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Sex POSITIONS



A Beginner's Guide to Sex Positions for Incredible Couple's Experiences, Boost your Sexual Energy and Become a Master of Kamasutra with Secret Techniques for Men and Women



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Incredible Couple's Sex Experiences, Boost your
Sexual Energy and Become a Sex Master with
Secret Techniques and Tips for Men and Women.*

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Introduction

Congratulations on your purchase of *Sex Positions* and thank you for investing in it. This book has been written to help guide those that are inexperienced in the realm of sex and lovemaking.

I decided to write this book because I grew up in a house that was seriously lacking in communication. I had no idea what I was doing when I first started to become intimate with others and it was utterly terrifying. No one should have to feel this way.

Learning about the difference in having sex and making love is something everyone needs to know. Becoming aware of a good choice in partners and what to do once things get hot and heavy is equally as important. I fumbled through the steps and eventually got it all figured out, but it was a long and arduous journey.

I decided to share the knowledge I have gained to ensure that men and women were able to make solid decisions in partnering and have the confidence and knowledge they need to not only find pleasure in sex but also provide amazing orgasms to their partners.

There is so much that one needs to learn to become a stellar sexual partner. From dirty talk to foreplay and sex positions, it is amazing what a little bit of information can do for you, as well as, your partner. One thing that is key to remember is, don't be scared and always be ready to enjoy the ride.

There are plenty of books on this subject on the market, thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible, please enjoy it!

Chapter 1: The Spirituality of Love



Love is a subject that is commonly discussed. It is a feeling that some of us have had multiple times and one that others are still waiting to experience. It comes in many different forms. Obviously, the way you love your parents is not the same way that you love an intimate partner. Regardless, love exists and can be one of the most profound feelings you have ever experienced.

Love can be one of the most confusing feelings that people experience. Whether you are looking for it or not, it is something that we, as humans, seek out. The world around us helps to shape us to search for love. From the time we are babies we start to see love, or a lack thereof, from our parents. We also see the love in things like films, cultures, and influences of it in our religious or spiritual beliefs.

All of these things depict love a bit differently which is part of the reason so many people find it confusing. The ideas we gain about love can happen throughout our entire lives and make it difficult trying to decipher what it means on the spiritual side of things.

Some find that, to them, love is a simple emotion. Others feel that it is part of our soul. Next to that, there are people that feel as if it is an addiction that harms us rather than completing us.

Many religions teach us that when we fall in love with a higher power, it leads to enlightenment. This enlightenment will allow us to fully accept love from all around us, into our hearts. However, some teach a different side of things. If you practice the path of the Yogi's, it is taught that the feelings of love should be looked at in a suspicious way. This is due to the fact that the goal of the Yogi is to move past such feelings into a higher plane of existence.

As you can see, all of these different ideas about love can be quite conflicting. Add to all of it that there are different types of love and things get really confusing. Are people discussing romantic love, spiritual love, a love of humanity, or unconditional love? The answer is not simple as all of these types of love are vastly different and they are different based on the person you are talking to.

In spirituality, love is typically used in three different ways. It is important to remember that a person's experience in life can make these thoughts

drastically different. Let's take a moment and look at each one and how it impacts us.

First, there is great love. Great love is believed to be the source of all that is around us. It is the unity of the cosmos. When thought of in this way, love is the reality that surrounds us. The consciousness that is present inside of us and the world around us. It is a feeling of pure joy that can be seen and felt in everything.

While great love is thought to be part of our person, it is also something that many will only slightly see in their lives. You may find it with a partner, while out in nature, or while you are in connection with your higher power. The experience of great love is one that you will never forget.

Great love is a feeling of being truly connected. The impact will have on a person's life if profound. Oftentimes, once someone has experienced great love, they will state that their lives have been forever changed. It will seep into all the cracks and help to make someone feel complete in their existence.

Next, there is what people refer to as individual love. Individual love is something that basically every human does. We start to believe that a specific thing or person is what provides us with the feeling of love rather than understanding that it comes from within ourselves. The thought that love is a fleeting thing and that we can only achieve feelings of love for certain things or people is stunting but exceptionally common of people.

So, where great love is all-encompassing, individual love is based on a person's experiences, moods, and the changes they are going through. Our existence is ever-changing so our brains start to believe that love is, as well. The human brain separates our bodies from love. It makes us believe that it is something that is impacted from the outside rather than internally.

Individual love is really just great love with filters. Our lives, thoughts, and experience are the filters. When we remove these filters and realize that love is an internal experience, we can actually experience the great love that is all around us in the universe. Love is a very spiritual thing.

Lastly, there is a love that is used as a practice. When we say practicing love, we mean the actions and emotions that we use to create a space of unity to ourselves and those around us. To many, this is the foundation of their spirituality. Many find that practicing love is much more important than feeling it.

Practicing love is a great way to give your best self to the world around you. It is remembering that you aren't going to like everyone, but you can be courteous to them. It is also knowing you are not perfect but deserve to be treated kindly from within, in spite of your shortcomings.

Having the realization that love is a part of you and not something outside of you, is exceptionally important. It will help you understand and become aware of how you should act. This is due to the fact that when you take the time to think about how you would behave if experiencing the feeling of love rather than whatever emotion you are expressing, it will lead to better outcomes with the people we care about.

Allowing ourselves to experience the love all around us can be hard at first but it offers amazing potential. You will find that your life, all the way around, is more complete. It will be like opening your eyes to an entirely different reality. Spirituality and love are the same things, you just need to realize it.

The Difference Between Sex and Love Making



Many people don't realize that having sex and making love are two different things. The terms are often used interchangeably. It is important to know that there is a difference even though the words are mixed up frequently. The knowledge that you can simply have sex with someone

without loving them is important and can help keep you out of toxic situations that appear as if they are loving ones.

When people associate great sex with making love it can lead them into a situation that may not be healthy. Just because you have great sex with someone does not mean you are meant to spend your life with them. When we make love with someone the emotion behind it is quite different.

Many people participate in sex to simply relieve the stress or tension in their life. They are not looking to make love with anyone. This, of course, is their choice. However, it is a choice you should be aware of if entering into an intimate act with them as you may be searching for something completely different.

It is good to remember that if you are making love with someone it absolutely will involve sex but that doesn't necessarily mean it is going to go the other way around. You can be having sex with no feelings or intentions of love. Here again, that is fine for some people, but you will need time to take it into consideration so that you don't end up being hurt by those that are only looking for sex.

The only true way to know if you are going to bed with someone just looking for sex or one that has intentions of love is to talk to them. Communication can be exceptionally difficult; however, at the end of the day, it is the key element in your ability to protect your heart. Knowing what you are getting into is half the battle and will allow you to make the decision for yourself on whether or not simple sex is enough.

When a person enters into sexual acts with no regard to love it is for the outcome. We, as humans, crave attention and contact. Sex without love is used to fulfill these needs. It provides you with someone to touch, caress, kiss, and please all while finding the same things for yourself. It is based on the outcome that sex usually offers, an orgasm.

When we are making love to someone the feelings are quite different. You are more focused on your partner and the pleasure you are causing them. Of course, you should be enjoying yourself as well; however, it is not usually as selfish as simply having sex. The level of enjoyment and the orgasm that is achieved is usually much higher.

So, it is pretty simple to see that there are some vast differences in having sex and making love. Both things can be wonderful in their own right. It simply comes down to what you are comfortable with and looking for in your life. It is likely that you may bounce between the two of them throughout your life. This is what life experience does to a person and that is ok. As long as there is good communication and expectations are set in the beginning, have fun, and go with what feels good.

Sexual Compatibility

Now that you have a bit of background on sex and love, we need to discuss sexual compatibility. It can be difficult to figure out if you are sexually compatible with another person. Part of the reason for this is that there are conflicting opinions. Some people stick with the idea that opposites attract while others feel as if you need to find someone with similar outlooks.

The definition of sexual compatibility is the view of shared sexual beliefs, fantasies, and needs between a couple. It is the similarities in their viewpoints on the subject of sex. This includes things like the things that make you hot and ready to go and the things that turn you off and make you want to binge out on a Netflix series.

If you want to be satisfied sexually, finding a partner that you are compatible with is imperative. When you don't have the same ideas and wants in the bedroom it can lead to a very uncomfortable time. For example, a man that likes to be dominant is not going to have a great time with a woman who is also dominant. There needs to be balanced. This is why a submissive person and a dominant person will have such a great romp when they decide to enter into sexual activities together.

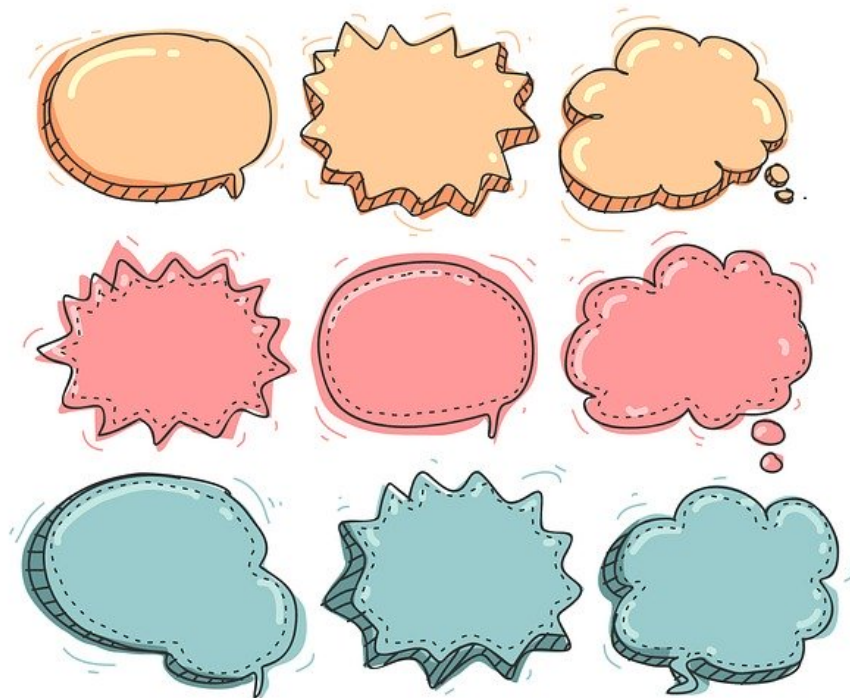
The only way to truly find out if you are sexually compatible with another person is to discuss it with them. As noted, communication is the key to having a fantastic sex life. If your partner understands the things that you want and needs to reach climax, it will be easier and more comfortable for the both of you. So, don't be afraid to voice what you want, in the end, both parties will be better off.

Here are some signs to help show you that you are compatible with your partner:

- You don't question your relationship.
- You know each other's secrets.
- You love them for who they are, not who they could be.
- You both take time for yourselves.

- You have similar interests and goals.
- You aren't afraid to disagree with each other.
- You take time to figure out the difficult problems that pop up.
- You try to be your best self for not only you but also your partner.
- You see your future with them.
- It is easy to be yourself when they are around.
- There is an attraction, both physical and mental, between you.
- You put an effort forth in trying to keep things spicy.
- They are an integrated part of your friend and family circles.

Chapter 2: Communication and Choosing a Partner



While we have briefly touched on communication, we are going to look at it much more closely in this chapter. The level of communication you hold with your partner, friends, and family members is critical in having a healthy outcome. Knowing how to communicate and express yourself is crucial in avoiding toxic relationships.

You will also gain valuable information on how to choose a partner that is going to be good for you. Finding the right person can be difficult. This is especially true when you start to think about the volume of people that are on this planet. You don't need to be intimidated, instead, you need to be educated on what it takes to find the person that is good for you. Likewise, to find the person that you are good for.

Most people understand that for a relationship to be successful you need to be able to communicate with one another. There will never be a perfect relationship, they all go through rough periods. Communication can make these rough patches much easier to deal with. With solid communication skills, you will be able to build a long-lasting, healthy relationship instead of one that tears you both apart.

So, what exactly is communication? Communication is the sharing of information from one component to another. It is what allows us to tell our partner what we are feeling, what we want, and what we need. It is helpful in making sure both parties' needs are met and that there is a true connection within the relationship.

When you are in a relationship you need to be able to talk to each other about everything. Sure, sometimes it is uncomfortable, but you must remember that people do not mind readers so, you must tell your partner what is going on. The truth can be hard to hear sometimes; however, healthy relationships are built on these sometimes-difficult truths.

You must also remember that misunderstandings happen. To avoid misunderstandings, you need to think before you speak so that you are

communicating clearly. Misunderstandings in communication can lead to a person's feeling of being hurt. It could also cause anger or resentment. Obviously, these are all feelings that we want to avoid. This is especially true when dealing with a partner whom you truly love.

Obviously, if you are in a relationship, there are two sides that need to be addressed. The two of you may communicate in very different ways. This can be troublesome all in itself; however, spending the time to understand your partner and how they communicate can make it much simpler. The communication tactics that you use in every relationship in your life could be wildly different. You need to practice talking to the people that you love and allow them to talk to you.

When you are working on communication you want to remember to state things clearly. It can be hard to understand what people are trying to say. It can be advantageous to write your thoughts and feelings down prior to trying to talk about them. This can give you a clear path toward whatever it is that you are trying to express, and it can help promote understanding from the other person.

In today's world, life can be very busy. Between text messages, emails, children, friends, and family finding the time to devote to talking with your partner can be difficult. However, it is extremely important to remember to set time aside that is devoted to communication. Remove the distractions and focus on the person you are talking to. This means you should shut off the tv, set the cell phones aside, and make sure you are in a space that is free from interruptions.

Effective communication will consist of telling your partner how what is happening around is affecting you. It should be full of “I” statements so that they can understand your wants, needs, and feelings. You must also remember to take accountability for your feelings. While no one can tell you how you feel you do need to understand that sometimes our own heads get in the way of what is truly going on. So, knowing how your surrounding affects your emotions can help lead to better communication.

You should also remember that there is a time and a place for everything. You don't want to call your partner out in a public situation just because you are feeling some type of way. If you do, understand that it can lead to resentment and other ill-feelings toward you from your partner.

Listening is another huge piece of effective communication. You must always remember it is not only about you but also about your partner. Setting your thoughts and feelings to the side and being open to what your partner has to say is critical in great communication skills. This can be one of the harder pieces to learn. You expect that they are going to hear from you so, in turn, you need to work on actually hearing what it is that they have to say.

Communication is not only about the negative things that are going on in your life or your relationship. Excellent communication will include conversations about good things. Making sure they understand why you appreciate them and how important they are in your life is just as important as letting them know what it is that is bugging you.

You need to keep in mind that when we talk there is more than the simple words we are saying. The tone of your voice will play a major role in how you are expressing yourself. If your words are sharp and loud, your partner is going to think you are angry with them when really you may just be excited. Taking note of your tone can help keep arguments at bay and ensure that the communication continues to flow.

The tone is not the only thing to keep in mind. People communicate verbally, sure, but did you know that we also communicate in a non-verbal fashion? What our bodies are saying is equally as important as to what our mouths are saying. This encompasses your posture, inflection, tone, facial expressions, and more.

For example, if you are entering into a conversation with your arms crossed in front of your chest, you are going to be appeared to be closed off to what your partner has to say. This can be intimidating and make it impossible for your partner to express themselves. Instead, put your arms to your sides and relax. This will show them that you are open to communication and will actively listen to what they have to say.

It's funny, more often than not it is the non-verbal clues that actually show us what people are thinking and feeling. Our body language should reflect the things we are saying. If it does not, your partner is sure to pick up on it. So, it is important that you mean the things that you say and that you pay attention to what your body language is pushing forth.

People have a really hard time remembering that everyone is wrong on occasion. It is completely acceptable to not be right all the time. Having the

ability to let things go when they aren't major problems is important. Additionally, understanding that sometimes we must agree to disagree is imperative. We will not always see things eye to eye and that is totally ok.

Active listening is another huge component of communication. When you an active listener, your partner will be more likely to actually engage with you. Here are some things to show then you are present and listening:

- Maintain eye contact
- Lean in toward the speaker
- Don't get defensive
- Keep a relaxed posture
- Face the person you are speaking with
- Stay on the same level as they are, if they are sitting you should be too if they are standing the same applies
- Try not to fidget, it can be very distracting
- Do not interrupt
- Genuinely pay attention
- Maintain awareness of your tone
- Don't be afraid to step away and come back to a difficult situation/conversation, heightened emotions can break communication down quickly

Maintaining good communication in a relationship will take work. It does not come naturally or easily for many people. Be patient with yourself and the ones that you love. Their feelings matter, as do yours.

If you are someone that struggles with communication or you are in a relationship with someone who does, there are many things that you can do to work on it. Learning better communication skills is always worth the time and will have a positive impact on all of the relationships you are involved in whether they are romantic or not.

Be aware that while some people are great at listening it does not mean they are great at talking. It can be very hard for some people to find the right words to express themselves effectively. Some people can only express themselves with their actions until they start to focus on learning communication techniques.



If you are trying to help your partner communicate more effectively there are absolutely some things you can do to help them along the way. Some things you can do to help your partner communicate are:

- Be open and honest with them. Share your thoughts, experiences, concerns, and ideas. This should be done with an appreciation of them listening.
- Show them affection and praise them when they discuss things with you openly.
- Help them look at the important issues you are both facing. This includes things like goals, parenting styles, and finances.
- Comfort your partner when they are feeling down or if you see they need it. This type of intimate attention can make communication seem easier.
- Encourage them to talk about what they are feeling on a daily basis. Sometimes the simple feelings are the best place to start.

These are only a few of the many ways you can encourage communication. Know that it is a two-way street so, you will also need to work on your communication skills. When you are committed to someone and want to sustain a healthy relationship it really all comes down to communication.

Communication can be easier with some people than with others. Part of good communication is choosing the right partner. Some find that they don't really have a choice in who they fall in love with; however, you can take steps to ensure you are choosing a mate that is healthy for you.

When you are choosing a partner, you should find someone that tells you exactly who they are as a person. Most relationships go through a honeymoon period where we try to show our best selves. This can actually be detrimental due to the fact it is an unrealistic representation of who the

person really is. When you meet someone that lays it all out, in the beginning, it makes it simpler to know exactly what you are getting into.

When you do find the person, who will tell you exactly who they are, you need to listen. Never move forward with the belief you can change someone. People can only change themselves. If you have this mind frame you are setting yourself and your relationship up for failure.

Finding people that are loving and kind-hearted is always advantageous. When someone is raised in a household that was full of love, they will have more love to give. They will be more likely to work through problems with you instead of ignoring them or letting them blow up your relationship. You, in turn, need to try and be kind and loving to them, as well.

You will also want to pick a partner that communication flows easily with. When you first start to talk to someone, it will be easy to tell if you can communicate effectively with them. Some good signs are spending hours on the phone talking about both parties' pasts, presents, and futures. If the flow is good between you, it is likely going to stay that way.

Look for common ground. When you are working through initial discussions pay attention to what your prospective partner has to say in regard to what they want out of life and out of their future. From there, ask yourself if their thoughts align with your own. Obviously, you are not going to have all of the same ideas and beliefs but the major pieces of what you want out of life should match up. For example, if you want a family of seven and they don't want kids at all, it is likely not going to be fulfilling to

either party. Someone will have to sacrifice a piece of them that may be too big to ignore or be truly happy with.

You should also look for someone that you are physically compatible with. We aren't just talking sex here. The touch of your partner should fill you with desire. It should be calming and exciting all at the same time. You should feel more complete when you are in contact with them. A person's touch is amazing and holds great power when it comes to someone that you are truly compatible with.

These are only a few of the signs that you are compatible with another person. While they are key elements that can help you choose the correct partner, you should know that there is more to it. Choosing the right partner can take time and patience but, in the end, it will be best for both parties that are involved.

Chapter 3: Learning to Make Love



In this chapter, I am going to go over a variety of things. There will be a discussion on how to make love with your partner. This does not have to be a hard or scary thing. It simply takes time, knowledge, and practice. You must also have an understanding that everyone is different and may like different things than you. Intimacy and romance go hand in hand and can make the experience exceptionally pleasurable for both parties.

I will also discuss sexual intuition. You have the ability to develop sexual intuition and it can turn you into a much better lover. This goes for not only yourself but for your partner, as well. Just like communication, sexual intuition is something you will need to work on; however, the results can be mind-blowing for both parties involved.

Lastly, there will be information on fantasies and fetishes. These two things are completely normal in a person's life. Understanding them and the power they can hold in your sex life is advantageous. Don't be afraid of your fantasies or fetishes, instead embrace them and find yourself a partner that will help you experience your true desires.

As previously mentioned, making love with your partner is different than simply having sex. Many people look at making love as a form of art. It is not solely based on the outcome of reaching orgasm. It is more about the connection between you and your partner. You will find that it is all about emotions and a higher level of romance.

When we are truly trying to connect on an emotional level with our partner, we are entering the world of making love. It is the major motivation in this type of sex. You will not only find that you truly want to satisfy your partner, but you also want to take the time to get to know their bodies. When you enter into the world of making love you will be connecting your mind, body, and soul with the person you are with.

The whole essence of making love is different from simply having sex. The level of communication is more open and honest. While intercourse is a part of making love, it is only one piece of it. Making love starts before you have sex and typically doesn't end directly after. Let's take a moment and look at some tips on how to Make love with your partner.

One of the best ways to make sure you are both in the mood is to make sure the vibe is correct. Setting the tone of what is about to happen is pretty

simple. Obviously, you need to feel comfortable in your surroundings and you need some privacy. The ambiance of the situation should show your partner that your intentions are to make love to them. This can be accomplished with things like music, candles, and flowers. These things may seem cliché, however, they are truly helpful. Ladies keep in mind that lingerie can go a long way in helping to get your man in the mood.

It is critical to remember that foreplay is extremely important. Before sex ever starts to begin you need to pay attention to this important phase. It is an excellent way to ensure that your partner is ready to go. It builds anticipation and makes the whole experience more pleasurable for both parties. Slowing down and taking the time to explore your partner's body and enjoy the sensations of foreplay is a great way to start.

The location that you decide and also plays a role. It doesn't matter if you spend money on a hotel room or you create a beautiful atmosphere inside of your own home. It really only matters that you set the correct mood. Using things like a fireplace to your advantage is obviously going to help set a romantic feeling. Additionally, if you guys are comfortable and have a secluded space outside it can be truly mind-blowing to experience lovemaking under the stars.

You want to keep in mind that a huge piece of making love is the connection you have with your partner. It should be a truly intimate experience. To achieve this, you want to make sure that you are in positions that allow for a lot of physical contact. If you're facing each other it will definitely be more intimate, then if you are not.

Kissing is another major component to making love. During foreplay, it can help get the sexual tension at heightened levels. In addition, when you kiss your partner with intensity, they will be able to feel the passion coming out of you. It is also important to kissing them softly. By using both of these techniques and putting your hands on each other it shows your level of caring and how much you want to be passionate and intimate with your partner.

Removing selfishness from lovemaking is also extremely important. Focusing on pleasuring your partner is one of the most important things. Sure, they're going to want to please you, as well they should, but don't ever forget about them and focus solely on yourself. Your priority should be on the person you are being intimate with. This is due to the fact that lovemaking is all about the connection it is not simply trying to reach orgasm.

Regardless of if you are having sex or making love you need to remember to have fun. While the emotional connection of making love is absolutely enthralling it should also be fun for both parties. Enjoying the experience that is happening in being present in the moment will make both parties more comfortable. With comfort comes enjoyment and truly phenomenal sex.

You should always make sure to cuddle after you make love. Sexual intercourse is fantastic and feels great for both parties, but the true connection comes in the contact that we have with each other. By cuddling after the fact, it extends the level of intimacy and connection that you will

both experiences. So, don't forget to cuddle whether it is for 5 minutes or 25 minutes a solid session is going to be good for both of you.

One last tip on making love is to make sure afterward you let each other know how you are feeling. Sometimes, finding the words can be difficult but as previously mentioned communication is key. By letting your partner know how they made you feel well intertwined in the passions of sex you will solidify that it was not simple sex for you. Lovemaking offers a deep connection an expressing that at the end is extremely important.

When you are truly in love with the person you are sleeping with making love is much easier. Obviously, if you do not have the feelings of love you will not be able to make love with your partner. The connection is truly what matters. Obviously, the better you get to know somebody and understand their wants and desires the easier it will be to participate in a fantastic lovemaking session.

Sexual Intuition



Now that you have some tips on how to make love with your partner, we're going to move on. I will now give you some insight into sexual intuition and how you can develop it. Some people are naturally intuitive when it comes to sex; However, some people are going to need to work quite a bit harder. As with all things, it will simply take time in practice.

Throughout our daily lives, we rely on our intuition to help guide us with many things. This includes the partners we choose to become intimate with. Intuition is what helps us feel the spark when we are attracted to someone. In addition, it helps us to understand if we are or are not compatible with someone. You should not ignore your intuition.

Intuition plays a major role in how we pick our partners, but it should go beyond that. During the intermittent counters of life, you can unlock your intuition and find a much more satisfying and erotic experience. Don't be afraid of your intuition, simply go with it.

People that are known to be great lovers tend to have higher levels of sexual intuition. They are willing to learn from past experiences and what their partner has to offer. They also tend to be more passionate and playful while in the sheets. When you are sexually intuitive you will always work to make your partner feel sexy.

Being vulnerable can be quite difficult but if you are in tune with your sexuality, you'll be confident and unafraid of the more vulnerable times. Many find that there is more willingness to experiment in adventurous ways during coitus. Additionally, if you hold a higher level of sexual intuition, you'll be able to not only communicate your needs but listen to your partner's needs throughout your lovemaking session.

Being sexually intuitive will also mean that you have an understanding that pleasure takes time. There is no reason to rush through things. By taking the time you need you will give higher levels of pleasure to your partner and you will also have more enjoyment while they're pleasuring you. Sexual intuition also leads to a supportive atmosphere. There will not be judged over how you or your partner are feeling. You'll be able to be completely present during foreplay, intercourse, and after a session of cuddling.

The experience will also help you become more intuitive sexually. This is especially true when you continue to sleep with the same partner. The better you get to know someone the more intuitive you can be to their wants and needs. Keep in mind, that you can use your past sexual experiences to help you with your present or future experiences. When you pay attention to how your partner is reacting to what you are doing it can help you figure out what you need to do next.

Building your sexual intuition does not have to be difficult. It mostly requires you to slow down, communicate, and pay attention to what is happening around you. You need to work on being present in the moment and not allowing your mind to drift off to other things. With a bit of practice, you will find that your sexual intuition grows leaps and bounds.

Fantasies & Fetishes



In the last bit of this chapter, I would like to discuss a little bit about fantasies and fetishes. These are both totally normal pieces of Saks and something that you need to be receptive to. It is important to note that many people are embarrassed about their fantasies and fetishes; however, they should not be. Again, this is a totally normal thing and pretty much every person has their own fantasy situation or fetishes regardless of if they're willing to admit to them or not.

Fantasies can be a part of everyday life. We start to have fantasies when we are young. Sure, when we are young, they are not typically sexual fantasies but eventually, they get there. Sexual fantasies tend to start to crop up around the time of puberty. They can encompass a wide variety of different things.

Keep in mind that one person's fantasy may be completely different from another. When your partner trusts you, they will be able to openly communicate the fantasies that they think about. Some fantasies are thought about randomly throughout the day while others keep fantasy time for a while they are masturbating. Opening up about your fantasies can be difficult so you absolutely need to be non-judgmental toward your partner regardless of what it is that they have to share with you in this category.

When you start to think about your own fantasies it makes it a bit easier to understand the ones that your partner may feel embarrassed about. Maybe they identify as completely heterosexual, but their fantasies always involve a partner of the same gender. This can be very hard to handle and become uncomfortable to talk about. Be patient with your partner if you are trying to talk to them about fantasies and they are struggling with telling you the truth.

It is important to understand that there is a difference between a fantasy and a fetish. Fantasy tends to be a situation that we think about that helps us to become aroused. A fetish, on the other hand, is an item that makes us become aroused. This could be a wide variety of things including certain clothing, feet, food, or many other things.

People tend to hide their fetishes more than their fantasies as they believe that they will be judged because of them. Being a great lover will allow you to be open to the fantasies and fetishes of your partner. Obviously, there are some fetishes out there that may be a bit repulsive to you, but you should always be willing to experiment. Keeping an open mind can lead you into a

world of figuring out what it is that you truly love in terms of sex. You never know what you're going to like until you give it a try. So, removing the judgment from your initial thoughts on a person's fetishes or fantasies is advantageous in helping you realize what it is that really gets you going.

Chapter 4: Sexual Domination, Sadism, & Masochism



In this chapter, you gain insight into what some people consider the darker sides of sex. This will include sexual domination and submission.

Additionally, I will discuss sadism and masochism. These aspects may seem well outside of your comfort zone, but for many, they are a part of their daily sexual routine.

Keep in mind, having great sex requires an open mind. You never know what you're going to like until you give it a try. So, delving into the world of the darker side of sex may be something you are afraid of, but it might also be something that truly takes you to heightened levels of ecstasy.

There are different levels of sexual dominance and submission. For some people, it is a lifestyle and it overtakes every part of their sexual and nonsexual experiences. A true dominant and submissive relationship well involves one person being in control of the other.

you must understand that this is not always the case. Some people are dominant throughout their daily routine but then like to be submissive in the bedroom. This is due to the fact that they have to be in control all of the time, so they like to have at least one area of their life where they are not the decision-maker. So, there are many different levels and styles of sexual dominance and submission.

Trust is a key element in this type of sexual play. Both parties should agree to their roles. The understanding and agreement that is made should be held in the highest regard. Obviously, it's going to be pretty hard too will be dominant over another person that wishes to be dominant so both people need to accept their role willingly.

While there are definitely women that take the role of the dominator it is less common. Most of the time, women prefer to be the submissive partner in this type of relationship. When a woman is in the role of the dominant, they are frequently referred to as a dominatrix. Most are paid for their services; however, this is not always the case.

There are many different types of dominant and submissive relationships. Sometimes a dominant will have many people that submit to them. Other times it may be in a monogamist relationship. There may or may not be love involved as often times this is a fetish that people are fulfilling.

While some people devote their lives to this type of sexual encounter, many others simply use it as a fantasy. It is an element that can help spice up a dormant relationship. When you have been with the same partner for an exceptionally long period of time changing things up becomes imperative so that the sex does not become stale. For many people, this will eventually lead to some role-playing in a dominant and submissive situation.

Sometimes the dominant and submissive relationship will all come out in different role-playing activities. Other times, it will show itself throughout their daily routines. There are a lot of different elements that play into a dominant and submissive relationship. It could include things like servitude from the submissive, humiliation, punishment, bondage, or a variety of other elements.

As noted, both parties being willing to participate is extremely important. There are some safety concerns in the relationship between a dominant and submissive. One exceptionally common thing to ensure that everybody is having a good time is the use of safewords. A safeword is a word or phrase that is chosen that would not be typically used during sexual encounters. The submissive partner can use this word at any point during an encounter with their dominant partner to stop the action that is happening.

There can be risks that come from entering into a dominant and submissive relationship. A lot of them can impact your mental health. This is due to the fact that the dominant person is going to be extremely controlling. In addition, it can lead to trust issues. This is especially true if the dominant role does not always pay attention to the safe word. There must be rules in this type of relationship, and they must be followed for it too will be truly enjoyed by both parties.

When two people enter into a dominant and submissive relationship it is commonplace for contracts to be used. This is a set of ground rules that states what each party consents to. There may be things that, as the submissive, you are simply not willing to experience. By putting this into the contract it allows you to be comfortable in the situation and know that both parties' wants and needs are being met without crossing a line.

Now that you have a good look at what a dominant and submissive relationship is, we're going to move on. Next, we're going to discuss sadism and masochism. Many people don't truly understand what these two words mean, and they think they are the exact same thing. Obviously, that is untrue and so we're going to look at each one of them individually.

When someone finds pleasure, namely sexual pleasure, from causing pain, humiliation, or suffering to another person it is referred to as sadism. Oftentimes, the person in the dominant role of a dominant and submissive relationship is a sadist. They find gratification in controlling their partner and will frequently inflict punishments or other sorts of humiliation on them.

Some people look at sadists as sexual deviants. This is truly unfair. There are so many different fantasies and fetishes around in the world and this is just another one. It can go to a point of extremes in which case the behaviors could be looked at as deviant. However, for most people, it is just another way to explore and express themselves sexually. It is not uncommon and just as the sadist likes to inflict pain there are people out there that like to receive it.

The ones that do like to receive it are referred to as masochists. Masochism is when someone receives pleasure or sexual gratification from experiencing humiliation or pain to themselves. This may seem very outside of the box; however, it really isn't. Have you ever been spanked and enjoyed it? This is a very tame version of masochism but one that almost everyone participates in.

Obviously, masochism can go too much higher levels. It can even become dangerous. If you are involved with someone that is a masochist you want to be careful of their behaviors. Them asking to be spanked, whipped, choked, or humiliated is not completely uncommon nor are they behaviors that are truly concerning. However, if they're cutting themselves open or asking you to hurt them in a way that can cause true damage you should be concerned with their behavior.

Just like sadists, masochists are oftentimes looked at as being sexually deviant. When it is at an extreme level this may be true. You should keep in mind that in this area just like sadism it can be completely normal behavior.

With all of the different fetishes of the world it is not surprising that people take pleasure out of pain, humiliation, and being dominated.

You should also be aware that there are many people that are a combination of the two. They are referred to as sadomasochists. Not only do they find pleasure in inflicting pain or humiliation upon their partner they also take pleasure in it being done to them. It really all does come down to whether or not it is in an extreme manner. Obviously, if somebody is causing true damage to another person physically or psychologically it is a problem. Likewise, if they are taking this type of damage it needs to be corrected.

No matter what type of kinky sexual encounter you are in to know that it is completely OK. Setting rules and boundaries are very important to maintain safety in the above types of situations. However, as long as both parties consent to the activities that they are set forth in everything is going to work out just fine. Trusting the person's, you are entering into these encounters with is also exceptionally important and will ensure the experience is amazing for both people involved.

Chapter 5: Carnal Confidence, Flirting, & Dirty Talk



Chapter 5 is going to contain quite a bit of useful information. I'm going to discuss how to have carnal confidence in the positive impact it can have on your sexual encounters. Additionally, it can help you choose the perfect partner for fulfilling your wants and desires.

You will also gain valuable information on how to flirt. There is a difference between normal flirting and filthy flirting. Depending on your desired outcome either type of flirting can help you achieve great results.

Filthy flirting; however, can be exceptionally fun whether you are in a committed relationship or simply looking for a hookup.

Last, but certainly not least we are going to discuss talking dirty. Dirty talk can be a truly wonderful thing while between the sheets and outside of them. When you were trying to get your partner in the mood talking dirty to them can help you accomplish that goal. Additionally, it can help spice things up in the bedroom. These are only a couple of the key factors that help to prove the importance of dirty talk.

When you are trying to understand what carnal confidence really is, you need to look at the two words individually. Something that is related to crude pleasures or appetites is considered to be carnal. These are pleasures of the flesh and are oftentimes related to sexual pleasures. Confidence, which is a term most people are more familiar with, means having a feeling of being self-assured. It is a firm trust in your own self and your abilities.

So, looking at these words together it is easy to understand what carnal confidence is. It is being self-assured in your fleshly desires. This type of confidence can be extremely attractive when you are looking for a mate. Knowing that you are confident in what you want and what you are doing well breed confidence in your partner over the same aspects.

Building carnal or sexual confidence is not that difficult. It is definitely something that is advantageous to work on. It can make you more attractive to prospective lovers and comma, in turn, make you a better lover. So, dedicating some time to learning how to have carnal confidence is going to

help you all the way around in terms of picking a partner and the actual sex that may commence afterward.

There are a variety of different methods that you can use to help improve your sexual confidence. Learning how to read people is a key component. Sometimes, a person that is timid and demure prefers someone who is forceful and dominant. However, that can feel intimidating and make sexual relations uncomfortable for others. Getting to know your prospective partner will give you insight as to what type of carnal confidence you should be showing.

Many people find it extremely sexy when somebody is confident in the bedroom. This can be prior to or during sexual encounters. The stimulation that both parties will feel when confidence is involved will absolutely be heightened. Confidence does not always come easy to some people so it is something that will need to be worked on.

You need to remember that while confidence is very important inside of the bedroom it is also very important outside of it. To become more confident sexually you need to start with becoming more confident with yourself, personally. This can be very easy for some but extremely difficult for those that have self-esteem issues. One great way to build your confidence is standing naked in a mirror and looking at yourself. Sure, there are going to be flaws, but you need to focus on the things about you that are extremely sexy. This can help increase your level of confidence.

There is a great correlation between confidence outside of the bedroom and confidence inside the bedroom. When you have a good self-image and

higher levels of self-esteem you will likely be more confident in your outside life. This will seep into your sex life naturally. So, working on your self-image will be a major component in becoming more carnally confident.

Another component of being confident in the bedroom is to understand your own body. When you know what you like sexually it will be easier to communicate it with your partner. A great way of doing this is masturbation. Rather than watching pornography, you should use your imagination. This will allow you to better focus on yourself and what is truly feeling great. When you are confident in knowing what turns you on achieving an orgasm will also be easier when you are with your partner.

We spent quite a bit of time talking about it but one great exercise to ensure you are confident in the bedroom is communication. When you can easily tell your partner what it is that you like or what it is that you want you will become more confident in your abilities. Likewise, when you are open to your partner's communication you can provide them pleasure with more confidence. When you understand exactly what they want it takes a lot of the stress out of the situation.

These are only a couple of the different ways that you can build confidence inside and outside of the bedroom. Know that it is going to take some work but, eventually, you will get there. Having a trusting relationship and open lines of communication are going to be the biggest advantages in having carnal confidence.

Flirting



Flirting is a key element in keeping a relationship spicy. It allows a person to understand when another person finds them attractive. So, it is not only important if you are already in a relationship, but it is also important if you are trying to attract a mate. The ability to flirt comes very naturally to some people while for others it can seem like one of the hardest things on earth to do. Just like anything else, you can learn how to be better at flirting.

Flirting starts at a very young age. When we are still in school it could look like hair pulling and chasing each other around the playground. These are types of flirting that are hopefully grown out of as we leave the adolescence stage of life.

It's surprising to find out how many people don't believe that flirting is important. It truly is. When you are trying to catch someone's attention and let them know that you are into them, flirting is key. We see flirtation happen throughout all of the animal kingdoms.

There are a wide variety of ways that people can flirt. It can be as subtle as a glance or the simple grazing of hands. Gestures, words, and looks all play a part in how we flirt. Women have a tendency of touching the people that they are interested in and this is a very flirtatious habit. Men, on the other hand, don't touch their prospective mates as much but they will tend to move closer to them.

Above you see pretty discreet ways of flirting. However, there are different ways that people can flirt that are a bit more obvious. When a woman sways her hips back and forth in front of man it is a pretty sure-fire sign that she is interested in him. Men tend to stand up taller and puff up their chests to show that they are interested in the other men should back down from the lady that they are talking too.

If you find that being flirtatious is exceptionally hard for you there are a lot of different methods that you can use to become a better flirt. Keep in mind, the way you flirt with a prospective mate and how you flirt with someone you are in a relationship with can look very different. We will start by giving you tips on how to flirt successfully with someone you are not in a relationship with. Keep these things in mind when trying to flirt:

- Prolonged eye contact is imperative

- Use your smile to your advantage, smiles not only show we are interested they can set the mood depending on what type of smile you present
- Don't be afraid to give compliments
- Move your head toward the person you are interested in, this is especially crucial when they are speaking
- Do your best to make them laugh
- Offer to pick up the bill if you are out somewhere
- Maintain good posture, most find this attractive and it makes you look more confident
- Don't succumb to using cheesy pick-up lines
- Wear red, it is the color of passion and can catch the eye of your intended
- Don't be afraid to touch them gently

All of these pointers can help you become a more successful flirt. These are only a few of the many tactics you can use to successfully flirt with someone you are interested in. So, now we need to look at how you can flirt with the person you are in a relationship with. Whether it is low key or filthy flirting, it can help keep things interesting and red hot between you two.



When you are in a long-term relationship it can be hard to keep the fires of desire burning. The longer you are together the more difficult this can become. Oftentimes, we stop flirting, complementing, and in general paying attention to our partner and this can lead to major issues. Bringing your original flirtatious nature back into the fold can be truly advantageous in relighting the spark between you and your partner.

You need to understand that if it has been a long time since you have been flirtatious with your partner and all of a sudden you start; they might look at it as suspicious. Here is a great place to communicate with them about what is going on. Letting them know that you feel that something is missing, and you want to go back to the roots of your relationship that were flirtatious and exciting can help them understand why you have rekindled a flirtatious attitude.

When we find stability within our relationships, we tend to get comfortable and complacent. Things like flirting and playfulness go out of the window.

This can have a negative impact on your relationship. Recognizing that your relationship is in this state is important and can allow you to make the changes to re-enlighten the magic you saw in each other originally.

There are a variety of ways that you can start flirting with your long-term partner again. Let's take a moment and look over some great tactics to help. Some tips to help you become a great flirt again are:

- Use technology to your advantage. A sexy text message or random nude picture can truly relight the flame of flirtation between you and your partner.
- Don't cancel date nights for any reason. Going on dates is a great way to show your partner you care and want to spend individual time with them. In addition, it can make flirting much more natural feeling if it has been a while since you have done it.
- Hold eye contact. A longing gaze can really help get the intimate juices flowing and keep the spark alive.
- Touch your partner more frequently. Depending on the situation you can turn this into filthy flirting by touching their naughty bits. If in public, you should likely keep it PG.
- Talk about the time of your relationship when things were hot and heavy. These thoughts can help put you both in the mood for an amazing sexual encounter.
- Do something together that you are afraid of. Stepping outside your comfort zone with your partner will encourage trust and communication. As we know, these two things are key elements in successful endeavors.

Flirting in a long-term relationship can help keep it healthy and strong. Don't forget what it is about your partner that you truly love and don't be afraid to dote on it. When you touch, hug, caress, and kiss them they will know that you still want them. In addition, learning to talk dirty can also be advantageous.

Dirty Talk



Talking dirty is another element that can truly enhance your relationship. And not only provides stimulation but it helps to improve communication. Regardless of if you are in a new relationship or a long-term one dirty talk is important. There are a variety of different reasons that this type of communication is important.

You already know how important communication is not only to the relationships you hold outside of the bedrooms, but also the ones that are

more intimate. It makes sense that if communication is key prior to participating in a sexual encounter that it would also be important during the sexual encounter. It is appropriate to use dirty talk at any point in this type of experience. It can be used during foreplay or during the actual act of sex.

Some people think that talking dirty is intimidating but it really doesn't need to be. Being comfortable with your partner is going to make it exceptionally easy. Most people will admit that they enjoy a bit of dirty talk while in the throes of passion. It is quite uncommon for somebody to be completely against talking dirty while participating in sexual activities.

When people talk dirty in the bedroom it helps them to understand what they're comfortable with. If you are inexperienced in talking dirty it can be a bit tricky. This is especially true if you have a hard time with communication or there are simply words that you are uncomfortable saying. Keep in mind that there are a variety of different terms for all of the words that you may find uncomfortable when trying to say them.

There needs to be some understanding that certain words outside of the bedroom may be completely unacceptable while they really turn you on while in the throes of passion. This is completely normal. It all comes down to communication. Perhaps you do not like the word pussy on a day to day basis but when your partner says it during times of sexual activity it really turns you on. This is fine as long as they have an understanding of when it is appropriate to use.

Using dirty talk is a great way to get your partner in the mood. When used during foreplay it can make the desire that your partner holds much higher. The enhancement of sexual pleasure can be noticed when the dirty talk is involved. Don't be afraid to get creative and use words or phrases that would not commonly occur in your day-to-day life.

Some people find that talking dirty is as important as foreplay. In fact, they really do go hand in hand. If you're trying to get your man or woman in the mood starting by whispering some dirty thoughts into their ear is almost always going to work. It provides them with the knowledge that you're interested in getting busy and can even help to encourage their sexual juices to get flowing.

It is commonly stated that people believe their sexual encounters are enhanced when the dirty talk is involved. It can be a bit surprising to your partner but it is also, usually, very welcomed. Don't be afraid to add some dirty language when you guys are in the throes of passion. It really is a fun way to spice things up and take a step closer to your more adventurous side.

Chapter 6: Getting in the Mood



Chapter 6 is going to provide you with valuable information and how to get your partner in the mood. Obviously, our sexual clocks are all on different timers. This can mean you and your partner are on completely different pages as to when you want to enjoy sex. Having the ability to get their motor running and put them in the mood can ensure that all times of day are appropriate for sexual activity. We're also going to take a look at the importance of being willing to experiment in the bedroom.

It is not uncommon for people to not be in the mood for sex. Life can be extremely busy and finding the time to participate in sexual activity can seem like a burden. This is the unfortunate reality of the busy world we live

in today. Regardless of how busy someone is we do need to show attention and affection to our partners. Regardless of if this is your girlfriend, boyfriend, or spouse they deserve some of your time allocated to them.

Men, if you were trying to get your lady in the mood for sexual activity there is a huge number of things you can do. There are some tactics that will work better than others. Be aware that simply telling her that you want to have sex is likely not going to sway her opinion if she isn't really feeling it. You need to be a bit smoother than this. Let's take a look at some ways that you can be successful in getting your female counterpart in the mood. You should:

- Be flirtatious while out in public
- Surprise her in the afternoon with some flowers and a kiss
- Leave a love note for her that she won't see until walking out the door on her way to work
- Set the mood with candles, music, and her favorite smell
- Send her flirtatious texts during the day (these can be naughty if the mood is right)
- Ask her to take a shower with you
- Offer her a sensual massage after a long day
- Pamper her
- Treat her to a special date ending in a hotel room

Keep in mind, all women are different. So, some of these tactics might work exceptionally well for one and they may not work so well for others. Knowing your partner is the key to being able to light their fire even when they're not particularly in the mood.

Just as there are certain things a man can do to turn his lady on there are a variety of different things a lady can do to get a man sexual juices flowing. If you are trying to get your man in the mood you can:

- Greet him when he gets home from work, fully nude
- Be the one to initiate sex, we often lean on the man to do this
- Go to the bedroom and start a loud masturbation session, he will be happy to come to join you
- Invite him to shower with you
- Wear a new piece of lingerie or a bra and panties set
- Take your time in stripping your clothes off
- Cop a feel as he walks by, this could be squeezing his butt or grazing his penis
- Text him sensual comments or nude pictures throughout the day

In all reality, tends to be a bit easier to get your man ready to go then it is for him to do the same to you. Be receptive to his feelings and understand that you are both going to want sexual encounters at different times. Don't always shut him down or expect him to initiate intimacy. Doing these things can harm your relationship whereas working on keeping the sexual tension alive can improve it tenfold.

Foreplay



Once you have gotten your partner in the mood you will then move on to one of the most critical parts of a sexual encounter, foreplay. Foreplay is something that holds great power and can truly help enhance sexual experience. You should never ignore foreplay. Slowing down and paying attention to what your partner truly enjoys is very important to both of you have an excellent time between the sheets.

While foreplay is important to both parties it is particularly critical for the woman. This is because women take longer to reach a climax. They need a higher level of arousal to be able to achieve it. The foreplay will give them the time they need to become truly worked up and therefore reaching orgasm will become much easier.

We tend to fall into a variety of different habits. Oftentimes, when you have been in a long-term relationship your foreplay tactics can become the same each and every time. This can become boring and lead you to skip this critical death. So, it is important that you figure out different ways to keep foreplay exciting. This will guarantee higher levels of pleasure for both parties. In addition, it absolutely will make achieving orgasm easier for everyone involved.

The human body is covered in erogenous zones. Sure, we all understand that a woman's clitoris is extremely sensitive but what about the inside of her elbow? There are a variety of different body parts that you should pay attention to during foreplay. When you do, the outcome will be amazing. Some places you shouldn't forget to caress, kiss, and tantalize are:

- The inside of the bicep
- Around your lover's eyes
- Across the collarbone
- Their toes (get permission on this one as many people have very ticklish feet)
- Not only the earlobe but the entire ear
- The shoulder blades
- Hands
- Hip bones and pubic bone
- The outline of the lips
- The pitted area where your chest meets your neck
- Outsides of the mid-section
- Outsides of the thighs

Obviously, you will have your go-to's. These would include things like the breasts, nipples, head of the penis, and clitoris. These are extremely sensitive areas that are not oftentimes overlooked. Keep in mind, that paying attention to some of the less common erogenous zones can lead to some of the best sex of your life.

Perhaps you have the erogenous zones down to a science, but you still feel that your foreplay experience is lacking. This can be due to repetition or the fact that you simply aren't sure of other things to do outside of your normal foreplay tactics. If you are stumped on what else you can do, in terms of foreplay, don't fret. There are a variety of tactics that you can use to help spice up your foreplay routine.

One great way of doing this is to take the time to think about and talk about your past experiences with your partner. At the beginning of any relationship, things tend to be hot and heavy. The passion is at an all-time high. By reliving those moments that were hotter than any others you can heighten the experience of foreplay. In addition, it can help you pull out some of those old moves that you may have forgotten about.

Another great tip to improve the length and intensity of a session of foreplay is to do it outside of your bedroom. When you start to get frisky outside of the bedroom it can help to keep your intimate life more interesting. In addition, it is an unexpected surprise that your partner will appreciate. When we are in the bedroom we tend to rush through foreplay. This is due to the fact that our brain relates our bedroom to having actual sex.

These are only a couple of ways to keep foreplay interesting and exciting. There are plenty of other tips out there like making foreplay an event that lasts all day and doesn't forget the dirty talk. Keep in mind there are plenty of articles, books, and other media outlets that can provide you with more tips that can lead you to exceptionally satisfying foreplay.

Experimentation

You need to make sure that you are not afraid to experiment. This not only goes for foreplay but also for your actual sexual encounters.

Experimentation is the key to keeping things spicy in a long-term relationship. For some people, experimentation can be quite daunting. It really doesn't need to be.

To ensure that you are open to experimentation you need to have excellent communication. This has been stated several times because it is a key element in successful sexual relationships. Keep an open mind and understand that people want to try all different kinds of things. So, regardless of what it is, you should be open to giving it a try.

Starting off slow is always key. If one of you is more experienced than the other, they should have the understanding that you may not be as comfortable as they are. Their level of expertise may not match yours which can make experimentation extremely nerve-wracking. Some people have never experienced the sensation of being spanked while others may have participated in ideas that are much more taboo. Starting at the lowest level that the more inexperienced partner is comfortable with will ensure that your experimentation does not go awry.

It is common for people to try a variety of different things when they're in a committed relationship. It is less likely for an uncommitted couple to try any true experimentation. This has to do with comfort levels. When you are in a committed relationship, you're more likely trusting of your partner. In addition, the communication that you have is typically better. With good communication and high levels of trust, experimentation can become natural and easy to handle.

While you should never be afraid to try things there should be an understanding in your partnership. Some things are simply off-limits for some people. This is completely OK. Spending the time to talk about your sexual interest, as well as there's, can help give you both insights as to what type of experimenting you should delve into.

Chapter 7: The Kama Sutra



In this chapter, we are going to look at the history of sex. This includes the Kama Sutra which is a book full of sexual positions and information on intimacy. We will also be taking a look at how you can ensure that you are giving your partner a mind-blowing orgasm. A lot of this has to do with the understanding of the person that you are becoming intimate with.

Obviously, since the dawn of mankind, we have participated in sexual relations. Having sex is a way to procreate and ensure our species moves forward. In the beginning, many people believed that you should only have sex if you were trying to procreate. Things change over the course of time.

It is much more commonly acceptable to simply have sex for fun than it was centuries ago.

With that being said let's take a few moments to talk about the Kama Sutra. Many people have at least a vague understanding that this book exists and that it is full of information in regard to sex. However, most people don't know much more than that.

The Kama Sutra is an Indian text that was written in Sanskrit. It involved information on fulfillment in life through sexuality, emotional states, and erotica. This book was not made to be a sex manual but was written to help people sustain loving relationships, find a partner for life, maintain enjoyment in a person's love life, and other facets of the pleasurable side of our existence.

The actual origin of the Kama Sutra is unknown. There are guesses as to when it came to fruition, but they are simply guessing. There have been a plethora of different books published based on the original works. Not only is the date unknown so is the place of its origin. There is quite a bit of debate as to how the Kama Sutra came to be.

The original work holds over 1200 different verses. It is broken down into 7 different books. As with all things, over the course of time, it has been changed and tweaked. Not all of the original text was able to be saved and translated. There were; however, 67 different pieces that have been translated into a variety of different books and pieces of literature.

The Kama Sutra has a mixture of pictures, poetry, and narration. Some of it is quite fictitious while other pieces are legitimately true. It provides us with discussions of legends and mythology and helps to teach us a variety of different things that can make our lives more pleasurable.

This book can help us understand our own bodies as well as our partners. It provides us with information on how to be emotionally connected and how to maintain intimacy throughout long-lasting relationships. It also provides us with information about the different variations of sexual positions. It does encompass a wide variety of information related to sex, but it also relates to many other areas of our lives.

When you are trying to look for different positions or practices that can enhance your sex life this book is a great one to look toward. Many people have read different versions of the Kama Sutra and have come out with better lovers because of it. It will help you to enjoy the pleasures of life and the pleasures of intimacy. Most people are very surprised at the plethora and wealth of information that they gain after investing some time into this text.

When you decide to delve into the workings of the Kama Sutra you will gain insight into how you should court another person which involves things like flirting. Additionally, it teaches us about foreplay and intimacy. There is even information on adultery within the confines of marriage and how it should be handled. On top of all of that, it also gives us information into same-sex and group sex relationships. There is truly a wealth of information that can be gained by spending some time researching this book.

Giving Mind-Blowing Orgasms



Investing time in learning the teachings of the Kama Sutra can help you provide mind-blowing orgasms to your partner. It can be very difficult for some people to reach orgasm but when you have the skills you need it can be achieved quite easily. There are some major components to ensuring that somebody can reach orgasm. In terms of a woman, they need to be extremely comfortable in their situation should be able to climax. Men are a little bit easier when it comes to this area; however, sometimes it can be difficult for them as well.

Obviously, the tips and tricks that you will use to ensure your lady has a mind-blowing orgasm are going to be quite different than the ones to ensure that the male counterpart is getting his. There are different tactics that are

going to be used in different situations. It does not have to be difficult to ensure that your partner reaches orgasm as long as you have the information and ability to do it. Let's take a look at both sexes and what you can do to ensure that they have mind-blowing orgasm's each and every time you participate in a sexual encounter.

We're going to start off by looking at the ladies. There are a variety of different things you can do to make it easier for her to achieve an orgasm. Most women admit that they have faked a few orgasms in their life. Unfortunately, a few is a gross understatement for how many times most women have faked it. It is unfortunate that they believe that they need to do this to make their sexual partners feel satisfied. Men, you must remember that you can't pressure a woman into having an orgasm. It is something that is going to take time and honestly, there are going to be times she absolutely cannot get there. This is OK as the experience of sexual intimacy is fulfilling enough during those times that orgasm cannot be achieved.

The environment that you put your lady and will play a big role as to whether or not she is going to be able to climax. As noted, women need to feel comfortable and relaxed to be able to have an orgasm. So, setting the mood for your woman is more important than ever if you want to ensure that she has an orgasm every time you enter into sexual intercourse.

We cannot iterate enough how important taking your time and investing it in 4 play is. This tactic will help to get her warm before actual intercourse begins. It takes time for a lady to become truly aroused and foreplay will guarantee that she is. Using your mouth in your hands you can stimulate all

of her erogenous zones and have her reeling when it's time to actually penetrate her.

You need to keep in mind that for most women it can take an average of about 20 minutes for them to achieve climax. So, when a man ejaculates prior to this it can be very frustrating for the woman. If you cannot last longer to provide her with the time, she needs to climax don't leave her stranded. You can pleasure her after you have reached orgasm to ensure that she also gets hers. It can be a little bit messy, but she will certainly appreciate it if you decide to slide in a couple of fingers to finish her off after you have climaxed.

Another great tip for ensuring that your lady reaches orgasm is to focus on her clitoris. Most women cannot achieve orgasm from simple penetration. The combination of penetration and clitoral stimulation is utterly amazing from the females perspective. In fact, most women would rather you simply focus on their clitoris to help them achieve climax. Penetration is fantastic and most women enjoy it; however, it is likely not going to be enough to truly get her there.

You also want to make sure to encourage dirty talk. Being naughty before and during intercourse can be truly stimulating. It turns women on and allows them to relax. Most women do not want to participate in a sexual encounter with an extremely shy man. So, be bold and open your mouth to state all of your wants and desires. She will truly appreciate it.

Last but not least, work on finding her G-spot. Yes, the G-spot actually exists. It is typically located a couple of inches inside of her vagina on the front wall. With a little bit of pressure and a circular pattern of movement, you can stimulate her G-spot. This can lead to female ejaculation and some of the best orgasms she has ever experienced in her life. If you add to that some clitoral stimulation you will seriously be driving her wild.

Now that we've looked at a few things that men can do to ensure that their ladies have amazing orgasm's let's reverse the role. Figuring out exactly what to do to ensure that he has a mind-blowing orgasm can seem intimidating for some people. This is especially true if you are lacking in, experience. Keep in mind that sex is a learning process and you will get better the more that you do it. In addition, the more you know your partner is the better level of communication you have the easier it will be to do the things that truly please them.



While it may be easier to give your man an orgasm than it is for him to give you one you need to realize that there are definitely different levels. Some orgasms for men are simply OK while others are completely off the charts. Obviously, we want to provide our male counterparts with orgasm's that are consistently off the charts. Let's look at some different techniques that can help you accomplish this.

Just like women, men need to be relaxed and undistracted to achieve orgasm. So, setting the mood can be advantageous in helping them push their daily stresses out of their minds and focus on the intimacy that is about to commence. In addition, foreplay is almost as important to men as it is to women. This ramp-up. It allows the sexual tension to heighten and make intercourse much more stimulating.

When intimacy is done right both partners are focused on each other. Oftentimes, this leads to a man pushing off his orgasm until his female counterpart has been satisfied. One way to ensure that your man has a mind-blowing orgasm is to tell him he doesn't need to worry about you. Make the sexual session all about him. Allow him to lay back while you take control. Encourage him to climax whenever he can even if it is quickly. This can be very freeing for a partner and reduced their level of worry which, in turn, will allow them to have a mind-blowing orgasm.

Another great piece of advice that can help your man have a mind-blowing orgasm is to withhold it for a few days. Yes, this can be difficult for both parties. It is especially true if you have an exceptionally sexual relationship. By denying actual intercourse you can really ramp both parties up to have

seriously intense orgasms. It will take a bit of willpower; however, you will both be appreciative in the end.

One other tip that can help your man achieve a mind-blowing orgasm is to surprise him. In the afternoon quickie is not something most women initiate. However, it is something that should be initiated more frequently. Surprising him with a random tumble in the sheets it can really heighten his level of pleasure and the experience he has during intercourse.

As with all things, the tips that we have given you to help heighten the level of orgasm for your partner are only a few of the many things that work. If you have tried all of these things continue to do some research as there are more options out there. Simply trying to ensure that your partner is achieving excellent orgasms is a step in the right direction and the more you try the more successful you will be.

Chapter 8: Sex Positions for Beginners



When you first start having sex, it can seem a bit intimidating. Sure, most people are familiar with missionary style but where do you go from there question mark in this chapter, we are going to go over a variety of different sex positions that are fantastic for beginners. This will include positions that you can try while laying down, sitting, standing, and kneeling. It should give you a good basis to get started on you can continue to branch out from there.

It is important to understand that while some positions may be great for you your partner may not love them. So, trying different things and having an Arsenal of different sex positions to try is advantageous in having excellent

sexual sessions. Here again, you need to be open to experimentation. Trying out different positions can lead you to a whole new world of ecstasy that you have never experienced.

Let's start out by looking at some of the most basic sex positions that can be accomplished while laying down and how to actually make them happen. Many people will be quite familiar with these first positions that we discussed. However, they may surprise you once you actually give them a try. So, don't feel as if the basics aren't good enough as often times they absolutely are.

The first position that we would like to look at is the face to face position. To accomplish this both parties will be laying on their sides. You'll be facing each other. The female will be slightly higher on the bed than her male counterpart. This is so that her hips are above his. One of her legs will wrap around the top of him and the other one should be laid down straight. Sometimes this can feel a bit awkward but with practice, it feels truly great.

This is a fantastic position for beginners because it helps you to gain comfort with your partner. It is a very intimate position that will allow deeper levels of penetration. The closeness of this position also helps both to relax and enjoy the experience.

Next, we have one of the most common positions, missionary style. This is done by the female lying flat on her back and the male on top of her. The female's legs can be in a variety of different positions. Sometimes, she will lay them down flat on the bed while other times she may wrap them around her partner's waist. This simply comes down to what is most comfortable.

Other people prefer to have their knees bent so that their feet are flat on the bed and their knees are facing the ceiling.

Missionary position is basic but essential for beginners. It is one of our go-to moves. It allows for different positioning which can help both parties achieve orgasm more easily. It tends to be very comfortable for both the man and the woman. You will be facing each other, and this will allow you to focus on the level of intimacy that you are exuding. Additionally, it will make it easy to communicate what your needs are if the position needs to change slightly.

Spooning is another basic position that offers a great deal of satisfaction for both parties. To accomplish this, you will lay in the spoon position. The female's hips should be above her partners. The Top leg will need to be lifted slightly so that penetration can occur. Sometimes this feels a bit awkward and you may need to adjust your positioning to find a good level of comfort.

This position is fantastic for beginners because it allows for stimulation to the females G-spot quite easily. It can be very comfortable once you find the right fit. You won't have to worry about doing a whole lot of work but both parties will be able to move fairly easily. The involvement of both people is appreciated on both sides and it is likely that you will fall in love with this basic position.

Now that we have looked at some awesome positions that you can use while laying down will move on to some sitting positions. Sitting positions can allow for deeper levels of penetration which can, in turn, offer higher

levels of stimulation for both parties. Sitting positions are usually very easy to achieve and are a natural go-to for couples that are inexperienced, as well as, experienced.

The first position that we are going to discuss is a combination of a lying down and sitting position. This position is most commonly referred to as the cowgirl style. To accomplish it, the male will lay flat on his back with his legs stretched out in front of him. The woman will climb on Top and straddle him. How she chooses to position her legs should be in whatever position is the most comfortable. From here she will have the ability to take control and ride her male counterpart.

Beginners love this position because it is easy to accomplish. It is important to note that if the female puts her feet flat on the bed with her knees facing the ceiling or the wall it will be a bit difficult to do this for very long. The motion will be difficult on her thigh muscles. However, this can be combated by putting one shin down on the bed and leaving the other in the upward position. It provides great leverage and an excellent level of penetration. Additionally, it will allow the woman to ride the man's penis in a way that stimulates her G-spot.

You can modify this position in a variety of different ways. To make it a true sitting position you simply need to change the position of the man. Rather than him lying on his back have him sit with his back leaning against a solid surface. He can bend his knees or leave them straight just depending on what feels best for both parties. From there the female is going to do the exact same thing as stated above.

It is important to note that some women will find this position to be intimidating if they're lacking in, experience. This is due to the fact that they are extremely exposed. However, as long as you have an intimate and trusting connection with your partner it is definitely worth giving this position a try. It can lead to excellent levels of stimulation and ecstasy.

You can alter the cowgirl into another position by simply turning the female around. This is referred to as a reversed cowgirl. It provides a different stimulation to both the man and the woman. This is due to the fact that the underside of the man's penis will now be rubbing the front wall of the woman's vagina. This type of stimulation can be fantastic for reaching climax and providing mind-blowing orgasms.

Now we're going to move on to a couple of basic kneeling positions that you can easily enter into during sexual encounters. Kneeling positions can be truly amazing for both parties. This is due to the fact that you tend to have a good amount of movement and deeper levels of penetration in positions where one or both parties are kneeling.

The first position that we want to look at is the doggie style. This is one of the most popular positions for inexperienced, as well as, experienced people. Many find that this is one of their favorite positions because of the level of penetration and movement that can be experienced. In addition, men tend to like the view of their ladies from behind.

To accomplish the doggie style position is fairly simple. The woman will need to be on her hands and knees or on her forearms and knees. The man will approach her from behind. Her knees should be about shoulder-width

apart so that her man can kneel between them. He will then enter her from behind. More often than not the man will hold on to the woman's hips which will give him some control over the speed and power of his thrust. However, this position is also good if the woman wants to take control.

There are different variations of the doggie style position. Sometimes, the woman will lay flat on her stomach and the man will kneel over top of her. This can be a bit more challenging than a basic doggie style position, but it is also very exciting. It will make the female feel tighter around her man's member and heighten the level of pleasure that both parties experience.

Now we move on to some basic standing positions. There are many variations of standing positions that are very easy to accomplish. However, you need to be aware that some standing positions are very difficult to participate in for long periods of time. Don't get discouraged if you can't participate in standing positions for a long time, just keep at it and it will get easier the more experienced you are.

The first position we are going to look at is a combination of standing and kneeling positions. In this position, the woman will kneel on the bed like she would in a doggie style position. The difference is the man will be standing. He will approach the woman from behind and place his legs between hers. This will give him excellent leverage. He will also be able to grab her by the hips and control the speed and thrust at which intercourse is performed.

This position is extremely easy to accomplish and exceptionally pleasurable for both parties. He will be able to play with depth to tease her and truly

provide her with a variety of sensations. More than likely both parties will be able to participate in this position for a decent amount of time as it is not physically demanding.

Another standing position that is great will require the use of a chair. Both parties will be standing. The woman will face forward and lean over bracing herself on the chair. She will spread her legs so that they are shoulder width apart. It is important to note that if you are dealing with a partner who is much taller or shorter than you, you may need to stand up on your toes or kneel slightly. The man will then approach her from behind with his legs between hers when he enters her. This position can be a little bit tired so, if you can't do it for very long don't get discouraged.

The next standing position that we're going to look at may not be considered basic, but it is one that people truly love. It is important to note that not everybody will be able to accomplish it. There are a couple of variations but to accomplish this position the woman will have her back against the wall. You will be face to face with your partner. She will want to raise one or both of her legs so that they are around her partner's waist. The man will then position himself to be able to penetrate her. It will require a decent amount of strength from the man as he will be supporting quite a lot of the woman's weight. This is especially true if she is intending to wrap both legs around his waist. This position provides an insane level of penetration. There will not be a ton of movement, but the sensations can allow both parties to reach orgasm quite easily.

Once you have experimented with these sex positions, you'll be able to move into other ones. Understand that there are hundreds of different

positions that you can try out. We have only given you the tip of the iceberg. There are many other basic positions that are easy to accomplish. In addition, there are more advanced ones that will take some practice. When you're comfortable with your sexual partner experimenting with sex positions becomes extremely easy. Additionally, it helps to heighten the experience and keep things interesting if you are in a long-term relationship.

Chapter 9: Best Positions for Orgasm



Obviously, there are certain positions that are best to help her achieve orgasm and there are positions that are better for him. Knowing what positions are best to help your partner climax is advantageous in a truly fulfilling experience for both of you. In this chapter, we are going to discuss the different positions that are great for her and ones that are great for him. In addition, we are going to look over some uncommon sex positions that may be a bit difficult but can truly lead you down the path to ecstasy.

The first position that we would like to look at that can help ensure that your lady has an unbelievable orgasm is referred to as the sideways straddle. This position can be a bit complicated, but you will find that it is worth it once you effectively accomplish it. Some people find that they like

to try the actual positioning fully clothed prior to entering into intercourse. This can make it a bit more comfortable when you try it during the throes of passion.

To accomplish this position, you're going to have your man lie on his back with his feet on the bed. His knees will be facing the ceiling. The female will Crouch over him with one leg between his and the other on the side. She will lower herself on to her knees and one of you will need to use your hand to guide his member into the female's vagina.

This position is worth the effort because of your ability to grind on him in it. When a woman has the ability to grind on her partner's penis, she will be able to hit the places inside that feel the absolute best. Keep in mind that vaginal orgasms can be very difficult for women to achieve. Using a grinding motion can certainly make it easier.

While many people do find this position to be challenging you can make adjustments to it. Some people find that it is a bit easier if they lean forward on to their partner's legs. Others also say that if they make a wider base with their legs it becomes less tiring. Keep in mind, that all sex positions can be adjusted for your level of comfort and ability.

The next position that we're going to look at that is truly amazing for a woman is called the bridge. To accomplish this position, you will start like you are going to have missionary sex. This would be with a woman flat on her back. The man well sits up so that his shins are down on the bed. The female will stay on her back but then put her feet flat on the bed. From here she will arch her hips while keeping her shoulders and feet on the bed. The

man can grab her by the hips to provide leverage and comfort in this position.

Many people truly love this position because of the stimulation it provides. You will get extremely deep penetration. It makes the woman feel tighter and it provides an excellent position to reach her G-spot. On top of that, because her hips will be up in the air and provide easy access to her clitoris. It can be stimulated by either party.

As with all sex positions, this one has variations too. The man can easily change the height and angle of his position to provide the female with exactly what she needs to achieve climax. Here again, communication is important. Ladies don't be afraid to tell him what you need to make it better. In addition, some women like to wrap their legs around the man's waist. Keep in mind this will make the position more difficult, but it can also be more fulfilling.

One other position that is fantastic for helping a female reach orgasm is the scissoring position. Yes, this is a typical position for homosexual women; However, heterosexual couples can do it as well. The reason that this position works so well for the female is that the pelvic bone of their partner can provide clitoral stimulation during insertion.

To accomplish this position, the woman will need to be on her back yet also slightly on her side. She will kick one leg up and the man will straddle the leg that is down on the bed. Some women may need to bend their leg at the knee while others will be able to easily rest it on the shoulder of their partner. Finding the correct angle for penetration may be a bit difficult at first. Placing a pillow underneath the female's hip can help provide a better

angle. Once the angle is accomplished the man can either put his hands down on the bed or brace himself with the woman's leg. It will provide a nice level of penetration and allow her to grind on him as he moves in and out of her.

Now that we have looked at some positions that are sure to drive her wild will move on. There are definitely some positions that are going to be perfect for driving your man wild. Keep in mind, sex should be pleasurable for both parties but there are definitely positions that are meant for his orgasm as well as ones that are meant for hers. Being well versed in positions is advantageous for everyone involved.

One position that is sure to knock his socks off is referred to as the butterfly. To accomplish this, position the man will be standing. This provides him with an excellent view of everything that is happening. The woman will be laying on her back with her shoulders down on the bed. To start with her butt should be slightly off of the bed. The man will kneel down and penetrate her. She will place her ankles or calves on the man's shoulders. From there, he will stand up completely. This will lift her hips and buttocks off of the bed. She can place her hands on her hips or butt to help support her weight. This position provides an insane level of penetration. It also makes the woman feel tighter which enhances the pleasure for her partner.

It is important to note that this position can be a bit physically demanding. Not everybody will be able to do it for a very long time. However, in this position, it is not very likely that you'll need a very long time to achieve orgasm. People are insane over how good this feels and the level of

penetration that can be accomplished. In fact, women really love this position, as the man's penis tends to rub against the front of her vaginal wall. This can improve the stimulation to her G-spot and allow her to reach vaginal orgasm more easily.



Another great position that will truly drive your man wild is similar but easier to accomplish. The woman will lay on her back with her hips at the edge of the bed. Rather than simply placing her legs on his shoulders she will cross them so that they look like an “x”. He will approach her in a standing position. The woman can grab the man’s hips to provide more movement as he holds on to her legs for support. This position also allows a very nice level of penetration and makes the woman feel exceptionally tight around her man's member.

It is important to note that you do not have to do this position while standing. It can also be accomplished while kneeling on the bed. So, if you find it more comfortable to have sex in a kneeling position go ahead and give it a try. There is no wrong way to approach sexual positions as long as they feel good for everyone that is involved.

One last position that truly drives men wild is a variation on reversed cowgirl. The reversed cowgirl position is when a female's back is facing her partner and she straddles him from above while he lays flat on his back. Instead of sitting if the woman puts herself into a kneeling position it can truly stimulate all of the best areas of the man's penis. you need to be careful in this position so that you do not unintentionally bend his member as that will cause an extreme amount of pain. So, if you want to assume this position take it slow and take it easy.

Most of the sex positions that we have discussed so far are pretty basic. Some have pretty unique variations, and a few can even be challenging; however, you must understand that these are only the tip of the ice burg. You will now be provided with a few uncommon sex positions that you can implement to truly keep things interesting between you and your partner. Who knows, you may even be able to surprise your partner in a pleasant and unexpected way!

The first unique sex position that we are going to discuss is commonly referred to as the snow Angel. It is very similar to the missionary position but with A twist. The female will lay on her back and have her partner straddle her while facing the other direction. She will wrap her legs around his waist so that she can elevate her pelvis. From here the man will be able

to penetrate her. Holding on to the man's butt is going to help with the movement in this position.

It is important to note that this position can be very hard to accomplish. This is especially true if your man is not well endowed. However, if you can accomplish it makes it extremely easy for each partner to trudge other erogenous zones. It also allows the ability to grind on his penis while thrusting occurs.

the next uncommon position that we would like to discuss is the standing wheelbarrow. This is a fairly difficult position to maintain; however, it provides great levels of ecstasy. The female should be in the doggie style position to start out. Her partner well approached her from behind and help her to wrap her legs around his waist. From there he will support her at the hips while her arms stretched out to their full length. The movement of this position can be difficult, but it is totally enthralling.

This is not a basic sex position meant for beginners. It takes quite a bit of practice but can provide you with some amazingly deep thrusts. In addition, it is likely that the females G-spot will be stimulated helping her reach vaginal orgasm more easily. Most people are only able to stay in this position for a few minutes, but it is definitely going to be an experience that both parties will remember and want to participate in again in the future.

The last uncommon position that we are going to discuss is referred to as the waterfall. In this position, the female is going to be doing most of the work. The man will lay at the edge of the bed with his shoulders down on the floor. His legs will be straightened unto the bad. The woman should

climb on top of him so that she is facing him, but she should be in a sitting position. Most women will put their feet flat on the bed and put their hands on the thighs of their partner. This will provide you with the leverage that you need to move up and down on your partner's member. In addition, the female can find the grinding action that helps her easily achieve orgasm.

Both partners will truly love this position for a variety of reasons. The female will have total control which can be quite pleasurable for both people. In addition, the view from both angles is quite amazing. You will have an amazing amount of penetration and sensation while in this position. It truly is one of a kind and one that everybody needs to experience at some point throughout their sexual escapades.

Chapter 10: Oral Sex



Chapter 10 will cover all things related to oral sex. There will be discussion to ensure she is enjoying happening when you are pleasing her orally. Additionally, we will provide you with information on how to please your man. Oral sex can seem a bit intimidating to some people if they have never participated in it; however, it is actually easier than you think to provide oral pleasure.

Your willingness to try is the number one component. Here again, communication is extremely important. When you can voice to your partner what feels the best it can help guide them on what to do next. If you are

very inexperienced you may not know what feels good until it is happening, using your words during any type of sexual play is always encouraged.

One of the key components in ensuring that your lady enjoys oral sex is to be patient with her. You should always start off slow as it builds tension and allows your woman to become extremely aroused. Taking your time is extremely important. Women tend to take more time and need more buildup than men so patience is definitely a virtue in the realm of oral sex.

Another great tip is don't forget to use your hands. While oral sex, obviously, is going to involve your mouth using your hands at the same time can be truly erotic. Our fingertips can provide a lot of sensation and help to keep things exciting if it is taking a bit of time.

Don't be afraid to ask your female counterpart what it is that she wants. None of us are mind readers and a man will never understand exactly what it feels like for the woman when she receives oral sex. If you are unsure of what you are doing or what exactly it is that she wants simply asking is the best way to go. Some people are afraid to do this because they don't think that it is sexy; However, women much prefer you to ask questions then to simply fumble around.

You must also keep in mind that while the clitoris is an important piece all of your lady's vagina, is extremely important. Taking the time to kiss and caress all areas of her nether regions will certainly get her ready to go. This is another place where your hands should come into play. Taking your time and slowly working all of the sensitive areas of her lower half will help to

ensure that she will be able to reach a climax when you provide oral stimulation.

Most women really love the act of being pleased orally so you need to be enthusiastic about it. Sure, for some people it is not going to be their favorite thing but if she's going down on you, you should always return the favor. If your partner feels that you are into the act it will be easier for them to be truly in do it as well. On the other hand, if she doesn't feel that you are excited to be pleasing her orally it will be much more difficult for her to reach climax.

Some people are quite uncomfortable when it comes to receiving oral sex. This can be due to a low level of self-esteem or simply feeling self-conscious about the act that is happening. Communicating with your partner and letting them know that you find them genuinely sexy and that you are excited to please them will help put them in the right state of mind to enjoy all of the oral pleasure you are about to provide them.

You should also be aware that you don't always need to stop right after your partner has an orgasm. Keep in mind there are women that will stop you after one because their clitoris becomes extremely sensitive. However, some women will be more than satisfied to let you keep going. In fact, many women will be able to achieve the second orgasm much more quickly than the first if you continue on.

Now that we've looked at a few things let's talk about the actual process. As noted, you should start off slow and gradually increase the speed. You can also incorporate things like humming. It will provide a different sensation to

your female's clitoris and it can be truly amazing. You can work with different vibration speeds that will resonate throughout her entire pelvic area. This is a technique that drives most women wild.

Using your hands is important in the beginning and throughout the entire process. While you were paying attention to her clitoris with your mouth you should absolutely get your hands involved. Fingering her vagina can ensure that she reaches the highest level of ecstasy and has a mind-blowing orgasm at the end of it all.

Another thing you can do that will truly knock her socks off is to get some toys involved. Obviously, you should clear this with your female counterpart before you just delve into it. However, most women will be quite receptive to you using a variety of different toys while you provide them with oral pleasure.

One last tip that can help you provide great oral pleasure to your partner is to change up the motion. Licking in a variety of directions is important. Your tongue should move in strokes that go up and down, side to side, and even in circles. As a matter of fact, circles tend to be a female's favorite motion as it hits all of her clitoris and helps her to achieve orgasm more easily.

Now that we have looked at some ways you can ensure your female counterpart has a fantastic time during oral stimulation we're going to move on. Making sure that the ladies understand how to take care of their men is equally important. So, let's look at some different ways that women can ensure that they are pleasing their men while providing oral stimulation.

Just like women, men enjoy it when you start off slow. You can kiss and suck all over a man's pubic region to truly drive him wild. You must also understand that oral pleasure for a man is equally as intense as it is for a woman. It is very likely that regardless of what you are doing he is going to enjoy it. However, communication here is also key. Listen to the noises he is making in the things he is saying. This will help guide you on whether or not what you're doing is working for him.

One of the biggest components as being willing to try. If your man is willing to please you orally you should be willing to please him. Giving a blowjob might not be your favorite thing to do but it is something that he is likely going to love. So, you need to be willing to give it a go at least once in a while to make sure that there is give and take in your sexual relationship.

Keep in mind that men tend to not be quite as vocal as women during sexual encounters. This is completely fine and does not mean that they are not enjoying what is going on. One way to combat this is to have a conversation after you have been intimate. Basically, ask your partner for review on how things went since they don't make much noise to let you know what they are feeling as it is happening. Take what they have to say constructively not personally.

The head of a man's penis is one of the most sensitive areas especially on the back of it where the scar from circumcision exists. This is a fantastic place to do a variety of different tongue tricks. However, you must keep in

mind that there is a lot more to him than just the head. Paying attention to the shaft will also help ensure that he is able to reach orgasm.

Not only that, but a man's testicles are also extremely sensitive. So, while you are paying attention to his member with your mouth you can pay attention to his balls with your hands. Always remember to be careful, especially when exploring his testicles, this is an extremely sensitive area and warning him that this is something you may do can ensure that he is ready for it and acceptance for the ecstasy that comes afterward.

When you and your man are talking about your sexual relationship you should ask some questions. Some men don't mind a bit of play in their butt region; however, some men are completely against this. Ask questions and make sure you understand what he is OK with before you venture into this unknown territory. If he is into it you should understand that but play can be extremely erotic and cause insane levels of ecstasy.

If you want to give your partner experience that is slightly outside of the box there are a variety of different things that you can do. You can have your man stand and face a mirror while you provide him with oral stimulation. For some reason, this is something that most people find extremely erotic. It can help ensure that your man reaches climax quite quickly. Give it a try and you will see how advantageous something so simple can be.

Another fun thing to do is to play with temperatures. By warming your mouth up with a hot beverage before putting him in your mouth or playing with ice cubes you can cause some truly different sensations. This can be unexpected in the best of ways. You may even decide to keep a small piece

of ice in your mouth while you are pleasing him so that you can run it along with the head and the shaft of his member.

While we have already discussed the importance of using your hands as well as your mouth it is something to definitely keep in mind. If your man is well endowed providing him oral pleasure can become extremely tiring. Your jaw muscles will get tense and sore. So, alternating between stroking him and sucking him can give you the longevity that you need to ensure that he reaches climax from your oral stimulation.

Chapter 11: Anal Sex



For many people, the thought of anal sex is extremely intimidating. This simply does not need to be the case. Anal sex can be truly enjoyable for both men and women. We have stated several times that you need to be willing to experiment. This is one of those areas that you should really give a try before you completely say no to it. Communication is extremely important and there is definitely information that you need to be aware of before entering into this type of sexual situation.

Once you and your partner have decided to enter into this type of a sexual encounter you should begin by playing around with the area first. Before allowing him to completely enter you from behind you need to loosen the

area up. This can be done with toys, mouths, or fingers. Actually, a combination of the 3 is probably the best idea. This will allow you to understand what the sensation is going to feel like and it won't be as much of a surprise when he actually enters you.

One extremely important thing to understand is that our anus does not lubricate itself naturally. You will absolutely need to invest in a bottle of Lube so that you will both have a pleasurable time. This experience, when done wrong, can be painful. Using lubrication will ensure that you do not cause any damage to your body and that you can enjoy all of the sensations from the stimulation that is provided.

When you first get started it can feel a bit uncomfortable, but it should not be extremely painful. One of the biggest advantages of playing with this area prior to penetration is that it will loosen you up and allow you to understand what it should feel like. If you are experiencing pain, you need to stop doing what you're doing. Pain from anal sex could actually be damage to your rectum. Obviously, this is something you'll want to avoid.

You should be prepared, especially during the first few encounters. There could be a small amount of bleeding, but it should not be a large amount. It is not abnormal for the anus to bleed a little bit after intercourse. Small tears are known to happen. If there is a lot of blood it is not OK. In fact, if you feel there is an extreme amount of blood you may want to seek medical attention. It is very uncommon, especially when you take your time and make sure to loosen everything up.

Remembering to use your voice during this type of stimulation is also important. Regardless of if you are typically quiet or not this is the time to speak up. It is most pertinent during the first few sessions of anal play with your partner. You need to let them know if you are in pain, they're going too fast, or if you feel extremely uncomfortable and want to stop. Likewise, you should inform them of what they're doing that feels fantastic. Feedback is crucial in making this a good time for both parties.

Once you have figured out the basics don't be afraid to stimulate other areas of your body. While participating in anal sex you can also pay attention to your clitoris or your vagina. These can add a lot of extra stimulation and allow reaching orgasm to become easier.

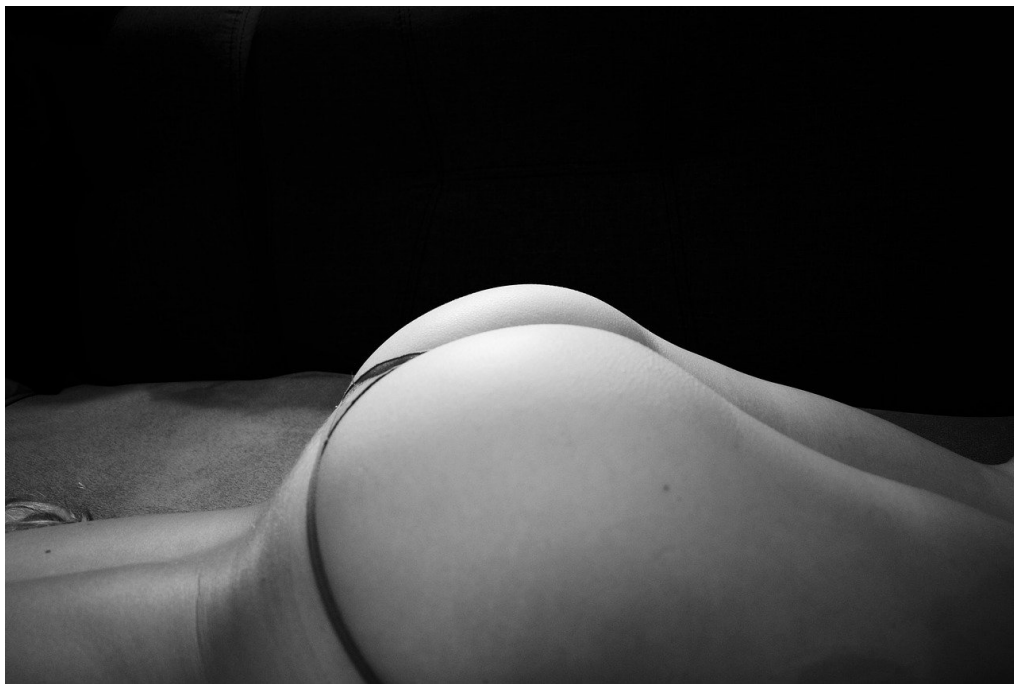
While you should always warm this area up with a bit of play you may experience a small amount of pain as your partner puts the tip in. The tip of a man's penis is the widest part and therefore can be a little bit painful. Using extra lube and taking your time is the best way to combat this.

You also must keep in mind that you need to be relaxed. When you tighten this area because of anxiety it's going to make it much more difficult for insertion. So, taking the time to relax and breathe throughout the entire process is extremely important. Don't be afraid to ask your partner to slow down or stop completely while you relax as it will be advantageous and more comfortable for both parties when you are completely relaxed.

Many people get unnerved about this type of sex because they are afraid of having a bowel movement. Sometimes, it is definitely going to feel like you need to poop; However, it is unlikely that it will happen. You must keep in

mind that when you participate in this sort of sexual stimulation poop is a reality. It washes off very easily and it's nothing to be extremely freaked out about. If you or your partner is feeling uncomfortable about it, you can use a condom during anal sex so that you don't have to worry about it being on his skin.

When it comes to positioning most people find that laying on their stomach or putting themselves in the doggie style position are some of the best ways to go. A missionary position with the woman's legs raised can also work out quite well. These positions will hurt less than others. Starting out flat on your stomach is probably the most advantageous way until you start to become more acclimated to this type of intercourse.



While experimenting is awesome you may find that you truly don't like the sensation of this type of play. That is OK too. It's all about communication and experimentation. Sometimes people will only have this type of pleasure

on special occasions because it's not their favorite thing to do but it is something that their partner loves. It really is all about the give and takes of your relationship. It is OK to say no even if you say yes on occasion.

We have looked at this basically only from the females perspective. However, keep in mind that this type of play can be truly erotic for men as well. Obviously, you need to speak with your male counterpart before you decide to start playing in his anal region.

This area of the human body is filled with nerve endings. This is what makes this type of play feel so good. It is especially good if a man allows it due to the fact that his prostate can be reached from inside his anal cavity. Always remember that slow and steady wins the race. Just like you are going to need to be warmed up so will he. Don't do anything without discussing it first. Encourage him to step outside of his comfort zone and it could lead to a mind-blowing experience for both of you.

All of the rules that apply to penetrate a female in this area also apply to a man. You'll want to make sure to use a good amount of lube and to take it slow. Starting by playing with the area and then working your way up to penetration will ensure that you don't cause any major pain or cause any harm to this extremely sensitive area.

Some people think that this type of intercourse is taboo or dirty in some way. This is unfortunate and absolutely not true. This type of sexual intercourse happens on a daily basis and it can be truly pleasurable for both parties involved. It can be pleasurable regardless of if a woman is

performing it on a man or vice versa. Don't be afraid to try things just because of other people's opinions.

Chapter 12: Less Common Sex Positions



In this chapter, we are going to look over a variety of different sex positions. This book has already provided you with quite a few but we want to take it a step further. You will find information on positions that require strength and ones that require flexibility. We will also discuss positions that can be truly relaxing for one or both parties. Lastly, we will include positions that are extremely sensual and can increase the level of connection you have with your partner.

We're going to start off- by discussing some strength positions. A lot of people won't be able to do these. However, if both you and your partner are incredibly physically fit these positions can be utterly mind-blowing. Feel

free, regardless of your fitness level, to give them a try. It can be a good workout and lead to awesome levels of pleasure.

The first position we are going to look at is commonly referred to as the swing. To accomplish this the man will start off on his back. He will place his feet on the floor or on the bed with his knees up. From there, he will raise his hips off of the floor but leave his shoulders down. The woman will be seated on top of him and do a lot of work. For the man, this position can be very difficult to sustain. However, when you can do it, it allows for an amazing level of penetration and grinding action from the female.

Next, we have a position called Amazon. This truly does put the woman in control. She will have more difficulty in this position than the man will. The man will lay on his back with his legs pulled up toward his chest. The woman will then squat over top of her partner and basically sit on the back of his legs. The female can either face toward him or away from him. She will then be able to move up and down as well as back and forth. It is extremely hard on the female's legs. However, if you can accomplish it for more than a few minutes it will provide an excellent amount of stimulation and a nice angle for both parties involved.

The last strength position that we would suggest is frequently referred to as the lap of luxury. This position is not quite as difficult as the previous ones we have mentioned. To accomplish it the man will sit down on the bed bracing himself with his arms behind him. His legs will be facing forward and flat but should be spread about shoulder-width apart. The woman will then place her legs on the man's shoulders or work them up toward his shoulders. She will place her arms behind her to brace herself. A good note

to make this a bit easier is to have the man lean back slightly while the woman gets into position. From here you may need to try a couple of different angles to accomplish insertion.

Now that we've looked at a few amazing strengths positions we're going to look at some positions that require a fairly high level of flexibility. These are positions that can be worked on over the course of time. When you spend a few minutes, every day stretching it can make these positions much easier to accomplish.

The first one that we're going to share with you is called the Libra. To do this position it will require you to be able to do a split. The man will have an easy time as he will either sit or lay down on the bed. The woman is going to have a much harder time. She will lower herself down on Top of the man in a side split. One hand should be around her partner's neck for support and he should hold on to her at the waist to help with leverage. This position is fantastic for some of the deepest penetration you have ever experienced. In addition, it will stimulate her clitoris which can lead to an outstanding orgasm.

The next position we will discuss that requires flexibility is called the ballerina. Stretching before attempting this is advantageous. The female will stand facing the wall and lean her body forward. Her forearms and elbows should be resting against the wall. This offers a good level of support. One leg should be straight and the other should be outstretched behind you as high as you can accomplish. The man will approach her from behind and the female can rest her leg on his body. He can also hold on to

her leg for added support as he enters her. It can take a bit to get situated but once you do the level of penetration that you experience is unreal.

You can alter this position if you are flexible, as well as, strong. To alter it once the man is in position, he can help the female bring the other leg up and she can wrap them around his waist. This will be physically demanding on both parties, but many find that it allows both to achieve orgasm quite easily.

One last position that is amazing and requires a decent level of flexibility is called the barbell. This position will have you facing your lover which promotes high levels of intimacy. The man should be standing. His legs will be about shoulder-width apart and his knees will need to be slightly bent. The female will start on her back. One leg will be on the man's shoulders and the other will wrap around his waist. From here she will wrap one or both arms around his neck and pull herself up. The man will support her by wrapping his arms around her hips or waist. The level of movement will not be the best, but the penetration will be excellent and provide great stimulation and closeness for both parties.

Now we will move on and provide you with some sex positions that are relaxing. Sex can be quite a chore and sometimes we simply don't have the energy for it. When you know a few sex positions that are relaxing it can make entering into sexual situations less exhausting. Just because you are feeling lazy does not mean you need to cut your partner off, it simply means you need to find positions that you don't need to do a ton of work.

One great position when you are feeling less than energized is called the dangle. To do this the woman will lay on the bed backward with her head and shoulders dangling off the edge. The man will mount her in missionary position. He can also hang off the edge of the bed placing his hands on the floor for support. Neither party will have to do a lot of work, but it offers a bit more excitement than a regular missionary position. In addition, it allows for deeper penetration.

Another excellent position when you are feeling a bit lazy is also uh altered version of a missionary. The man or the woman can be the one lying down. You will then put pillows underneath the hips of the party that is on the bottom. Their legs should be spread nice and wide. Typically, the woman will be on the bottom. The man will then mount her like he would in a missionary position. this position offers a lot of variety. The woman's legs can easily be wrapped around him or even put upon his shoulders. From there it will be standard thrusting and movement which won't be a ton of work for either person. One of the benefits of this position is that the level of penetration you receive will be better than with many others.

The dragon is the last relaxed sex position that we are going to discuss. In this position, the female will lay on her stomach and prop her lower back, hips, and thighs up using pillows. The man will then be able to mount her from behind. This is very similar to the doggie style, but it takes less work for both parties. The man can lay flat on the back of his female counterpart or if he is feeling a bit more energized can approach her while kneeling. The movement of this position is quite easy on both parties and will not require a lot of energy. It allows for good thrusting action as well as the grinding component that really drives women wild.

To round this chapter out we are now going to move on to sensual sex positions. Sometimes you truly want to have a high level of intimacy with your partner. While some positions are great when you're just trying to have a quickie, others are made to allow you to truly connect with the person you are making love to. Sensual sex positions are going to allow you guys to look at each other, kiss, and caress one another throughout all of your session of intimacy.

The first sensual position that you absolutely need to try is frequently referred to as the rocking horse. This position will allow you to face your partner which, in turn, or make kissing and caressing each other much easier. This position is fantastic when you want to take things slow. To accomplish it the man will sit Indian style with his back being supported by a wall. If you are not in a place where he can lean against a wall, he can use his arms to support him. The woman will kneel over top of him and wrap her thighs around his midsection. If she does not feel comfortable wrapping her legs around him, she can brace herself with her feet against the floor or the bed. If she doesn't with her feet on the floor or the bed it will give her control over the depth of penetration and the speed at which things occur.

One last sensual position is oftentimes referred to as the peg. To accomplish this, position the man will lay on his back with his legs stretched out in front of him. The woman will climb on top of him and allow entry. Once insertion has occurred, she will then stretch her legs out behind her. The motion of this will be great when trying to move back and forth but it is not awesome if you are trying to get a good grinding motion going on. This

position is truly central because your entire bodies will be in contact. In addition, you'll be able to kiss and touch each other quite easily.

While the positions in this chapter may be a bit difficult for some people to accomplish, they're definitely worth a try. They will provide heightened levels of ecstasy for both parties. Keep in mind, some may be difficult in the beginning but with continued practice, it can become easier. These are only a few of the many positions that you can get yourself into that can lead to some of the most amazing orgasms that you have ever experienced.

Chapter 13: Sex Positions for Insecurity, Anxiety, and Premature Ejaculation



For many people, sex is a natural and easy thing. However, some people have a hard time enjoying it due to the fact that they are insecure. This could be insecurities with their level of experience or with their bodies. In addition, anxiety can truly ruin a mood. It can make it so that one or both parties are unable to reach orgasm. Premature ejaculation can also be a problem in many relationships. In this chapter, we are going to review different positions that can combat all of these negative aspects. With the right positioning, sex can become truly enjoyable without insecurity, anxiety, or the worry of reaching orgasm too soon.

Feeling insecure during sex can make it extremely difficult for you to reach orgasm. Obviously, come with a more relaxed and confident we are the more successful are sex adventures can be. So, finding some positions where you feel truly comfortable is advantageous, especially when you're feeling a bit insecure.

Having sex in a chair is a great position when you are feeling a bit insecure. The man will sit in the chair and the female will simply straddle their legs while facing them. It will allow the person on top to move up and down and grinding will also be possible. This is a very close and intimate position. It will make you feel secure because you'll be facing the person you trust, and your bodies will be tightly wrapped together. It is quite reassuring and will also allow you guys to communicate through the session when you need too.

One other great position is going to happen when both parties are laying on their sides and facing each other. To do this is very simple. The female will need to be slightly higher than the male counterpart. She will have one leg outstretched and one leg draped over his hips. He will then be able to move him closely for insertion. Both parties will be able to move their hips and get a nice rocking motion happening. It allows people to feel extremely secure because you are close enough to talk, kiss, caress each other, and make eye contact. Your bodies will be touching each other completely. It helps both parties feel comfortable and secure.

Basically, any sex position that allows you to face your partner and puts the majority of your body into contact with yours is going to help you feel less

insecure. Eye contact is extremely important. In addition, the ability to kiss and caress your partner is also important. So, when you are looking for positions that will reduce your insecurity it is best to choose ones where you are facing one another.

Having anxiety about sex is not uncommon. Unfortunately, many people feel this way from time to time. There are a variety of different sex positions that you can enter into that will help reduce the level of anxiety that you are experiencing. Obviously, being open and communicating with your partner about the fact that you're feeling anxious is a key element in helping you release this negative feeling.

The first position that you should try is commonly referred to as the connected hearts. This is very similar to the cowgirl style. The difference is instead of the man lying flat on his back he will prop himself up with his arms. This will allow you guys to come into contact with one another as the woman rides the man. Your eyes will be able to lock, and you will easily be able to cross each other's bodies. It also will provide you with a good amount of eye contact. This can be pretty intense. If you find that this position increases your anxiety turn the female around so that her back is facing her partner.

Doggie style is another great position when you're feeling anxiety. It allows for a good amount of contact, but you won't have to look each other in the face. Sometimes, staring at your partner in the eyes can be too intense an increase in the level of anxiety that you are experiencing. Doggie style puts both people in control but allows for a higher level of comfort. The view for the man is very nice and the woman has the ability to concentrate on the

sensations at hand rather than the intimacy that can come when facing your partner.

Premature ejaculation can be a serious worry for a lot of men. When you are experiencing sexual interaction the last thing you want to do is blow your load too early. It can become such a bother that it negatively impacts a man's performance. Many people don't know that there are a variety of different positions that you can try that can help slow down premature ejaculation. Let's take a few moments and look at some different positions that can help you last longer and ensure that you have what it takes to get your lady to the point of climax.

Any position that has the female on top is fantastic in helping delay premature ejaculation. It can be performed while sitting up or laying down, it really is up to whatever is most comfortable for both of you. She will be able to control what is happening. The man will have some motion that he can add but it really will be up to the woman. This will allow her to decide when it is time for him to have an orgasm. When she realizes that he is almost there, she can completely remove herself from his member or change the speed at which she is moving. This is excellent in helping to control when the man's orgasm will occur.

Side-by-side sex positions are also fantastic in controlling premature ejaculation. This is due to the fact that you will not be able to get as deep during penetration. To accomplish this both parties will lay on their side and the man will position his body between the woman's legs. The tighter she holds her legs together the less insertion he will be able to accomplish. Both parties will be able to move but there will not be as much movement as with

positions such as doggie style. When you are trying to last for a good amount of time this is a position that will be advantageous.

The spooning position is another great one when trying to hinder premature ejaculation. It is also a position where you are on your side so it limits the amount of penetration that you can accomplish. Basically, any position that will not allow you to thrust hard and fast or accomplish an extremely deep level of penetration is going to help you ward off a fast orgasm.

It is important to note that premature ejaculation is typically more of a burden for the man than it is for a woman. If you do find that you suffer from this issue there are not only sex positions to help you but there are other things you can do to ensure that your partner is satisfied. If you reach orgasm more quickly than you would prefer it doesn't mean that your sex session has to end. It may be a bit messy but fingering your lady after you have reached climax inside of her can be truly erotic. It can allow her to reach orgasm without you needing to worry about the fact that you ejaculated fairly quickly.

While we like to provide you with sex positions that will help you, we also should warn you that there are some that you should avoid. Doggie style, in particular, is a position that you will not want to enter into if premature ejaculation is a problem. Not only is the view from behind extremely arousing to a man the level of control is, as well. Doggie style allows for extremely deep levels of penetration and movements that can be hard and fast. Hard fast movements combined with deep levels of penetration are guaranteed to make a man ejaculate quickly. So, if you are trying to avoid a quick climax you should avoid this position at all costs.

Keep in mind, that we've only given you a look at the variety of different sex positions that can help with insecurity, anxiety, and premature ejaculation. If none of these seem to be working for you do a bit more research and try some new things. You never know what is out there that will work better than the guidance that we have provided. However, most people find great success in the positions that we have provided and it leads them to more fulfilling sex life. This goes for not only you but also for your partner.

Conclusion

Thank you for making it through to the end of *Sex Positions*, let's hope it was informative and able to provide you with all of the tools you need to achieve your goals whatever they may be.

The next step is to Put what you have learned into action. Don't ever be afraid to experiment and always remember that communication is imperative to healthy sex life. Regardless of if you are making love or simply having sex, there are a lot of things to learn. Taking the time to understand what works for you and what works for your partner will lead to mind-blowing orgasms for both of you.

There is so much more to sex than simple insertion. Taking the time to explore each other's bodies and never forgetting how important foreplay is, this will be a key component in how people view you as a lover. You need to always remember it is not only about you but also about your partner. Making sure that both people are interested, excited, and into what is going on is imperative.

There are a ton of different sex positions that you can try. This book gives you a great look at a huge variety of them. While many of them will work great for some people others may find them to be a bit challenging. Never be afraid to tweak the way a position is listed so that it can accommodate your particular situation.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!