheated on him with another man.

What's interesting is that the man she cheated on him with was actually only mediocre in the bedroom, but he treated her so well outside of it that she could not resist him at that point in her life.

He gave her what her man was not giving her. He filled a hole in her life at the particular time (pardon the pun).

So sometimes woman will cheat for reasons other than sex. The moral of the story is to make sure that you pay attention to your woman outside the bedroom, as well as inside of it. You cannot be an outstanding lover unless you do that.

The great thing is, when you appreciate your woman outside of the bedroom, do nice things for her, take her on date nights, support her in all that she does and then treat her like your "naughty little slut" in the bedroom and give her earth-shattering-orgasms... SHE WILL NOT CHEAT ON YOU.

It's as simple as that.

Part 6: The “Better In Bed” Summary

- **Size Doesn't Matter**

Despite society's obsession with the size of the male 'tool'... it doesn't matter. If you are alive, have a brain and a penis that works; you have what it takes to please your woman in the bedroom.

The only time size would ever become an issue is if YOU think it is because this thought process will rob you of your masculinity and sexual confidence.

The bottom line: Be proud of your tool

- **It's Not How Long You Last, It's What You Make Happen**

Many men think that if they could just go for a bit longer whilst they are penetrating their woman, they'd be a better lover.

This is hogwash.

A five minute quickie where you give your woman five orgasms is infinitely better than pounding away at her for an hour and giving her none. Never lose sight of that fact.

With that said, there are some simple ways to make yourself last longer.

Here are three of the best: Maca Powder, improving your diet and getting some exercise, and learning to control your breathing (slow, steady breathing rules when it comes to lasting longer)

- **Sexual Experience Doesn't Count; Real Knowledge Does**

Mindlessly sleeping with dozens of women does not guarantee that a man will be great in bed. Yet many people perceive that a man's sexual ability is directly related to how many woman he has slept with and therefore label a man who has slept with many women as "sexually experienced".

However, if you master the ideas, concepts and techniques that I have laid out for you in **Better In Bed**, then I don't care if you have never slept with a single woman before... because the first one who you do sleep with will get shown the time of her life.

Knowledge is power and this is true of sexual knowledge; it really does equal sexual power. Read this book over and over again until you understand and regularly apply all of its contents. You will be dynamite in the bedroom when you do and your woman will love you for it.

- **The Welcomed Method And Deep Spot Method**

These techniques are very different to each other but both are very powerful ways to give your woman an orgasm.

The Welcomed Method is a great way to give your woman her first orgasm of a particular "session". Alternatively, it is a perfect way to give your woman amazing pleasure on the odd occasion where you might not feel like having sex but she does.

Remember; always be true to yourself. Never have sex just because your woman wants to – you can give her pleasure without having sex. The Welcomed Method is a great way to do so.

The Deep Spot Method is a way to give a woman **powerful vaginal orgasms**. It effectively "awakens her vagina" and makes it much easier for you to give her orgasms during intercourse.

Oftentimes your woman will feel as though she is going to urinate when you use the Deep Spot Method on her. She is in fact going to squirt (ejaculate). Re-assure her of this fact.

- **Sexual Positions: Keep It Simple**

Mainstream magazines often make out like a specific sexual position is the key to satisfying your woman in bed. Nothing could be further from the truth.

There are three simple and effective positions that nearly every woman enjoys: Missionary, Doggy Style and Her-On-Top. With a little thought and imagination you can make enough variations of those positions to keep things interesting forever.

The Karma Sutra is not required.

- **The Power Of Leading Your Woman**

You must lead your woman through the sexual experiences she shares with you. Leading is a man's job. Weak, insecure men fail to lead and fail to make their woman come. Strong, confident men lead their woman every time.

When you are sat on the sofa with your woman and you feel like it is time to go to the bedroom, do not wait for her to ask. Instead, stand up, take her by the hand and lead her to the bedroom. Or better still, put her over your shoulder and carry her there. She'll love it.

When you're in the missionary position and want to change to doggy; don't ask her if she wants to, just tell her to do it. You'll be surprised how well she responds.

When you are doing her hard and you can see that she is about to come, tell her to do so... *"Baby, come all over me"*. She'll love it when you do.

- **Make It Different Every Time**

Not much more to say here.

If you do the same things over and over again, the sex will quickly become boring and your woman will stop wanting it as often.

To make sure this does not happen... vary the sexual positions, the location, the things you say to her and anything else you can think of. Variety is good.

- **A Woman's Orgasm Is A Very Mental Thing**

The porn movies teach us that it is possible for a woman to be taken very hard for a very long time and yet not have an orgasm. Which is not cool.

A woman's orgasm is very mental and that's why Dirty Talk is so powerful. You *must* use your voice in the bedroom if you ever want to have mind-blowing sex with your woman and give her *earth-shattering orgasms*.

When you are undressing her, tell her how beautiful her body is. When she's giving you a blow job, tell her how good it feels. And when she's coming, tell her to come even harder.

When talking dirty, remember that a *deep, powerful voice* is required in order for you to be taken seriously.

And remember that context is everything. Never call your woman a slut. But you may get to a point where she loves it if you call her "My naughty little slut".

"My" is the important word there.

- **How To Make Her Want It Every Day**

Just master the techniques and ideas in **Better In Bed** and your woman will want it every day. It's as simple as that. No point making it any more complicated.

When *you* give your woman lots of orgasms, she'll want to have more and more sex with you. Orgasms are king.

- **Sort Out Your Sexual Beliefs**

You want to make sure that your sexual beliefs are empowering and not disempowering. Said differently, get rid of any sexual beliefs that are stopping you from being an outstanding lover and replace them with sexual beliefs that will allow you to become an outstanding lover.

The most important belief that I know most men who are very good in bed have is this:

“Pleasing a woman is my greatest pleasure”

When you truly believe that, you will go out of your way to make sure that you can do it in a way that most men can never hope too and in a way that will make your woman crazy about you.

The section on “Sexual Beliefs” is the most important part of **Better In Bed**. Read it over and over again and do the exercise until you have an outstanding set of sexual beliefs.

- **Sexual Confidence Is Very Powerful**

Women love a man who is sexually confident. Avoid being arrogant though as many women find this a turn off.

By leading your woman, making the sex different every time and talking dirty to her; you are displaying sexual confidence. She will respond well to these things, so *make sure* you do them.

- **Honesty, Trust And Respect: Essential Ingredients For Any Wildly Sexual Relationship**

Be honest with your woman *at all times*. Tell the truth. That way she will trust you. And when she trusts you, she will surrender herself to you. This is essential if you are going to have really wild, orgasmic sex with her.

Respect is extremely important in maintaining a long-term relationship that gets better with time. Respect your woman at all times and do not give her any reasons to stop respecting you.

If you break your woman's trust and she loses respect for you, the sex will often become less frequent and she won't be as comfortable with you; which usually means fewer orgasms. Unfortunately, at this point it's often easier to walk away from the relationship and start again with someone new.

The bottom line is: *don't break your woman's trust*. Be honest and have respect for her at all times. Also vitally important is that your woman respects you. If she doesn't, leave her. *You* deserve better.

- **What You Do Outside The Bedroom Is Just As Important As What You Do Inside It**

If you really want your woman to become your dirty little girl and totally give herself to you in the bedroom, you must treat her very well outside the bedroom.

Appreciate her at all times and avoid taking her for granted. Be sure to take her on a "date" at least once a week and use special occasions as the perfect excuse to take her away for a weekend. These things strengthen your relationship, enhance your woman's respect for you and get her to open up to you in the bedroom even more.

- How To Make Sure She'll Never Cheat On You

I know from my research and work that many men fear that their woman is going to cheat on them. I also know that 50% of women have cheated on their man at some point.

So the fear is very real.

However, despite these fears and statistics, the real secret to ensuring that your woman never cheats on you is right here for you...

Treat her amazingly well outside the bedroom and make sure you give her intense, "mind-blowing orgasms" every time you are in the bedroom with her.

Fortunately for you, the ways to do that are all described in this book, "Better In Bed".

I wish you every success in your quest to become a better lover and I'd love to hear from you. Feel free to email your questions and success stories to:

adam@outrageous-orgasms.com

Remember that knowledge is power, but only when you use it. So start practising what you've learnt in **Better In Bed** straight away. Put differently... go put a *massive smile* on your woman's face tonight!

Adam Armstrong.

Adam Armstrong
Author of "Better In Bed"

If you want to take your 'bedroom game' to an even higher level, check out some of my *advanced* training programs and services...

Ultimate Orgasm Techniques



Ultimate Orgasm Techniques is a Video and Audio based training program that will teach you dozens of techniques for giving your woman clitoral, vaginal, multiple, squirting and anal orgasms. To learn more, click the link below:

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