

Adam Armstrong's

UNLEASH HER 'BAD GIRL'

**...And Get Her To Do
ANYTHING You Want In Bed**



Some of the information in this book is hard-core. It's explicit. It's of an extremely adult nature (and it is not intended for anyone under 18 years of age).

It may challenge your beliefs about sexuality and what you thought was the truth regarding 'women and sex.'

But here's the reality... this book is going to teach you how to unleash your woman inner 'bad girl' and get her to willingly do ANYTHING you desire in the bedroom.

Better In Bed eBook: Unleash Her 'Bad Girl'

...And Make Her Do ANYTHING You Want In Bed

By Adam Armstrong

Written for every man who wants to become a better lover

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Now that we're finished with this notice, let's talk about "How To Unleash Her 'Bad Girl'..."



About the Author

Adam Armstrong is a sex coach.

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

It wasn't easy for him to work all of this stuff out, largely because most of the mainstream sex advice to be found in magazines, on television and on the internet proved to be inadequate. And the stuff in so-called "scientific literature" was often no better.

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

Luckily for you, Adam has this stuff figured out.

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

But if you go with it and read, listen and watch Adam's programs with an open mind, you will become a better lover and enjoy a superior sex-life than you ever previously imagined you could.

After all, when was the last time you got a perfect blow job from your woman and had her give you everything you wanted in bed? If you're like 95% of guys, the answer is probably that you can't remember or that you've never experienced those things!

But rest assured, when you finish reading this book you'll know exactly how to make your woman do absolutely ANYTHING you want in bed...

Tell Your Friends



This book is going to teach you how to unleash your woman inner 'bad girl' and get her to willingly do ANYTHING you desire in the bedroom.

Introduction.

When people ask me "what I do" I usually tell them that I'm a Sex Coach who specialises in teaching men how to be better lovers and give their women incredible pleasure.

And the truth is that that is a pretty accurate description.

However, in May 2012 I started making friends with a guy called Scot McKay. Now, Scot and I do similar things in so much that we both teach guys how to have better relationships. But we differ in so much that I'm heavily focused on what guys should do in the bedroom and Scot focuses more on what a guy should do to meet, attract, date and keep an incredible woman in his life.

Anyway, Scot and I were introduced to each other by a mutual friend and we hooked up on Skype for what was supposed to be a quick 10 minute business meeting - but an hour and a half later we were still talking. We spoke about everything from food to travelling, sports to business, health and fitness and of course... women, sex and relationships.

What was most interesting (and the reason why you're reading this book today) is that Scot made me realize that *nobody out there is teaching guys how to have more fun in the bedroom.*

Sure, there are some coaches (like me) teaching men like you how to give your woman incredible pleasure and mind-blowing orgasms, but who is teaching guys how to get more sexual pleasure themselves?

The answer is – nobody!

Until now.

Soon after speaking with Scot I began writing this book – ***Unleash Her ‘Bad Girl.’*** And the reality is that the title of the book tells you exactly what it’s all about. DUH! Like you didn’t know that already.

In this book you’ll discover how to get your woman to do all those things that you always wanted to happen in your sex-life but could never work out how to make your woman do for you.



In this book you’ll discover how to get your woman to do all those things that you always wanted to happen in your sex-life but could never work out how to make your woman do for you.

And the best part is that I’m going to teach you how to make your woman not only do these things for you – but actually LOVE doing them for you.

Sweet.

A statistic that never fails to drive me crazy is that 90% of people never get past the first chapter of the books they buy.

It staggers my mind.

To make sure you read ALL of this book, here’s a quick look at just a little of what you’re going to discover (this is just a teaser to whet your appetite):

- How to teach your woman to give you **perfect hand jobs** and ridiculously **good blow jobs**
- How to get sex exactly when you want it
- A simple technique for teaching your woman how to give you **a sexual massage**
- The ultimate plan for getting her to love it when you ‘do her’ **up the ass**
- How to get her to have **threesomes, foursomes and group sex**

Anyway, all you have to do to find out how to make all of that (and more) your reality is to do what most people FAIL to do with virtually every book they buy – READ IT.

Pretty simple, right?

Just read this book and then put the tricks, techniques and strategies into practise and be sure to email me your questions, comments, suggestions and success stories because I'd love to hear from you.

You can send your email to me here (once you've finished reading the book):

adam@betterinbed.tv

Wishing you (a lot) more fun in the bedroom,

Adam Armstrong

Adam Armstrong

Author of "Better In Bed"

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Part 1: Laying The Foundation

In this section I'm going to talk to you about the absolute basics – the stuff that you must be doing with your woman in order for everything else that I'm going to teach you to work.

It might be tempting to skip this section and jump straight to the 'how-to' sections on hand jobs, blow jobs and all that other cool stuff – but the reality is that if you don't have the basics in place, nothing else will work nearly as effectively as it could.

So please take the time to go through this book in order, starting with this – part 1...

Tell Your Friends



The Importance Of 'Getting Her Off'

If you want your woman to do absolutely anything you want in bed, the most important thing you must be doing is 'getting her off.'

Said differently – you must be giving her **orgasms**.

I cannot emphasize enough how important this point is. Seriously; the tips, techniques and strategies in this book will work about 10,000 times better for you if you are giving your woman orgasms in the bedroom on a consistent basis (read: every time you have sex with her).

I have a concept that explains why this is true. The concept says that "Women are creatures of sexual reciprocation."

Here's what it means:

Women Are Creatures Of Sexual Reciprocation

When I say that women are creatures of sexual reciprocation, I mean that they are wired to give back once they have received.

In other words – if you give your woman incredible sexual pleasure (many orgasms), she will want to 'repay' you by giving you back incredible sexual pleasure.

On the other hand – if you fail to 'get her off' (like many guys do), your woman won't be that bothered about making all your 'bedroom wishes' and sexual fantasies come true.

So when it comes to getting your woman to do anything you want in bed, you must not be selfish. You must understand that the first step towards getting her to do everything you want is to give her incredible pleasure.

The question is...

What Can Be Considered 'Incredible Pleasure'?

This is a very interesting question.

Most guys think that if they give their women a single clitoral orgasm during sex they are giving them incredible sexual pleasure.

However, the reality is that a single clitoral orgasm is not enough.

The great lovers realize that the very least they should be giving their women during sex are vaginal orgasms during intercourse. You see, when you give your woman vaginal orgasms during intercourse you'll be giving her what most women will never have.

(NOTE: approximately only 20% of women have ever had a vaginal orgasm, but all women have the potential to experience them).

When you give your woman vaginal orgasms a switch in her brain will flip and she'll have a sub-conscious conversation with herself that goes a little something like this:

"Damn this guy is good in bed. I want to make him feel as good as he makes me feel!"

In contrast, when a man fails to give his woman any orgasms, or only gives her a single clitoral orgasm per sexual session (as most men do), women tend to have a much different sub-conscious conversation with themselves that goes more like this:

"This guy is giving me boring/lame sex, so why the hell should I go out of my way to make him feel great in bed?"

Are you starting to see how this works?

- **You blow her mind in bed => She wants to really satisfy you**

OR...

- **You only give her clitoral orgasms (or none at all) => She can't be bothered to do much at all for you in bed**

That's how this whole 'women and sex thing' works.

No point trying to fight it.

You must accept it, understand it and roll with it.

NOTE: For more information on the topic of 'giving women incredible sexual pleasure', please see The Orgasm Hierarchy located in the appendix at the end of this book

What The Really Good Women Want

(Prepare To Be Shocked)

When it comes to getting whatever you want in bed, it helps to understand what ‘the really good women want.’

When I say ‘really good women’, I am talking about high-value women - high value women being intelligent, confident, creative, imaginative and highly sexual. In other words, I am talking about the kind of women that you (as a high-value guy) should have in your life.

What I teach you in this program (or any of my other programs for that matter) will only work to full effect on high-value women.

The opposite of a high-value woman is a woman who is not intelligent, lacks confidence, has many emotional hang-ups, is needy and is generally a pain-in-the-ass. Needless to say - if you want to have a great sex-life, it is not going to happen if you settle for anything other than a high-value woman.

Never settle.

To settle for whatever woman comes along is to rob yourself of one of the most incredible things you will ever experience in your entire life - a happy, fulfilling and wildly sexual relationship.

I think you get what I am saying - choose your woman wisely if you want to make her give you everything you want in bed.

Why Most Men Struggle To Get What They Want In Bed

Most men are truly hopeless when it comes to getting what they want in bed, even if they are with a high-value woman.

The reason why for this is because most men do not understand what the really good women want in the bedroom and without this knowledge - they will never effectively be able to communicate their desires to their women. And without this ability to communicate, there is no hope!

Let me be very clear about this...

If you want your woman to do absolutely anything you want in bed, you must be comfortable with what women really want in the bedroom...

For starters, women want you to take control and lead them. Women do not want to take control and they do not want to take control of you. This is because they are sexually submissive.

This means that you must be sexually dominant – not in a ‘whips and chains’ kind of way, just in a manly, masculine, sexually confident kind of way.

You need to understand that the really good women expect to be treated extremely well outside of the bedroom and the better you treat them outside the bedroom, the more they will surrender to you inside the bedroom.

But they will only surrender to you if you are the right kind of guy.

If you are manly, masculine and sexually confident and you take control of your woman in the bedroom – she will surrender to you.

On the other hand, if you lack confidence and generally come across as wimpy, insecure and wussy – she will not surrender to you.

This act of ‘surrendering’ is essential if you want to get absolutely anything you want in the bedroom because when your woman surrenders to you she is basically giving you permission to take control of her and lead her in any way you like.

This is very **powerful**.

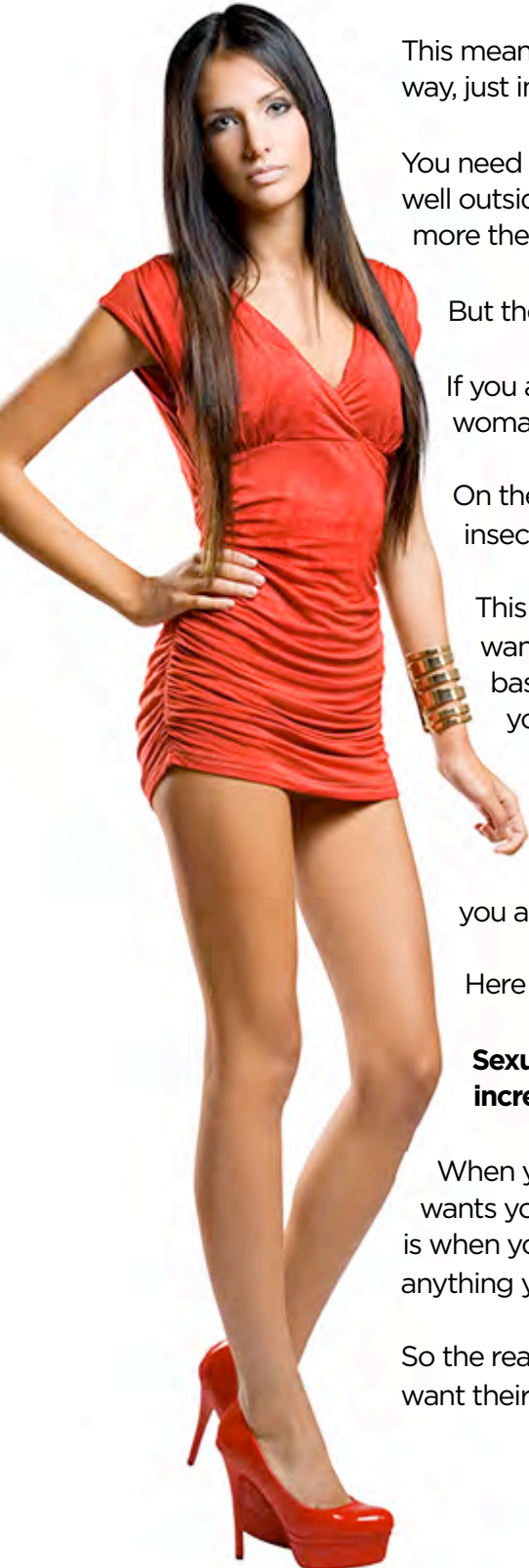
The more sexual pleasure you are giving her – the more she will surrender to you and allow you to take control.

Here is a simple equation that most men will never understand:

Sexual confidence, manliness, masculinity + the ability to take control + incredible sexual pleasure = a woman who will be mad about you

When your woman is mad about you because you are treating her exactly how she wants you to treat her in the bedroom (without her having to tell you what to do), that is when you will have the most influence over her and you will be able to get her to do anything you want in bed.

So the really good women want to surrender to their men in the bedroom and they want their men to take control and lead them.



Don't Discuss It In The Living Room

When many couples are experiencing sex that is not as fulfilling as they would like it to be, they often try to resolve their issues and make things better by 'talking about it.'

Yuck.

The truth is that ***this approach does not usually work.***

You see, sex is not a logical thing – it is an emotional thing. Therefore, to try and resolve 'sexual issues' by having a logical conversation in the living room is a total waste of time.

The approach that you must take to improving your sex-life is to ask yourself very intelligent questions. With intelligent questions come intelligent answers.

Here is a quick breakdown of how successful sexual relationships work from a male perspective:

- **You treat your woman correctly outside the bedroom**
- **You are manly, masculine and sexually confident**
- **You take control and lead your woman in the bedroom**
- **You give her incredible sexual pleasure (vaginal orgasms during intercourse)**
- **At this point your woman will want to do absolutely anything for you in the bedroom.**

Then all you have to do is effectively communicate to her what those things that you want and desire are.

Can you see how this works?

It is not about sitting round the coffee table with your woman and saying:

"Hey honey, please will you give me a blow job tonight?"

Or...

"Babe, if I buy you those shoes will you have sex with me?"

Or...

“Darling, we only ever do it in the missionary position, how about we try it from behind?”

No, no, no...

That approach will never work. Yet many guys continuously shoot themselves in the foot by approaching things that way with their women.

If you want a DREAM SEX-LIFE - one where you get everything you desire in bed, the reality is that you have to lay the foundations and then effectively communicate to your woman exactly what you want her to do for you (and this communication takes place during the sex act).



If you want a DREAM SEX-LIFE - one where you get everything you desire in bed, the reality is that you have to lay the foundations and then effectively communicate to your woman...

Now don't get me wrong - I am not saying that everything of a sexual nature is 'off limits' outside of the bedroom and that you must never talk to your woman in a sexual way; indeed nothing could be further from the truth.

Of course it is good to flirt with your woman.

It is good to sometimes use innuendo and to be sexually suggestive when you talk to your woman outside of the bedroom.

It is also good to stimulate her mind and basically keep her highly attracted to you.

But most men do not do this. They don't turn their women on and flirt with them. Instead they pester them for sex and try to persuade them to do new things in the bedroom by using logical conversation and it is this approach that tends to fail miserably.

In fact, instead of getting a woman to try new and adventurous things in the bedroom, this approach tends to turn women off and make them stop wanting to have sex.

So by all means flirt with your woman and talk suggestively to her outside the bedroom. Just don't try to persuade her to do new things of a sexual nature by using logical conversation because it virtually never works.

Right now, let's move on and talk about 'effective communication during sex'...

The Role Of Dirty Talk

If you want to make your woman do anything you want in bed, you had better get very comfortable with dirty talk.

You see, dirty talk is the key to giving your woman incredible sexual pleasure and effectively communicating to her exactly what you want in the bedroom.

Remember - by giving her incredible sexual pleasure (orgasms) you are flipping that switch in her brain that makes her want to please you. Now sure, she is not an idiot, she is going to please you to some extent without you having to tell her everything.

BUT - if you want her to do absolutely anything you want, you are going to have to communicate with her. After-all, she is not a mind-reader.

And in the bedroom, when things get sexual - the only effective way to communicate with your woman is via dirty talk. When it comes to getting what you want in bed, dirty talk is your best friend.



Most men are uncomfortable with the idea of **dirty talk**, or they mess it up when they try. Such men will never be great lovers, they will never fully satisfy their women (because women love dirty talk) and they will certainly never get their women to do everything they want in bed.

Keep this in mind as you read on...

Why You Gotta Have 'Balls' The Size Of Coconuts

This is the last sub-chapter of the first part of this book, so I want to prepare you for what you will read in the rest of this book.

Quite simply - the tricks, techniques and strategies that you are going to discover in Unleash Her 'Bad Girl' have the potential to help you make your woman do absolutely anything you want in bed (after-all, that is why you bought this book, right?).

Here's the thing...

To make all this powerful information work - you simply have to put it into action.

To put it into action is going to take balls...

Big balls...

Balls the size of coconuts...

But do not let this put you off.



I believe that most people are living unfulfilled lives because they are afraid to push past their comfort zones and instead choose to forever bathe in their own mediocrity. I want you to say “NO” to such a fate and instead say “YES” to ‘stepping-up’, taking action, trying some new things and improving the quality of your life. In this case – improving the quality of your sex-life.

“YES”, you may feel nervous before trying some of the things that I am about to share with you – but I felt that way too when I was first figuring all this ‘women and sex’ stuff out.

But I want you to push on regardless...

As the popular saying goes – I want you to “feel the fear and do it anyway.”

Most men do not have the balls to do this stuff and that is why they will never have a very exciting sex-life. Ignore what ‘most men’ do and do what the really great lovers do – give their women mind-blowing orgasms and then effectively communicate to their women *exactly* what they want in the bedroom.

With all that said, let’s get straight into the techniques...



Part 2: Getting Sex When You Want It

In this section I'm going to teach you how to get sex whenever you want it.

In many relationships the man often wants much more sex than the woman and this can cause conflicts and arguments. However, what if there was a way to increase your woman's libido so that it matched your own (or exceeded it) and for getting her 'in the mood' whenever you wanted?

The simple fact is that there is.

Read on and you will see what I mean...

Part 2: **Getting Sex When You Want It...**

Why Most Men Don't Get As Much Sex As They Want

Most men do not have as much sex as they would like. The reason for this is simple...

- **The single guys do not get as much sex as they would like because they are pretty much clueless when it comes to meeting and seducing women**
- **The guys in relationships (especially long-term) relationships do not get as much sex as they would like because they give their women lame sex**

Here's the truth of the matter..

Men will usually take any sex they can get. However, women are only interested in really good sex and when I say 'really good sex', - I am talking about sex where you give your woman vaginal orgasms during intercourse.

Many times in my life I have experienced the following scenario...

I met a woman who could only climax via clitoral stimulation (meaning she had never had a vaginal orgasm). At this stage I would notice that her sex-drive was not that high.

I would then give this woman the gift of vaginal orgasms and something remarkable would happen... her sex-drive would rapidly increase, as if by magic.

When you think about it - the reason for this increase is sex-drive is actually very simple...



When you only give your woman clitoral orgasms she is not experiencing anything like her sexual potential and she is not very into the sex. However, once you help her to experience more types of orgasm, especially the vaginal orgasms during intercourse – she starts to experience so much pleasure that her desire for sex become insatiable.

I have a high sex-drive, but with that said – once I give a woman vaginal orgasms during intercourse, her sex-drive will always increase to at least match my own.

So getting more sex is actually a very simple thing to do...

Give your woman MUCH BETTER SEX (much better sex being sex where you give her vaginal orgasms during intercourse every time you 'get it on' with her).

That is it – that is the magic formula for increasing your woman's sex-drive:

Give her vaginal orgasms during intercourse => Her sex-drive will increase

I had to share this with you because if you are not actually having sex you will not be able to use the tricks, tips, techniques and strategies that I am going to share with you about how to get absolutely anything you want in bed.

On the same theme, let's move on and take a look at...

How To Get Your Woman “In The Mood” Whenever You Like

Okay, so you now know that vaginal orgasms during intercourse are the key to increasing your woman's sex-drive and getting more sex, but life is not always perfect. Sometimes you will be in the mood and she will not and sometimes you will just have to accept this.

And that is cool; you cannot always get your own way.

However, there are several sneaky tricks (that are all totally ethical) that you can use to get your woman in the bedroom and desperate to have sex with you - without having to ask, beg or whine.

NOTE: only sad, pathetic men ask, beg or whine for sex.

Sneaky Tricks And Techniques For Smoothly Getting Her 'In The Mood'



The Triangulation Method

This technique involves some subtle eye contact with your woman and can be used to turn her on very quickly. I have found this technique works best when you are sharing a deep and meaningful conversation with your woman.

Here is how it works...

- **Look at her left eye, look at her right eye, look at her lips**
- **Repeat 2 or 3 times**

What you will find is that this makes her want to kiss you. I do not know why it works, but I know from experience that it not only works – it works like a charm. The key is to be smooth and un-obvious.

Avoid staring into her eyes like a robot.

Instead, just smoothly look at her left eye for half a second, then her right and then her lips. I think it has an almost hypnotic effect on women and makes them want to kiss you.

Credit goes to 'Style' aka Neil Strauss (author of The Game) for this one. Try it out for yourself and you will be amazed at how effective it is (provided you do it smoothly and in a 'not-so-obvious' manner).

Give Her A Massage

This is probably the most fool-proof way to turn your woman on and get her in the mood.

I mean, what woman will not get turned on when her man strokes, rubs and caresses her body?

I am yet to meet one.

The beauty of massage is that it can be very obvious, or very subtle.

Tell Your Friends



Obvious is “Hey babe, I’m going to give you a massage.” Then you light the candles, warm the oil, lead her to the bedroom and get to work. 15 to 30 minutes later you are massaging her ass and she is begging you for more.

Nice.

Alternatively, you can take a much more subtle approach. For instance, when you are both sat on the sofa watching television, you simply put your arm behind her head and start rubbing her head and neck.

Then, as she really gets into it you tell her to sit in between your legs so that you can give her a better massage and really work her head, neck, shoulders, chest etc. This is not rocket science – you just have to be confident and bold and it will work.

NOTE: In the next chapter there is a section called “Massage Basics.” This is all about how to get your woman to give you a good massage. However, you can easily use these points to give your woman an excellent massage too.

Cook Dinner For Her

Every woman loves having her man cook dinner for her and it always get her IN THE MOOD (provided the conversation during dinner is interesting and entertaining).

Now, if you are going to cook dinner for your woman – do it right. Lay the table, light the candles – do not ask her for any help.

Oh, and be sure to use some aphrodisiacs in your recipes! That is damn sneaky but your conscience can remain clear because when you finally get the sex you want – you are going to give her mind-blowing orgasms, right?

With that thought in mind, here is a list of some of my favourite aphrodisiacs:

- **Chocolate (the darker the better)**
- **Asparagus**
- **Coconut Water**
- **Almonds**

Berries (strawberries, blueberries, raspberries etc)

A few years ago I started dating a very hot girl. It was date number 3 and the first time I had been round to her apartment.

Anyhow, she had been out the night before and was a little hung over, so I said I would bring round some healthy snacks because she said she did not feel like going out.

I took Coconut Water, Dark Chocolate and Almonds ;)

A couple of hours after I got to her place we were sat on her bed eating these aphrodisiacs and sure enough - she gets horny and we have sex. Now of course it was not just the foods that got her in the mood, but it sure as hell did not hurt and she found it hilarious afterwards when I helped her to work out what all those foods had in common.

Buy Her Lingerie

Let me make one thing very clear - I am not a fan of buying women things in exchange for sex. In fact, that is moronic behaviour.

However, the one thing that is great to buy your woman and always leads naturally to red-hot sex is beautiful lingerie.

There is not much more to say about this, other than to make sure you buy the right size - in fact, that is majorly important. HINT: do not ask her what size she is, do it the cool way... check her underwear draw when she is not around and find out the bra and panties size.

The bottom line is that every woman loves to receive sexy lingerie from her man, model it for her man and make a mess of it with her man.



Mirroring Your Woman's Breathing

Mirroring your woman's breathing is an extremely powerful technique for getting her in the mood.

It basically involves matching your breathing to hers.

Here is how it is done...

Imagine that you are lying on the bed with your woman on a lazy Sunday morning – having a bit of a kiss and a cuddle, and you want to take things all the way to sex. What you do is notice how she is breathing and copy her.

Do not make it obvious; just mirror what she is doing...

- **Is she breathing shallow or deep?**
- **Is she breathing slowly or quickly?**
- **Is she breathing into her chest or her stomach?**

Notice all these things and start to mirror her. If you do this correctly you will get her turned on very quickly.

You can even actually try telling your woman to copy your breathing. Just say: "Hey honey, I've got something cool to show you..."

Then sit or lay down with her and tell her to synchronize her breathing with yours. Within a few minutes I guarantee she will be kissing you hard and she will be very ready for you to advance things to the next level (read: take her clothes off and have sex).

Mirroring your woman's breathing is a great way to not only get her 'in the mood' but also to build an emotional connection with her.

Okay, so now that you know how to get her 'in the mood' for sex, let's take a look at how you can get her doing absolutely anything you want when the sex actually takes place...





Part 3: **Her Hands And Mouth**

In this section I'm going to show you how to teach your woman to give you incredible pleasure using her hands and mouth.

Happy days.

Sit back, pay attention and prepare to start having much more fun in the bedroom tonight...

Part 3: **Her Hands And Mouth...**



Massage

I often tell men to give their women a massage to get them 'in the mood.' And it is great advice because it is a pretty safe bet that when you cover your woman's body in oil and rub it up and down - you are going to turn her on (provided you give her at least a half decent massage).

However, this whole 'sex thing' is not just about your woman. It is about you too.

So once in while it would be nice if your woman gave you a massage, right?

I can see you nodding your head and I hear you saying "YES."

The trouble is - it is my experience that most women (even the really good women), totally suck when it comes to giving massage. And it is not really their fault - after all, massage is something that professionals get trained to do and it is a serious skill that those professionals get paid very well for.

With that said - the reality is that it is not really that difficult to give a decent massage and you can teach your woman to give you an excellent massage very easily.

Here's how...

Tell Your Friends



What Not To Do

I hate to start off with “what not to do”, but this is really important...

If your woman starts giving you a massage and it is not very good – do not offend her!

DUH!

Sounds obvious, *right?*

Yet the reality is that some men are very blunt and to the point and they just say exactly ‘what’s on their mind’, without thinking about how it will make their women feel.

The trouble is; if your woman gives you a lame massage and you make her feel bad about it... it is unlikely that she will do it again for you. So you end up in a situation where you do not get any more massages and she feels upset.

I am sure you will agree that that is not what either of you want.

The solution is to give your woman some direction as she is massaging you and that is what I am going to teach you how to do right now...

Massage Basics

Of course, everybody is different when it comes to massage, so I cannot tell you exactly what feels good for you. Only you know the answer to that question.

However, what I can tell you is that most women give lame massages to their men because they do not use enough pressure.

With that said, here are the most important points you must remember when teaching your woman to give you a great massage:

- **First off, you need some oil because dry massage tends to feel horrible. I like to use Virgin Coconut Oil, but the reality is that any massage oil will do (provided you like the smell of it)**
- **Next, understand that the best way to start a massage tends to be with long, fairly slow strokes with gentle to moderate pressure**

- **As your muscles get warmer, you will find that more pressure starts to feel good**
- **In general, start with the back, then do the back of the legs and glutes (that is your backside), then roll over and do your arms and the front of your legs**
- **When massaging, the open palm can be used, or a variety of other hand positions including the knuckles, the thumbs and the side of the hand (running from the tip of your pinky finger to the base of your wrist)**
- **The more muscular you are, the more pressure you will be able to take**

Okay, so those are the basics.

Now, let me show you how to put this into practise over the course of 2 nights:

Give In Order To Receive

On the first night give YOUR WOMAN a massage.

Finish the massage by giving her a clitoral orgasm, a couple of A-Spot orgasms and then make her come during intercourse. The result will be that she will be a *very happy girl*, you will be happy and everyone will be a winner.

Of course, she will now feel somewhat obliged to 'return the favour.' (Remember what I taught you earlier in this book about women being "creatures of sexual reciprocation").

So on the next night, you say something like:

"Hey honey, I've had a really hard workout at the gym (or day at work) - I'd love it if you'd give me a massage"

If you have picked a good woman, she is not going to say "no." She is going to say:

"Sure babe"

So now you have gotten her to agree to give you a massage.

So far, so good.



How To Teach Her To Give You A Really Good Massage

Start off by laying on your bed, on your front and get your woman to put some massage oil on her hands.

Then let her straddle you and begin massaging your back.

Now chances are that unless you are dating a professional massage therapist, she is going to need some direction. Most women seem to gently rub your shoulders for 2 minutes and then give up, leaving you less than impressed and wanting more.

As you tell her what you want remember to never make her feel bad about what she is doing – after-all, she is doing something nice for you, she is just not doing it as well as you would like.



The way to teach her is like this...

- **Pay her a compliment**
- **Then tell her what to do**

The compliment makes her feel good about what she is doing and lets her know that you are enjoying yourself. The “telling her what to do” makes her actually do what you want.

For example:

Let’s say she is rubbing your shoulders and she is not doing it as firmly as you would like. Try saying this:

“Babe that feels so good. Go a little harder.”

See what’s going on?

Compliment her, and then direct her.

That is what all good coaches do. The coaches who only direct end up making their students feel like they are doing a bad job.

So getting a great massage from your woman is really about effective communication... making her feel good about herself and then directing her to do things how you want them to be done.

Try having her massage your back, then the back of your legs and then your backside. Then tell her you would like to roll over so she can do the front of your legs.

Of course, at this point – you both know what is going on.

She starts rubbing the front of your legs*, you get hard (if you are not already) and she eventually gives in and pays your penis some serious attention.

That is how to get your woman to give you a massage exactly as you want it.

***NOTE: Having the front of your legs (your quads) massaged is likely to either make you laugh or feel extremely turned on. This is weird but true.**

Let's move on and talk about Hand Jobs...

Hand Jobs From Heaven

I once had a fling with a very sexual woman who told me that she “hated giving hand jobs.”

I found this a very strange remark, especially coming from such a highly sexual woman.

When I asked her “why she hated giving hand jobs”, she told me it was because guys give themselves hand jobs all the time (when they masturbate), so she felt like she could not possibly do it as well as they could themselves.

Therefore, she would rather give blow jobs and have intercourse.

Now, I understood her logic, but her point of view was totally wrong. Once I explained to her that getting a ‘hand job’ from a woman is a much different experience than masturbating – she started to understand how much she had misjudged just how much we men can appreciate the pleasures of a woman who is good with her hands.

I believe that many women are guilty of doing the same – failing to understand how pleasurable a good hand job can be for a man*.

*NOTE: I once read a study that said that over 50% of men preferred getting a hand job to getting head

Before I show you how to teach your woman to become an expert in the art of giving ‘hand jobs’, let's discuss...

Cock Rhythm

There is this thing I call “Cock Rhythm.” I cannot remember where I first heard that phrase, but it is just perfect for what I am talking about.

Some women have no cock rhythm. Getting a hand job (or a blow job) from such women is usually a waste of time. Fortunately, only a very tiny percentage of women fall into this ‘no cock rhythm’ category and I have never met a high-value woman who was unfortunate enough to possess ‘no cock rhythm.’

But these women do exist and they are virtually un-trainable. For some reason they just do not seem able to give a decent hand job (or blow job) and nor can they be trained.

They are the dancing equivalent of having “two left feet.”

On the other hand, there are women who seem to be born with unbelievably good cock rhythm. As soon as these women get your ‘tool’ in their hands (or mouths) they make you feel like you have died and gone to heaven and you would swear that they were put on this planet just to make you feel good.

If every woman fell into this category I probably would not need to include this section of this book!

Sadly this is not the case.

Most women fall somewhere in between the two extremes. They are not totally lacking in cock rhythm and at the same time they do not have unbelievably good natural cock rhythm either.

The good news is that these women can be trained to give you incredible pleasure using their hands. And the reality is that even the women with unbelievable cock rhythm can give you even more pleasure if you know how to direct them.

After-all, no matter how well they seem to ‘play with the penis’; they are not mind-readers. Everyone needs a little ‘coaching and direction’, especially in the bedroom.

The great thing about the high value women is that they want to please you (providing you are pleasing them), so they tend to be extremely good listeners and fast learners in the bedroom. In other words – when you say go harder, they go harder. When you say go softer, they go softer. And when you say ‘do it like this...’, well – you get the idea.

In contrast, when you tell the women with no cock rhythm what to do – they still do not get it! (By the way – that is another reason why it is highly important to choose the women you sleep with very carefully).



You've Got To Communicate With Her

What you need to understand is that you are not going to improve your woman's hand job (or blow job) technique whilst you are having dinner, going for a walk in the countryside or doing any other non-bedroom related activity.

You are going to improve your woman's hand job technique as she is actually giving you a hand job.

Of course, it should go without saying that you will do this using DIRTY TALK.

For example, you might say to her:

"That feels so good babe. Go a little faster"

Or...

"You make me feel so good. Stroke it all the way up and down"

Or...

"Oh and my God that feels so good. Use both hands, put both hands on me and make me feel good"

I cannot emphasize enough to you how important it is to pay your woman compliments as she is giving you pleasure and then give her pointers and direction.

You will notice that in all these examples you first tell your woman that she is doing something good, and then you give her some direction.

This will make her feel good and want to do as you are telling her. In her mind she will be thinking...

"He's really enjoying this and if I just do what he's telling me, he'll enjoy it even more"

I cannot emphasize enough to you how important it is to pay your woman compliments as she is giving you pleasure and then give her pointers and direction. If all you do is tell her what to do and never make her feel good about what she is doing, she will end up feeling crappy about herself and she will not be as responsive to you.

Not what you want.

So you must remember to:

- **Compliment her, then direct her**

As you are telling your woman exactly how to give you a hand job as you would like it, be sure to use 'naughty words.'

Outside the bedroom it's 'penis and vagina.'

But inside the bedroom (whilst you are talking dirty), it's c*ck and p*ssy.

If you use words like 'penis' and 'vagina' whilst talking dirty to your woman, you will likely make her laugh or turn her off. This is of course the exact opposite of what you want.

Believe me when I tell you that women love dirty talk and they want it to be *really* dirty. This means you have to use 'dirty' words. Oh and by the way, the more high-value she is – the more she wants the dirty talk to be really really dirty. I have found this to be true time and time again.

The really good women want you to take control in the bedroom, they want you to tell them what to do and they want you to talk extremely dirty. Of course, all of this is only true provided you treat them well outside the bedroom and give them incredible sexual pleasure within it.

Specific Hand Job Techniques

As a man you probably know how you want your woman to give you a hand job. But the reality is that there are lots of 'hand job' techniques that you have probably never experienced (unless you have been lucky enough to sleep with a woman who has studied the subject or been trained extremely well by a previous lover!).

In this section I am going to share some hand job techniques with you that you can teach your woman to give you. They are tried and tested and proven to work...

Before your woman does anything with your 'tool' it is important that you have some lubrication. Lubrication will both increase your pleasure and reduce the likelihood of you experiencing any pain as your woman gives you a hand job.

Many women give a very one dimensional hand job, meaning that they only seem to have one pressure, one motion and one rhythm. The reality is that this can get kinda boring to receive.

It is your job to teach her a wide variety of techniques...

You can get your woman to give you a hand job where:

- **She uses one hand and goes all the way up and down the shaft of your penis**
- **She uses one hand and focuses on the head of your penis (this can be very intense)**
- **She uses both hands at the same time, moving them slightly up and down your penis and rotating them inwards and outwards. (Imagine she has her right hand on the base of your penis and her left**

hand at the top of your penis. She rotates both hand inwards and then both hands outwards, whilst moving them slightly up and down at the same time)

- **She uses alternate hands (for example – she strokes from your testicles to the head of your penis with her left hand, then does the same with her right in a continuous rhythmical motion. Or she could go all the way up and down with her left hand, then all the way up and down with her right)**
- **She massages your balls with one hand and strokes the shaft of your penis with the other**
- **She stimulates your perineum with one hand and your penis with the other**
***NOTE: your perineum is the small patch of skin between your balls and your ass**
- **She squeezes the base of the shaft of your penis with one hand and uses the other hand to stimulate the head of your penis (the pressure around the base of the shaft of your penis will keep you rock hard. The same effect can be achieved by using a [‘Cock Ring’ bought from an Adult Toy Store](#))**

Of course, she does not have to use one of these techniques for the entire time that she is giving you a hand job. For example – she may use her left hand to stroke up and down your shaft and every so often she may use her right hand to focus on the head of your penis.

As a man, this is your time to relax, focus on your pleasure, give her positive feedback (via dirty talk) and teach her to give you a hand job exactly as you would like to receive it.

But that is not all – you can also direct your woman in the following ways:

- **Telling her to use more or less pressure**
- **Telling her to go faster or slower**

The bottom line is that if you choose your woman wisely and she has at least decent cock rhythm, she will respond well to your direction as she gives you a hand job and you will be able to train her to give you incredible pleasure in a very short period of time.

Now that you know how to teach your woman how to give you Hand Jobs from Heaven, let’s talk about getting her to give you better ‘head’...





How To Teach Her To Give You Really Good Head

The 'cock rhythm' issue is even more important in relation to getting head (blow jobs) than it is in relation to hand jobs.

I have had the miss-fortune of meeting two women who possessed what appeared to be totally non-existent cock rhythm. One just did not seem to understand the concept that 'teeth and

blow jobs' do not go together (at least not until the woman becomes an EXPERT at giving head). The other woman just lacked passion - she had one speed (very slow) and one pressure (hardly any at all).

However, I have also been fortunate enough to meet women who just 'got it.' I remember one woman who dropped to her knees and within about 3 seconds of her 'going to work' on me I just thought - WOW. This girl was made to give head.

Naturally, I did not say that to her - but I did talk very dirty to her and she needed no direction whatsoever. (In this case I simply used the dirty talk to get her really sexually excited as she was blowing me).

Of course - most women fall somewhere between those two extremes and are perfectly 'trainable' and could do with just a little direction.

Make Her Beg

The thing about the hand job is that it does not put you in a very dominant position in the bedroom - and that is okay because it is your time to receive pleasure from your woman.

Now the same can apply to the blow job, but on the other hand - you can experience incredible power during the blow job and use it to really turn your woman on. Of course, the more turned on she gets while 'blowing you', the more responsive she will be to your direction and the more she will obey your commands.

Nice.

When the really good women give you head you can see that they do not just enjoy it - they **love** it. Indeed, I have dated and talked to dozens of women who say that they totally love giving head.

Such women love to give their men pleasure.

One technique I sometimes use is to pull my c*ck away from my woman for a few seconds and make her come get it. Then when she tries to put it back in her mouth I pull it away a little more (keeping it just a couple of inches from her mouth).

At this point I am teasing her terribly - what an awesome sight! Your woman getting all hot and bothered (and making a mess of her panties) because you will not let her put your 'tool' in her mouth.

After I have pulled away a couple of times I will say something like this:

"Be a good girl and beg for what you want"

She will usually respond by saying something like:

"Please let me suck it"

At this point I will sometimes give her what she wants. But if I want to drive her totally crazy I will say this to her:

"In order to get what you want, I want you to address me as sir and say please"

Then (being the good girl that she is) she will say:

"Please sir, can I suck you?"

I mean seriously dude... Does it get any better than this?!

Of course - you have to have big, huge "don't mess with me" sized balls to talk like this to your woman (but I told you that in the first part of this book).

The thing is, once you have driven your woman crazy and *made her beg to give **you** head* whilst she is on her knees - you have made her realize just how badly SHE WANTS TO PLEASE YOU. And what this does is make her even more responsive to what you say...

In other words - when you tell her how to give **you** head, she will obey you.

What I am going to do now is share some specific techniques with you that you can teach your woman so that she can give you incredible sexual pleasure whilst she gives you head.

Sweet.



Specific Blow Job Techniques

As I previously mentioned, some women just do not seem to realize that they need to be careful with their teeth when they give you head. If you are experiencing this problem with your woman, I have two solutions...

The first is very direct and to the point. As your woman is blowing you, simply say to her:

“No teeth babe”

Or...

“Be careful with your teeth”

This very simple technique seems to work with most women. They understand what you are saying and they stop using their damn teeth.

However, sometimes a little more direction is needed...

I once had a situation where a woman who was otherwise very good in bed just could not get the hang of giving head without getting all ‘toothy.’ So I told her to:

“Put your lips over your teeth and then suck”

Problem solved.

She got the point and she stopped nearly giving me a heart attack with her teeth.

Now, let’s move on and talk about more techniques you can teach your woman to use as she is blowing you...



You can get her to do any of the following:

- **Have her slowly lick the shaft of your penis all the way up and down (this is a great technique for her to use at the start of a blow job, especially if you are not quite fully hard yet)**
- **Have her suck the head of your penis**
- **Have her put one hand around the base of your penis and move it up and down as she sucks the head of your penis**
- **Have her put both hands around the shaft of your penis, move them in a rotary fashion and simultaneously suck the head of your penis (your 'size' and her hand size will be the determining factors in whether or not this is possible for you and your woman. If it is - it is quite a sight for you to behold and your woman will no doubt feel very proud of herself)**
- **Have her use one hand on the shaft of your penis and move it all the way from the base to the head of your penis. Then, as her hand goes back down she sucks the head. Then as her hand comes back up she removes her mouth and then as her hand goes back down she sucks the head again. This requires some rhythm on her part, but once she gets it - you will experience incredible pleasure**
- **Have her lick and suck your balls whilst she strokes your 'tool' with her hand**
- **Have her stroke your perineum with one hand, stroke the base of your 'tool' with her other hand and suck the head at the same time**

Of course, you can also tell your woman to go faster or slower or use more or less pressure.

When using dirty talk to tell your woman how to give you head, be sure to use simple, precise language.

For example, if you want her to suck your balls, say:

"Babe, suck my balls"

If you want her to put two hands on your shaft, say:

"Put both your hands on me babe"

Get it?

This is not actually very difficult, but most men do not get exactly what they want because they are afraid to talk to their women in bedroom.

To get exactly what you want all you have to do is effectively communicate your desires to her and then, providing she is a really good woman (and you are giving her incredible sexual pleasure in the bedroom), she will obey you.

Making Her Give You Really Dirty Head

It is no secret that the really good women want their men to make them feel naughty, dirty and sometimes downright nasty in the bedroom.

You know that saying:

“Lady on the street, freak in the sheets”

Well - it is true.

This is exactly how your woman wants you to make her feel. And when she is giving you head, it is the perfect time for you to make her feel dirty and naughty.

What I have discovered is that the more pleasure she experiences whilst giving you head - the dirtier she will want the whole experience to be.

A simple way to give your woman incredible pleasure as she gives you head is to rub her clitoris and give her a clitoral orgasm OR finger her and give her a vaginal orgasm. As you do this, you will notice that she gets more and more into the blow job (the only exception being as she actually comes, when she will usually stop ‘blowing you.’ But fear not - she will start again as soon as her orgasm finishes).

Now, as you ‘get her off’, you should talk dirty to her. Sometimes be relentless with your dirty talk:

“That feels so good babe”

“Suck me like a good girl”

“It makes you so wet when you suck me”

“Sucking me makes you want to come, doesn’t it?”

Once you have her in this zone, this ‘state of flow’ where she is totally into the experience of giving you incredible head and she is actually experiencing a lot of sexual pleasure herself - she will be open to trying new and very dirty things...

Bang your 'tool' on her tongue

This one is great and works well with the teasing technique I taught you earlier. If you are stood up and your woman is blowing you, simply grab her hair in your hand, take the base of your 'tool' in your other hand and then tell her to stick her tongue out.

She will do as she is told (as all good girls do in the bedroom) and then all you have to do is gently bang your 'tool' on her tongue.

It will look great for you and it will make her feel dirty. Then when she goes back to sucking you she will be even more into it.

Nice.

Make her taste her juices

Ever wanted to make your woman lick and suck her vaginal juices off your 'tool'?

Yeah, I thought so.

But here's the thing...

Most women will say that is disgusting IF you try to talk to them about it in a logical fashion outside of the bedroom.

However, if you are giving your woman incredible sex and you pull out of her after giving her a vaginal orgasm and then you tell her to "give you head"... she will obey you.

I have never had this technique fail...

- **You give her really good sex...**
- **You give her a vaginal orgasm during intercourse...**
- **You pull out and you tell her to 'suck you off'...**
- **She does as she is told...**

Happy days.

And the best part is - she will actually love doing it because you have given her incredible sexual pleasure and you are making her feel really really dirty in the bedroom.



Teaching Her To Mix It Up

Many guys seem to see sex as being in very definite stages...

- **Foreplay**
- **Fingering and/or Oral Sex**
- **Penetrative Sex**

However, the reality is that things do not have to be so regimented. It is okay to be doing your woman doggy style, then pull out and have a little oral sex and then go back to intercourse.

Likewise - a blow job does not just have to be 100% 'blow job' and a hand job does not have to be 100% 'hand job.'

Keep reading and what I am saying will make sense...



Understand The Differences Between Men And Women

Yeah, yeah, yeah, I can hear you saying:

“Adam I know the differences - I’ve got a penis and my chick’s got a vagina. Tell me something I didn’t know. DUH!”

And I realize that you understand that.

But that is not what I am talking about. The difference I want you to understand is this...

- **A woman likes it when her man finds a pressure, speed and motion that she likes and he keeps doing whatever he is doing exactly the same way until she has an orgasm. She does not like it if he changes what he is doing all the time (Remember this point when giving your woman pleasure)**
- **In contrast, guys tend to like a lot more variety whilst they are receiving sexual pleasure**

This explains why when many women are giving their men pleasure; they tend to get into one zone – one pressure, one speed, one motion. They do this because that is what ‘gets them off’ – so they sub-consciously assume that is what is going to get their men off.

But they are wrong.

Likewise, men mess things up with their women when giving them pleasure because they keep changing what they are doing. This frustrates the hell out of women. So you have to understand that difference.

When giving your woman pleasure – find what she likes and keep doing it until she comes.

However, when your woman is giving you pleasure – teach her to mix things up.

Examples Of ‘Mixing Things Up’

Let’s say your woman is giving you a ‘hand job.’

There is nothing wrong with you telling her to do this as she is using her hands to pleasure you:

“Lick the head”

Does this make it a hand job or a blow job?

Who cares?!

It just feels good.

Likewise, whilst she is giving you a blow job, sometimes you might want to pull her mouth off your ‘tool’ and kiss her for a few seconds. As you do this she can still pleasure you with her hands. Then, after you have kissed – she can go back to sucking you off.

This variety and 'mixing things up' not only makes things more pleasurable for you - it also keeps things interesting and exciting. In other words - you avoid letting things become boring and predictable.

'Boring and predictable' is the **enemy** of good sex.

You see, many couples end up with a fixed path of foreplay, oral or fingering and then intercourse. But it gets worse because the foreplay is always the same two or three moves, same goes for the oral or fingering and the intercourse always happens in the missionary position.

This is a recipe for boring sex.

So the bottom line is - you must understand the differences between men and women and do not be afraid to teach her to mix things up as she is using her hands and mouth to give you incredible sexual pleasure.

Let's move on and talk about sex positions...



Tell Your Friends



A romantic couple embracing in a red-tinted setting. The woman is on the left, looking up at the man on the right. They are both shirtless and appear to be in a close embrace. The background is dark and textured, possibly a wall or a curtain. The overall mood is intimate and sensual.

Part 4: Positions

No book on how to make your woman do absolutely anything you want in bed would be complete without a section all about sex positions.

And here it is – the ‘positions’ section.

Read on and you will discover the dos and don'ts of sex positions...

What To Do If She Only Likes It 'Missionary'

The truth is that there is nothing wrong with the missionary position. In fact, there is much to like...

It is arguably the most basic of all the sex positions – your woman lays on her back with her legs open and you get in between her legs and penetrate her from there.

It is simple and effective.

Here's how it looks:



But to only have sex in the missionary position is very limited and the reality is that if a woman only wants to have sex 'missionary style', the reason is usually as follows:

Her man is failing to give her incredible sexual pleasure so she cannot really be bothered with the sex. When she does give in and sleep with him (usually to shut him up), it is easiest for her to lay on her back with her legs open and just get it over and done with.

Now here's the thing...

If you are in a situation where your woman only wants it in the missionary position and doesn't seem to be that 'into' the sex and you know you are not giving her incredible sexual pleasure, you have one very simple solution...

You have to start giving your woman incredible sexual pleasure in the bedroom (ie you must start giving her vaginal orgasms during intercourse). If you are with a high value woman and you fail to give her vaginal orgasms during intercourse, then her only 'doing it missionary style' is likely to be the least of your concerns...

Her stopping having sex with you completely and/or cheating on you, and/or leaving you are likely to be much bigger problems for you.

Get the vaginal orgasms during intercourse working and high value women will be only too delighted to bend over and let you 'do them' doggy-style whilst you talk dirty to them and they spread their cheeks to give you a better view.

That is just the way this whole 'women and sex' thing works.

Getting Her To Change Positions

Getting your woman to change positions is ridiculously easy (but some men seem to make it seem difficult or they do it in a way that ruins the moment for their women).

First off, understand that if your woman is really enjoying a certain position and you can tell she is going to come very soon - do not try to change positions and ruin it for her. Instead, let her have the orgasm and then she will be only too delighted to do as she is told.

Following on with that theme, let's imagine that you have just given her a vaginal orgasm whilst in the missionary position and you would now like to do it 'doggy style.'

Well, all you do is pull out and say something like this to her:

“Babe, bend over so I can do you from behind”

Provided you say this in a powerful, authoritative, manly, masculine way – she will obey you... She will bend over and let you do her ‘from behind.’



It is just about being confident, leading your woman, and communicating your intentions to her in a very easy-to-understand and direct way, using powerful dirty talk.

Now, let’s say you want to go from having sex on the bed ‘doggy style’ to having sex in the bathroom, with her sat on the sink.

All you do is pull out, take her by the hand and say:

“Follow me”

She will follow.

Then once you get to the bathroom you pick her up (because that is the manly thing to do), sit her down on the sink, tell her to open her legs and then you have sex.

Can you see how simple this is?

It is just about being confident, leading your woman, and communicating your intentions to her in a very easy-to-understand and direct way, using powerful dirty talk.

How To Make Her Feel ‘Tighter’

Lots of men wish that their women felt tighter. If you would like your woman’s vagina to feel tighter – this section is for you.

Firstly, encourage your woman to do her Kegel Exercises, but whatever you do – do not make out like the reason why you want her to do them is because she feels loose!

Hell no – that would be a huge mistake.

The way to encourage your woman to do her kegel exercises is to tell her that they will make it easier for her to experience squirting orgasms. And tell her that when she ‘squirts’ she will experience even greater sexual pleasure.

Even if she is already a member of the Squirters Club tell her that doing her kegel exercises on a regular basis will help her to squirt even further and ejaculate more fluid. Said differently – the kegel exercises will help her to experience more sexual pleasure.

So that is the first step – get your woman to do her kegel exercises because they will tighten everything up and improve the quality of the sex for both you and her.

By the way, did you know that in France women are strongly encouraged to partake in a government run scheme after pregnancy that helps them get ‘everything downstairs back in order after they’ve given birth.’ How cool is that? In France the government helps couples to have better sex!

Sadly the same cannot be said in the USA, the UK or any other country I know of for that matter. Those French women are obviously proud of their vaginas – good for them.

Now, the truth is that kegel exercises are not the only way to get your woman feeling tighter during sex.

You can also do it by choosing your sex positions wisely. Two of the best are:

1. Starting off in the missionary position and then putting her left leg over your right shoulder and her right leg over your left shoulder. This will make her vagina feel shorter and tighter and you will feel much bigger to her

Here’s how it looks:



2. Again start off in the missionary position and then smoothly transition to having her legs inside yours. This sounds more complicated than it is, so do not be put off.

TIP: Do not try to get both her legs inside yours at the same time. Instead, do one leg at a time.

Positions That Will Help You Last Longer

These days there are a lot of people with sexual problems. And although conventional western medicine does not tend to admit it – most of these problems are caused by the world we live in...

- **The junk food, the environmental pollution, and the stress... it all takes its toll on our bodies and our health**

Did you know that the average male in the USA now has just 15-50% of the Testosterone levels that men had 50 years ago?

That statistic scared me greatly – it means that men are losing one of the things that make them men, testosterone.

When you find out statistics like that, is it any wonder that so many men are having problems getting an erection and if they can get one – keeping it for as long as they would like?

The answer is “NO.”

For this reason I highly recommend eating a **healthy diet** and taking some exercise if you want to last longer and be sexually active for as long as possible.

Right now I'm going to share a couple of quick fixes with you... positions that you can use to last longer *tonight*...

The missionary position and any position with 'her on top' tend to be good choices when it comes to helping you to last longer.

On the other hand, sex positions 'from behind', like doggy style and spooning positions tend to make you ejaculate faster.

So if you want to last longer, avoid using those 'from behind' and spooning positions until you are near the end of your sexual session and you are ready to 'blow your load.'

Also note that the use of a special sex toy called a 'cock ring' can help you to get a harder erection and last longer. You could buy one online or at an 'adult toy store.'

Oh and here is one final tip in this section – if you feel like you are going to blow your load, (but you do not want to just yet), you can switch from a thrusting motion to a grinding motion for a few minutes. This will help you last longer.



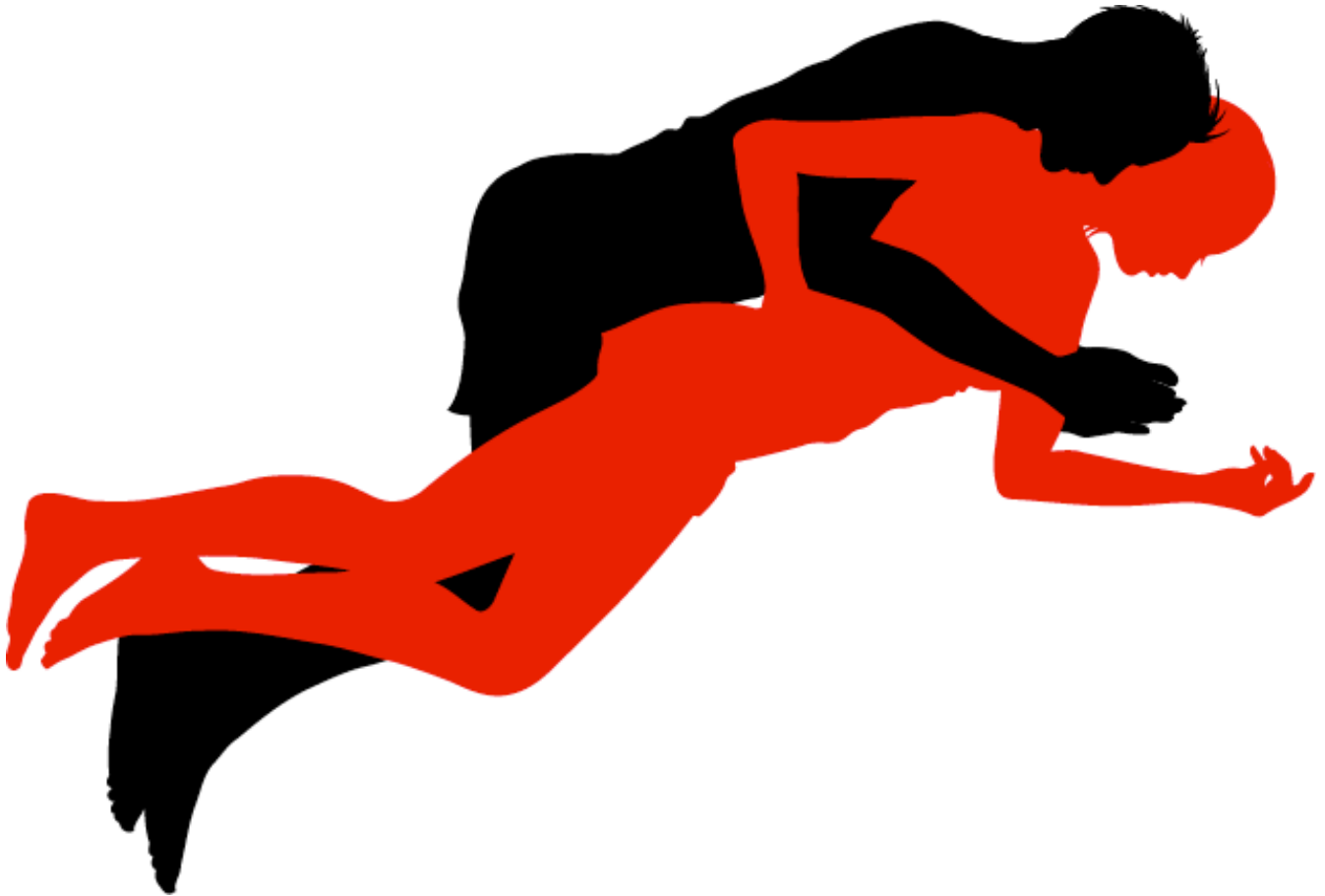


Her-on-Top: a safe bet if you want to last longer



Doggy-Style: a great sex position, but it won't help you last very long

The Spooning Position: another great position that won't help you last longer



What To Avoid

Trying out new sex positions with your woman is a good thing – it makes the sex more interesting and pleasurable and prevents predictability and boredom.

Cool.

The only thing you must avoid with sex positions is selfishly using positions that you enjoy, but your woman does not. What I am saying is – do not be the kind of guy who watches porn and then tries to copy the extreme positions with your woman. She will not appreciate anything that causes her pain or discomfort. Pain and discomfort will distract her from what you want her to achieve – ORGASMS.

So choose your sex positions wisely.



Tell Your Friends





Part 5: All The Stuff You Wanted But Never Knew How To Get Her To Do

Many men have sexual fantasies that they would like to act out in real life. They would like to do things with their women in the bedroom that are considered 'dirty, naughty or wrong', but they do not know how to make these things happen.

Sadly, for most men – these things will remain a fantasy.

But fortunately for you, once you have read this part of the book – you will know how to bring these fantasies to life and make them a reality for you and your woman...

Part 5:

All The Stuff You Wanted But Never Knew How To Get Her To Do...

Now She Loves It 'Up The Ass'

In my **Ultimate Orgasm Techniques program** I have a strategy that smoothly enables you to get virtually any woman BEGGING YOU for anal sex. And 'begging' is the right word - I am not exaggerating, not even one little bit.

However, given that this is a book about *"how to make your woman do absolutely anything you want in bed"* and most men want anal sex, (but most women will not do it with them) - I felt I had no option other than to include this section right here for you.

So here it is...

How To Make Beg You For Anal Sex

First of all, realize that women love naughty, dirty, nasty sex and they love to do taboo things in the bedroom.

Next, realize that what your woman says outside the bedroom (be it to you or her girlfriends) is very often the exact opposite of what she really wants in the bedroom.



Outside the bedroom women will very often deny liking things that they actually LOVE in the bedroom.

The question is:

“Why do they tell these little white lies?”

The answer is simple – *it is an anti-slut mechanism*. They do not want to appear *easy, dirty or slutty* so they will not admit to liking (or wanting to try) something as taboo as anal sex.

However, given that women love to do taboo things in the bedroom and anal sex is considered very taboo – you should know that the idea of anal sex is a massive turn on for most women.

You should also know that at the same time it scares the hell out of most women because they are worried it is going to hurt (and they are worried about the potential for it getting a bit messy).

The reality is that you have to get everything right and follow what I am about to tell you **exactly**, if you want to experience putting your ‘tool’ up your woman’s ‘back door.’

So pay very careful attention...

It should be obvious to you already, but I will say it anyway:

- **Do not discuss anal sex with your woman outside the bedroom (it is a waste of time and she will probably say that she has no interest)**

Next, realize that you have to destroy your woman’s beliefs that anal sex is going to hurt and replace them with beliefs that anal sex will feel very pleasurable for her.

Now here’s the cool bit...

When you really make her believe that anal sex is going to be very pleasurable, that is when she will BEG YOU to take her via her ‘back door.’

The question is:

“How do you make her believe that anal sex will be very pleasurable?”



Here's how:

- **On the first night give her ORAL SEX and as she has an orgasm gently rub her asshole with the tip of your finger**
- **On the second night do the same thing, but this time allow the tip of your finger to penetrate her anus as she climaxes (only go up to the first knuckle)**
- **On the third night do the same thing, but go a little deeper and on the fourth night let your finger go all the way in**

Important Points

If at any point you sense your woman resisting you touching her anus, just stop what you are doing and go back a step. For instance, if you are on night four and you do not feel like she is ready to take your entire finger up her anus, repeat the previous step.

This is a marathon, not a sprint.

Remember that if you cause her any pain you will ruin the whole thing. The best lovers are patient. You must be patient in this scenario.

What you are doing is conditioning your woman to associate having things up her anus with PLEASURE. In other words, you are destroying her pain association with anal sex. And the more of your finger that goes up her ass – the more pleasure she will feel.

The reason why you touch her ass as she is having an orgasm is because at this point she is unlikely to object to anything you are doing. During her orgasm she is too caught up in her own pleasure to stop you gently stimulating her ass.

Once she is used to your finger in her anus, she will start to enjoy you fingering her in the build-up to her orgasm and not just during it.

Here is the cool bit...

NOTE: This next part will only work if you are already giving your woman vaginal orgasms using your fingers.

The next part of the plan is to give your woman an anal orgasm using your fingers. I have done this with numerous women and the outcome is always the same – after experiencing a powerful anal orgasm they all want full-on anal sex.

All of them.

Some BEG, some willingly oblige. Either way – they all want it.

I believe that if you show a woman that she can experience massive pleasure from anal stimulation, this pleasure and her desire to experience even more of it starts to override her fear that it might get messy.

To give your woman the **anal orgasm**, do this:

- **Have her lie flat on her back**
- **Insert your middle finger into her ass with your palm facing upwards**
- **Stimulate her G-Spot or A-Spot using a ‘come hither motion’ until she orgasms**

It is possible to do this because the lining that separates her ass and her vagina is very thin.

Now I know what you are thinking:

“You’re stimulating her G-Spot (or A-Spot), so doesn’t this make it a vaginal orgasm?”

My counter-argument is that your finger is in her anus so it is an **anal orgasm**.

The reality is: who cares what we call it?!

This sex technique helps your woman to experience massive ANAL PLEASURE and gets you the anal sex you want.

Perfect.

That is how you get your woman to BEG YOU for anal sex.



Mirrors, Cameras And Video

If you ask your woman if you can take sexy pictures of her (where is she wearing just her underwear or nothing at all) she will likely say “no.” Same goes for asking her if you can make a sex tape.

The reason for her saying “no” is because she is scared to death that you will show your friends the tape or put it on the internet if you ever split up. (Remember what happened to Paris Hilton, Kim Kardashian and various other high profile celebrities?).

But with all that said, it is possible to get your woman into the world of taking sexy pictures and making sex tapes. You just have to be very smooth and very patient about how you go about making it happen.

Let's face it – this is all about watching yourselves ‘get it on’... so the best place to start is with a mirror because this seems very ‘low risk’ to your woman and it will get her used to watching herself have sex and watching you penetrate her.

There is no need to make this complicated – simply set up a mirror in your bedroom where you can watch yourselves have sex. Alternatively, go to a room in the house where you have a suitable mirror and have sex right there.

As you have sex with your woman in front of the mirror, be sure to talk dirty to her and let her know that you like what you see (after-all, even the most high value women often get a little self-conscious when it comes to looking at themselves naked).

Say things like this to her:

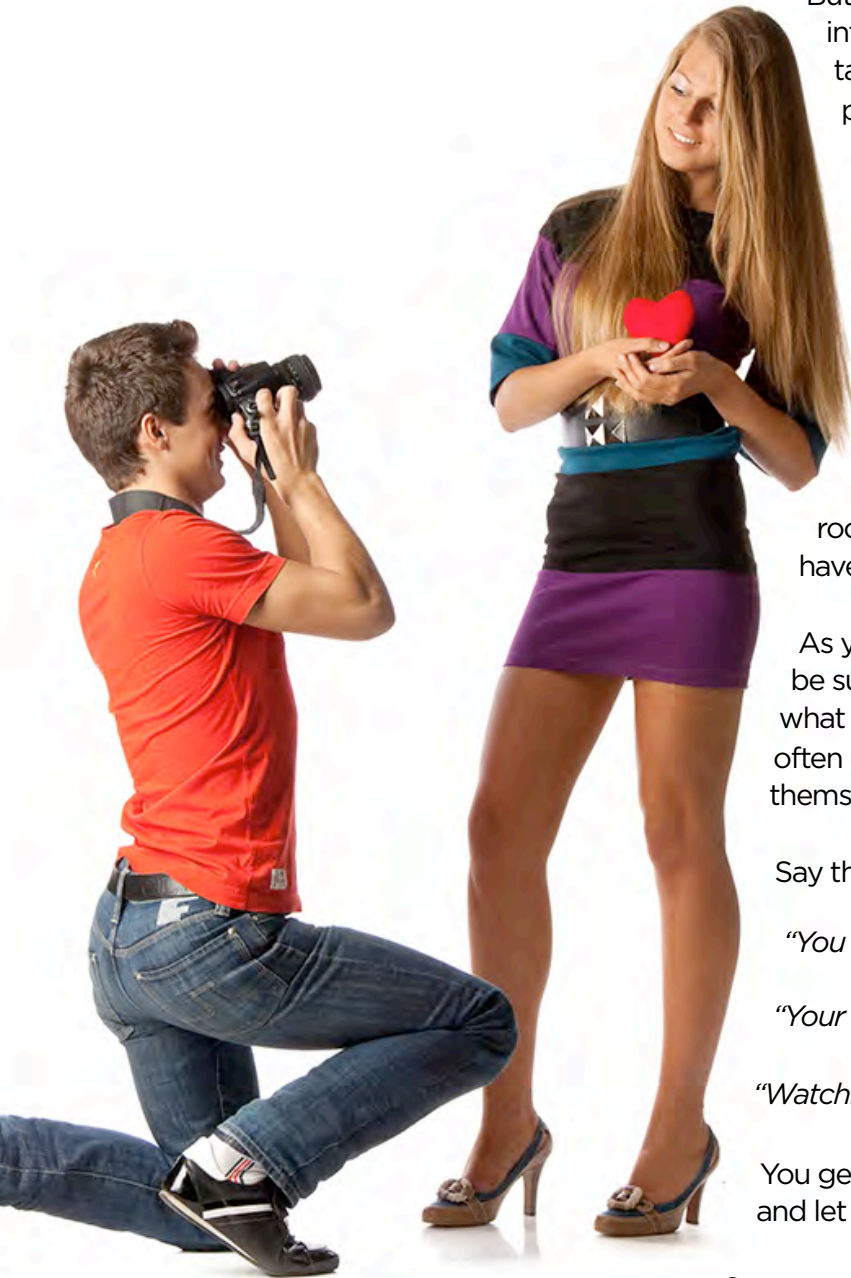
“You look so hot”

“Your body is incredible”

“Watching you suck me off turns me on so much”

You get the idea – just make her feel very sexy and feminine and let her know that you really like what you see.

Once your woman is comfortable with the whole ‘mirror thing’,



it is time to progress to the camera or video camera. I have actually found most women to be more comfortable making a sex tape with you than they are posing naked for you and letting you take pictures on a camera.

I guess the logical part of their minds tells them that if you are in the video with them then you are not likely to spread the sex tape all over the internet.

Whatever the reason, here is how to make a home movie...

As ever, it is best to get your woman into a seriously sexual state and give her a few orgasms before you pull out the camera. Use the tried and tested plan of giving her a clitoral orgasm, followed by two vaginal orgasms using your fingers.

Next, tease your woman.

Rub the head of your penis on her vagina and make her beg. Do not put it inside her, just make her beg.



Tell her to call you sir and ask nicely.

Say:

“Call me sir and say please”

She'll say:

“Please sir, put it inside me”

At this point she is totally surrendering herself to you, which is exactly what you want. Now reach over, turn the camera on and give her what she wants... put your 'tool' inside her and get nasty.

If she is sexually excited and you have made her BEG for sex – she will just roll with it and she will happily watch the tape back with you next time.

If she is sexually excited and you have made her BEG for sex – she will just roll with it and she will happily watch the tape back with you next time.

IF she wants you to erase the tape after you have watched it, be cool about it and destroy it. You can always make another and the truth is – so long as she totally trusts you, she will happily make more sex tapes with you.

If on the other hand – you do something to break that trust... making 'home movies' will be very unlikely indeed.

Now let's talk about getting her to let you take pictures of her naked...

Start off by lying on the bed with your woman and taking some pictures at arm's length of you and her. So just hold the camera as far away from your face as you can and take some pictures.

Just have some fun with this and get her used to you taking pictures of yourselves in the bedroom.

Then take some head shots of her and then put the camera away and do something else - like have sex.

On the next night, do the same thing again, but this time get her to remove a little more clothing and get her comfortable posing in her underwear for you. As ever, it will work in your favour to be patient and never try to push her too far, too fast.

The idea is to work up to getting her to pose totally naked for you over the course of a few nights... if you give her incredible sex and treat her well outside the bedroom and avoid rushing her to get naked and pose for you behind the camera - this will work.

On the other hand, if you rush her, give her any reason to not trust you and/or fail to give her incredible sex on a regular basis - it won't.

Simple as that.



Doing 'It' In Public

Only having sex in the bedroom is a great way to end up with a boring sex-life. Branching out into other rooms in the house is a good way to spice things up and trips away to hotels are great too.

But what if you want to 'do it' somewhere a little more risky?

Well, here's the thing...

You will remember that I told you that women actually love naughty sex, but they very often will not admit to it for fear of being labelled as 'easy' or 'slutty'... well having sex in public is definitely what most women would call **naughty**.

This means that most women are in fact turned on by the idea of 'doing it' in public, but they probably are not going to suggest it to you.

If you want to do it somewhere risky with your woman, you have to be the instigator. You have to be the one to take her by the hand and lead her through the sexual adventure.

The fear of being seen or being caught is part of the attraction of having sex in public and this is what makes it very exciting for your woman.



Here Are Some Examples Of How To Do It In Public With Your Woman

NOTE: Use any or all of the ideas in this section with caution. If you do actually get caught, you could get in a lot of trouble. You remain 100% responsible for all of your actions.

How To Have Sex In The Woods

Having sex in the woods is a great thing to do on a warm, sunny day. All you do is take your woman on a walk in the countryside. As you are walking, be on the lookout for a spot where nobody is around and where nobody is likely to go (this almost always means going off the regular paths and trails – something you should do with caution).



When you find a spot that is secluded enough, do not mention anything about having sex to your woman.

Instead, pull her in close and start kissing her. Kiss her mouth, kiss her neck, and kiss her shoulders. Then when you can tell that she is getting really turned on, start to grind your crotch into hers.

Then slip your hands into her panties and start playing with her. Rub her clitoris and give her an orgasm. At this point (when she is really sexually excited), whisper something like this in her ear:

“I’m going to bend you over and give you what you want”

(Notice the dominant dirty talk. You are not asking her if she wants to have sex – you are simply telling her what is going to happen. This is what it means to be sexually dominant. Of course – if she objects in any major way, you must stop. A great lover knows when her objections are serious and when they can be ignored. If in doubt – STOP).

Then turn her around, bend her over, pull her panties down to her knees and have sex.

She will love it.

How To Get Naughty In A Car Park

This one might make you feel 18 years old again.

Find a car parking space in a part of a car park where nobody is around. Then start kissing your woman.

When you can tell she is getting really turned on, smoothly direct her hand towards your lap (where she will feel your hard-on). Keep kissing her and letting her get really turned on and sexually excited.

She may take the initiative and undo your trousers and start giving you head, but if she doesn't - undo them for her and then she will definitely get the idea.

Nice - your woman is now giving you a blow job in a car park.

Now if you are sitting in the driver's seat and she is leaning over to give you head, tell her to get on her knees and then you can slip your hand between her legs and rub her clitoris and/or finger her.

Once you are giving her incredible pleasure with your fingers, she will totally stop worrying about getting caught and she will get lost in the moment.

As you can see, actions definitely speak louder than words when it comes to getting 'naughty' with your woman in public. Do not discuss these things with her during normal conversation (especially if you have never done anything like this with her before). Instead, lead her to the location, get her turned on and sexually excited and then smoothly transition to sexual acts.

If you try to discuss having sex in public with your woman during a normal, logical conversation - it will likely back-fire because she will start thinking about all the things that could go wrong (like getting caught). But if you get her really turned on, she will be powerless to resist simply getting lost in the adventure with you.

Remember - it is all about being dominant and leading your woman through wild sexual adventures (something most men do not have the balls to do).



Threesome, Foursomes And Group Sex

Almost every guy I have ever discussed this with would like to have a threesome with his woman. Most of these guys would like the third person to be a woman; others would like it to be a man (not because they are bi-sexual, but just because they would like to see their women take two guys at once).

Other men would like to have a foursome with their women and another couple and some guys would like to have group sex.

In this section I am going to teach you how to make these things a reality.

Before you read on – I am going to give you a strong word of warning...



What I am about to share with you is ridiculously powerful, so make sure you really do want to have a threesome (or foursome, or group sex) before you use these techniques. You do not want to be the guy who decides to have a threesome with his woman and another man, only to find out that you actually really hate seeing your woman suck on another guy's 'tool.'

So get really clear in your mind about what you really want before you use these techniques.

Do you understand what I am saying?

Good.

Warning over, let's get into it...

Why Most Guys Fail

The simple reason why most guys fail to get their women to have the threesome (or foursome, or group sex) that they desire is because they lack an understanding of how a woman's mind really works.

So they usually talk to their women about having a threesome in a non-sexual environment (like when they are watching television or driving in the car).

This is just stupid.

Here is how it looks:

HIM: “Babe, do you fancy a threesome?”

HER: “Ewww, you’re gross”

Then he waits a few days or weeks and approaches the idea with her again (again in a non-sexual scenario).

For example, whilst driving in the car he says:

HIM: “How would you feel about having sex with me and another woman?”

HER: “You’re disgusting. No Way”

Okay, I think you get my point – that approach does not work. So do not use it.

Here is how to do it the right way...

Timing Is Everything

If you want to turn your woman onto the idea of having a threesome, what you say is important, but when you say it is even more important.

Understand that your woman is at her most suggestible and her mind is most open to new (sexual) ideas when she is highly aroused. Now, when is she most sexually aroused?

Yeah, you got it... when she is having an orgasm.

So the first rule of getting your woman to have a threesome with you is to talk to her about this when she is close to coming and during her actual orgasm. I understand that this is a totally unique approach, but do not be put off by its uniqueness because this is the real deal - it really works.

Let me give you an example of how you can start off using this technique...

Imagine that you are in bed with your woman and you have successfully gotten her turned on, you have given her a clitoral orgasm and a couple of A-Spot orgasms and you are now doing her from behind ‘doggy style.’

Here is what you say to her as you are doing her 'doggy style':

YOU: "You love it when I do you from behind, don't you babe?"

HER: "Yes"

YOU: "It makes you feel so good doesn't it?"

HER: "Oh Yes"

At this point you sense her orgasm getting close...

YOU: "You want to come all over me, don't you?"

HER: "Oh God YES!"



She's now right on the verge of having her orgasm...

If you do something similar several times, sooner or later you can then discuss the idea of having a threesome with your woman and another woman and your woman will be open to it.

YOU: "You're my naughty little girl and you'd like to lick another girl as you come all over me"

HER: "Oh God YES, I'm coming!"

YOU: "Come like a good girl, come hard for me and eat that girl out as you come all over me"

Can you see what's going on?

You are planting images in your woman's mind that are very easy for her to understand and you are doing it when she is in her most suggestible state of mind - as she is on the verge of orgasm and during orgasm.

Very powerful.

If you do something similar several times, sooner or later you can then discuss the idea of having a threesome with your woman and another woman and your woman will be open to it.

After all, why wouldn't she be?

You have made her associate giving another girl oral sex with experiencing massive sexual pleasure - of course she will want to do it with you.

Of course - you might like to have a threesome with another guy.

In this case you can use a script something like this:

YOU: “You love it when I do you from behind, don’t you babe?”

HER: “Yes”

YOU: “It makes you want to come, doesn’t it?”

HER: “Yes it does”

At this point you sense her orgasm getting close...

YOU: “You want to come all over me, don’t you?”

HER: “Oh God YES!”

She’s now right on the verge of having her orgasm...

YOU: “You’re my naughty little slut and you’d like to suck another guy off whilst I do you from behind”

HER: “Oh God YES, I’m coming!”

YOU: “Come like a good girl, come hard for me and suck him off. Keep coming, come hard, suck him off and come all over me you dirty girl!”

Get it?

This isn’t difficult to do, but you do need ‘big balls’ to do it. If you are worried that your woman might object to what you are saying, trust me when I say that – SHE WON’T, provided the following is true:

- **You introduce these ideas as she is on the verge of having an orgasm and during her orgasm**
- **The ideas are not stupid (start off with simple things – like giving another woman oral sex)**
- **You deliver these ideas via dirty talk and in a confident, manly way**

Progressing to foursomes and group sex is done in exactly the same way.. Introduce the ideas to her when she is in her most highly suggestible state.

I will share a quick story with you from my own personal life that demonstrates how this all works...

A couple of years ago I was dating this girl and I would regularly plant ideas in her mind about having threesomes and group sex. Of course, I would do this only when she was highly aroused and having orgasms (just like I have just taught you to do).

Anyway, the truth is that the dirtier and more vivid I made these images - the harder my girlfriend would come.

Now, here is the thing...

We lived in different cities which meant that mid-week we were not usually together and at the weekend's we would hook up. One particular weekend I went to her place, arriving about 10pm after a tough working week and a 5 hour drive in the car.

All I was expecting was to have dinner and go to bed.

The reality was that my then girlfriend greeted me at the door wearing only some very sexy underwear and high heels and a massive grin on her face. She then takes me by the hand and leads me straight to the bedroom - where I find another very attractive girl on the bed (also wearing only underwear and high heels). Now I do



not 'kiss and tell' so I will leave the rest of the story to your imagination, but I think you get what went on.

And it all started with me using powerful dirty talk to plant the ideas of having group sex in my girlfriend's mind.

The thing I will say to you is – be careful what you wish for.

Can you imagine if I had not actually wanted to have the threesome and she led me into the bedroom with this girl waiting on the bed? It would have been highly embarrassing and detrimental to the quality of our relationship. Fortunately, I played the game wisely and got exactly what I wanted.

Okay, so now you know how to turn your woman onto the idea of threesomes/ foursomes and group sex.

The question is:

“Who do you do it with?”

For starters, let's say you do what most guys would like to do and you manage to get your woman to agree to have sex with you and another woman.

If this is the case – do not make the mistake of asking your woman to do it with one of her friends or one of your ex-girlfriends.

This would be dumb.

Of course – if she suggests doing it with one of her friends you can accept the invitation. But do not suggest it because she will think you like her friends better than her and it could open up all kinds of jealousy issues.

Oh and by the way – she will never suggest doing it with one of your ex-girlfriends... so don't even go there.

The truth is that it is generally better to engage in group sex with people who are not in your 'best friends circle.' This keeps things simple and means that after you have all had some 'adult fun' there is nothing tricky about walking away and there will not be any jealousy.

If you get friends involved – that might not be the case.



You can meet people willing to engage in group sex in night clubs, in coffee shops, online, at sex parties –wherever you like. Just know that before you try to meet people to engage in group sex with you and your woman – you have to get your woman turned on by the idea. In this section, I have taught you exactly how to do that.

One last thing – when you are actually having a threesome, foursome or group sex with your woman, do not make the mistake of leaving her out. Of course you are going to pay the other woman/women attention, but make sure you still give your woman the attention she deserves (in other words – make sure you give her orgasms).

This is especially important if you engage in any kind of group sex with your woman and another couple. I know of one unfortunate friend of a friend who arranged a foursome with his wife and another couple. The outcome was that his wife ran off with the other man afterwards!

Ouch.

But trust me – if you give your woman vaginal orgasms during intercourse every time you have sex, there is no danger of her running off with another man because YOU ARE THE MAN as far as she is concerned. Sure, she might enjoy the sexual company of another man whilst in your presence – but she will always want you to be her lover on a regular basis (providing you do her right).

When you have a threesome, foursome or group sex make sure that you remain sexually dominant. Even if your woman is ‘taking it from behind’ from another guy – make sure you are the one that tells her when to come.

Let’s move on and talk about getting your woman to watch porn with you...

Getting Her To Watch Porn With You

The first thing you should know about the porn industry is that it is an industry that is aimed predominantly at men.

This means that the vast majority of porn movies are aimed at a male audience. This also means that most women are not turned on by the majority of porn.

So what do you do?

How do you get your woman to watch porn with you?

Well, for starters, you choose porn that she is going to like. Obviously you will need to like it too (otherwise that would defeat the object), but you have to make sure she is going to appreciate it.

The question is:

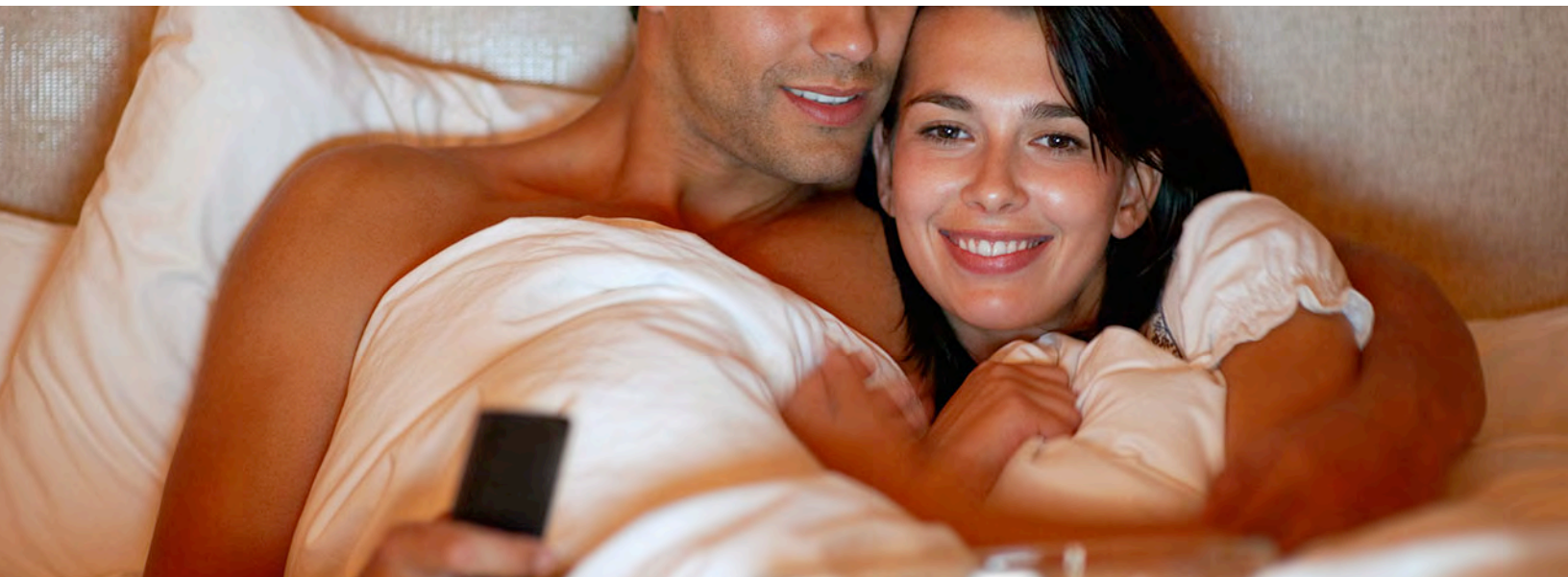
“What kind of porn do women like?”

The answer is that they like porn with story lines. The story lines appeal to a woman’s need for emotional stimulation during sex and not just physical stimulation.

Consider a good storyline in a porn movie to be like good foreplay... it gets her warmed up and in the mood to take things further.

The typical porn movie these days gets tends to get straight ‘into the action.’ You know the kind of thing... after a two or three minute introduction (or sometimes no introduction at all) the guy has his ‘tool’ down the woman’s throat, then he ‘bangs her’ in several different position and then he blows his load.

Oh and don’t forget – the woman usually does not have an orgasm and very often does a lot of acting. In other words – the male porn star usually appears to enjoy himself a lot more than the female porn star.



The truth is that most men have no problem watching porn like that. They 'get off' on the visuals of it all and do not really care whether the woman is enjoying herself or not.

However, if you want to get your woman to watch porn with you – you need to be a lot pickier than the average dude when it comes to choosing the porn you want to watch with your woman.

It is my experience that very few women will admit to enjoying watching porn if you talk to them about it in public.

But here's the thing...

I have found that not all, but many women do enjoy watching porn – if it is chosen wisely.

So what type of porn should you watch with your woman?

Here are some guidelines:

- **Something with a decent storyline**
- **Movies where the female actress is really into it (when I say 'really into it' – I mean movies where the female actress enjoys herself and actually has orgasms)**

The final thing you need to pay attention to is how you actually introduce porn into your bedroom.

Do you simply ask your woman if she wants to watch porn with you?

Or do you do something a bit different?

I prefer to use the second option. I prefer to engage my woman in some foreplay and get her 'in the mood' and then tell her that we are going to do something a little different.

Then I will confidently walk over to the television, put the DVD on and let the movie play. And provided I have chosen the movie wisely, she will happily watch it with me.

That is how you get your woman to watch porn with you.

In the next section I'm going to show you how to get your woman to be more vocal during sex...

Getting Her To Be More Vocal

I'm sure you will agree with me when I say that there is something very exciting about being in bed with a woman and having her make a lot of noise. Not noise for the sake of noise, not 'fake' noise... I am talking about the kind of noise that tells you that she totally loves the experience she is sharing with you.

The truth is that many women do not make much noise in bed because they are not really enjoying the sex. This is sad but true.

It is my experience that if you want to get your woman to make more noise in bed you should give her vaginal orgasms.

I am yet to meet a woman who can have a vaginal orgasm in silence. Some moan their way through vaginal orgasms, others scream and some swear - but one thing is for sure... they all make some noise.

And if you give your woman ANAL orgasms (like I taught you how to do earlier in this book) - prepare for her to scream so loud she will wake the neighbours. Anal orgasms tend to have this effect on women.

But what if you want more than 'noise'?



What if you want your woman to be 'vocal'?

What if you want her to talk dirty to you?

Well, the truth is that the more orgasms you give a woman, the more she will tend to start talking dirty to you. However, with that said, there are a couple of very simple, very effective techniques I like to use to make women more vocal in bed and they work like this...

Ask Her Very Simple Questions

The first technique you can use to make your woman more vocal in bed is to ask her very simple questions. This is easiest explained with some examples...

Imagine you have done the foreplay with your woman, you have done the intercourse, you have given her a couple of orgasms and now she is giving you a blow job to 'finish you off.'

As she is 'blowing you', try asking her simple questions:

"You love sucking me off, don't you?"

"You want me to come for you, don't you?"

Now, when you ask your woman simple questions like these she will respond. She might simply respond by saying "YES", or she might say a little more.

Either way - that is good because you are encouraging her to engage in dirty talk with you and I can promise you that if you do this on a regular basis, one thing is for certain... she will get more and more into it and she will get more and more vocal.

Here are a couple more examples of the types of questions you can ask your woman that will make her more vocal in bed:

"You love it when I touch you like this, don't you?"

*"You want me to f*ck you, don't you?"*



Tell Her What To Say

The second technique you can use to encourage your woman to be more vocal in bed is to tell her what to say. Provided you are giving your woman good sex and you tell her what to say in a confident way, this technique will work very well.

Let me give you an example of how this works...

Again imagine your woman is giving you that blow job and you are close to blowing your load. You can then say something like this to her:

"Tell me you love sucking my cock"

And she will respond by saying:

"I love sucking your cock"

Now imagine another scenario where you are teasing your woman by rubbing the end of your penis on her clitoris and she is desperate for you to have sex with her. The very act of teasing her will probably get her talking, but you can take things a step further. Here's an example of how you can do that:

Say to her:

"Ask me nicely"

She will respond by saying something like this:

*"Please f*ck me"*

Then you can either give her what she wants or tease her a little more. The choice is yours. And that is how you get your woman to be more vocal and talk dirty to you in bed.

But what if you want her to make less noise during sex?

How To Make Her Less Vocal During Sex

In my opinion there is only one way to make your woman less vocal during sex that serves any real purpose and has any real positive benefit.

Some men simply want their women to be quieter, but that is just not cool.

Why wouldn't you want your woman to be expressive and make some noise/talk dirty?

I have a female friend who said that her ex-boyfriend used to tell her to “be quiet” and “shut up” during sex because he was worried that the neighbors would hear them. How pathetic. What a loser.

The key point here is that he is her EX-boyfriend – she ditched that loser because the sex was lame.

As she quite rightly said – he seemed more bothered about the neighbors than he did about her sexual pleasure, which is not cool and he paid the price.

What I am saying is that it is healthy for your woman to make noise during sex and engage in some dirty talk with you.

However, as I said at the start of this section – there is one way to make your woman less vocal during sex that serves a valid purpose and it is all to do with the fact that many women like to feel one of more of the following things during sex:

- **That their men are in total control of them**
- **That they are being dominated**
- **That they are being forced**

NOTE: Be very careful with the last point on that list. If you do actually force a woman to have sex with you that is rape and you could go to jail. No women actually wants to be forced into sex/raped, but many women like to act out the scenario as a fantasy with a man they totally trust

So the question is:

“How do you make your woman less vocal during sex, whilst keeping in mind the above points about what many women like in bed?”

Here are a few ideas:

- **As you are having intercourse with her and she is making a lot of noise, gently put your hand over her mouth and prevent her from talking. Provided you do it gently, she will more than likely enjoy this dominant behaviour (do not cover her nose at the same time – she needs to breathe!)**
- **Gag her in some way... this definitely is not something to try with a woman you have just met, but under the conditions of mutual respect and trust and a little sexual history – this one can be very exciting for both you and her. You could use something simple like a tie or you could buy a proper gag from an adult toy store**

- **Tell her to “Be quiet.” To pull this technique off you have to be very dominant. Telling your woman too randomly “Be quiet” during a regular sex session is likely to break her state and turn her off. However, if you act in a very dominant way from the start of a particular sex session and then tell her to “Be quiet” with confidence and authority – this can work very well**

This last technique is more advanced and I would only recommend you try it once you have given your woman a vaginal orgasm during intercourse.

Here is what you do...

After you have given her the vaginal orgasm during intercourse, get into the missionary position (or stay there if you were already in it), then use something to separate her face from yours. What you are trying to do is make it so that she cannot see you and you can only see her body (and not her face).

You can use a pillow to do this, but DO NOT push it down on her face because if you do she won't be able to breathe and that is really not cool. The pillow is simply there to stop her from seeing you and stop you from seeing her face.

Now say something like this to her:

“I’m going to use your body to make myself feel good and I don’t want to hear you speak whilst I do”

This will be extremely powerful provided you are treating her well outside the bedroom and you have already given her incredible pleasure within it (by giving her a vaginal orgasm during intercourse). In her mind – that dirty talk line says to her that you are going to ‘use her body.’

You might think that this is disrespectful and degrading for your woman to hear. But in the context of heightened sexuality it is actually one of the most powerful dirty talk phrases I know of. It never fails to make a woman go wild. Remember – women do want naughty, dirty, nasty sex.

Of course, as you continue to f*ck her (with her unable to see your face), you should talk dirty to her and aim to give her another vaginal orgasm during intercourse

There you have it – that is how to make your woman more vocal and less vocal during sex.

Let’s move on and talk about getting her to do more really dirty stuff...



More Really Dirty Stuff!

Let me ask you a few questions...

Have you ever wanted to get your woman to play with herself for you?

Have you ever wanted to 'blow your load' all over her face and give her a sticky facial?

Have you ever wanted to finish in her mouth and have her SWALLOW every last drop?

If you are like most red-blooded men, you probably answered "YES" to those questions. The problem is -most women will not do those things for their men.

But fear not - after you have read this section you will know exactly how to turn your woman into your 'naughty little cum drinking whore.' Read on and it will all become clear...



Getting Her To Play With Herself

It is quite a sight - watching a woman masturbate. Watching her rub her clitoris and stick her fingers inside her holes.

If you want to get your woman to put on a little 'show' for you, here is how to do it..

Start off by getting her really turned on and give her a couple of A-Spot orgasms. Then let her see that you are hard (because this will really turn her on).

Now open her legs and kneel between them and start jacking off (yes, this means you will be putting on a little show for her, but there is a reason for this - so just roll with it).

Now, believe me when I tell you - she will be really turned on whilst watching you stroke your 'tool.'

All you then do is take her hand and direct her middle finger towards her clitoris and start rubbing. She will get the idea. After a few seconds you can stop holding her hand and she will carry on masturbating for you.

Of course, as she is touching herself you should talk dirty to her to make the whole experience more exciting.

It is as simple as that.

Now let's make it even dirtier...

Let's say you are doing your woman from behind and you want her to play with her anus for you.



Here is what you do...

***It is quite a sight -
watching a woman
masturbate.
Watching her rub
her clitoris and stick
her fingers inside
her holes.***

As you are 'doing her', start to gently rub her anus with your thumb. If you do this gently enough you will almost definitely notice that her pleasure increases (after all, the anus is full of very sensitive nerve endings).

Keep going and talk her through a powerful vaginal orgasm.

Then take one of her hands and bring it behind her back and direct her middle finger towards her anus. Then tell her to:

"Be a good girl and rub your ass for me"

Say it confidently and she will do as she is told (just like all good girls do in the bedroom).

There you go - that is how to get her to rub her ass for you.

Giving Her A Facial

Again, this is not something you should discuss with your woman over breakfast or whilst driving in the car.

The way to make her want to take your load on her face is to give her really good sex, drive her crazy by making her come over and over again and then just as you are about to blow your load, say this to her:

"I'm going to come all over your face"

Then pull out, put your 'tool' near her pretty little face and let it all go. Of course, you should be expressive as you ejaculate because this way your woman will know that you are really enjoying yourself.

NOTE: I've spoken to enough women to know that all women hate it when their men ejaculate in silence or make pathetic little whimpering noises. Women like cave man style grunts – they want to really hear you blow your load.

She will not object, providing you have given her great sex. You just have to have the 'balls' to do it.

Now She Swallows Like A Good Girl

Making her 'swallow' is an interesting topic. You see, even some of the good women are not that keen on swallowing because (and there is no other way to put this), they usually say that they:

"Don't like the taste"

This may or may not be true for your woman. If you are giving her great sex and regular 'facials' she may have no problem with you 'blowing in her mouth' and then swallowing for you.

But what if she really dislikes swallowing?

Well, there are certain foods that can improve the taste of your semen – **pineapple** being a great example. However, 'eating to improve the taste of your semen' is not an exact science and even some very healthy foods can have an adverse effect of the taste of your 'load.'

So by all means try the pineapple, but you could try something a bit more creative...

Remember how I told you that women are at their most suggestible when they are very close to coming and during the orgasm itself? Well, with that in mind – here is what you do...

When your woman is giving you a blow job, start to play with her. When you can tell that she is very close to coming start to say things like this to her:

"Sucking me off makes you feel so good, doesn't it babe?"

"It makes you want to come, doesn't it babe?"

When she's really close to coming say:

"I'm going to blow my load in your mouth and it's going to make you come"

"You love the taste of my come, don't you baby?"



Now here's the thing...

You may or may not be able to time your own orgasm with hers, but the reality is that if you are giving her enough pleasure with your fingers as she sucks you off and you simultaneously plant these ideas in her head – she will start to associate not only sucking your 'tool' with experiencing incredible sexual pleasure, but also swallowing your load.

Nice.

So even if she comes and then you come a couple of minutes later – she will *probably* not object to you blowing it in her mouth.

Bingo.

Cautionary Note:

Under no circumstances should you force your woman to 'swallow' as this will have negative effects on your relationship (both inside and outside of the bedroom).

You might have to use the above technique several times before she willingly lets you blow your load in her mouth and then swallows. Also be aware that she might end up willingly taking your load in her mouth, but she might not swallow. If this is the case – be cool with it, congratulate her for being a good girl and make her feel good about herself.

Remember – you want to avoid making your woman feel bad about anything she does in the bedroom at all costs.

Let's move on and talk about 'that time of the month'...

What To Do When She's On Her Period

NOTE: There are certain risks associated with blood contact, specifically to do with the transmission of disease. Be aware of this fact before using the information in this section

You may be with a woman who has stopped having periods, or you may be with a woman who takes the pill continuously and avoids having periods. However, chances are that your woman does have periods and she does not want to 'get it on' during that time of the month.

This means that for several days each month, you have to go without getting any sex.

Or does it?



An Insight Into The Way Women's Minds Are 'Wired'

You will remember that in the first section of this book I talked you to about the concept that "Women are creatures of sexual reciprocation."

You will also notice that throughout this book I have made it very clear that all the techniques I am sharing with you will work best if you are giving your woman incredible sexual pleasure on a regular basis.

However, you may be under the illusion that each time you 'get a little naughty' with your woman, you first have to 'get her off' and then she will be willing to do the things you want.

But this is **not** the case.

You see, the truth is that the concept that “women are creatures of sexual reciprocation” applies to the sexual relationship that you share with your woman as a whole – not so much to each particular sexual encounter that you share with her.

Keep reading and this will start to make sense...

The worst thing you can do is have sex with your woman and not give her vaginal orgasms during intercourse. If you do this she will feel like you are just using her (after-all, what was the point of the intercourse for her if you did not give her an orgasm?).

However, so long as you give her at least one vaginal orgasm during intercourse every time you have sex with her, she will remember this and she will want to please you at all times of the month – even when she is ‘on.’

You see, the period isn’t your fault – it is a natural thing that is a part of a woman’s life. So she cannot blame it on you.

On the other hand, if you fail to give her orgasms during intercourse – she will blame it on you (she might not say so, but she is thinking it).

The bottom line is that the concept that “women are creatures of sexual reciprocation” applies even when you cannot give her any pleasure because it is that time of the month.

So during that time, she will still use her hands and mouth to please you. If she does not offer – all you have to do is ask. Of course you need to ‘warm her up’ a little and get her turned on – then smoothly direct her to giving you a hand job or blow job and she will not only do it, she will do it *willingly*.

That is very important... you never want your woman to do something sexual for you because she ‘feels like she should.’ You always want her to do sexual things for you because she wants too. Making sure that you always give her vaginal orgasms during intercourse will ensure that she always wants to please you (no matter what time of the month it is). Guaranteed.





How To Touch Her 'Downstairs' Even When It's 'That Time Of The Month'

When women are on their periods, they usually feel at their least attractive. This means that they are not feeling very sexual and the whole idea of having a man touch her 'downstairs' whilst she is 'on' isn't very appealing.

But lots of men (perhaps you included) get turned on by some of the things that happen to a woman when she is on her period - the subtle changes in the way she smells, the way her breasts often get a little bigger etc.

So what if you want more than a hand job or blow job from your woman when she is on her period?

Is *this* possible?

The answer is "YES."

Here's how to do it the right way...

First of all, understand that if you ask your woman if she would like to have sex with you whilst it is that time of the month, she will probably just say "no."

So that is not a good strategy.

In fact, it is never a good idea to ask your woman any sexual question that she can answer 'no' too. 'No' is a destructive word that breaks rapport. "YES" does the opposite... when people say "yes" to each other it tends to build rapport and make them feel closer to each other.

That is why you will notice that whenever I give dirty talk examples that involve questions - the only questions I ask a woman during sex are simple ones that I know she will answer "YES" too.

For instance:

YOU: “You love it when I touch you like this, don’t you baby?”

HER: “Yes”

YOU: “You love being my naughty little girl, don’t you?”

HER: “Yes”

YOU: “You want to come for me, don’t you babe?”

HER: “Yes I do”



Get it?

It is a pretty simple concept but one that many men simply fail to understand – when talking dirty to your woman, only ask her very simple questions that she can answer “Yes” to.

It is a pretty simple concept but one that many men simply fail to understand – when talking dirty to your woman, only ask her very simple questions that she can answer “Yes” to.

You see, complicated questions are a very bad idea because they will break her state and distract her from experiencing massive amounts of sexual pleasure.

So keep the questions simple and make sure the answer is “YES” before you even ask it.

Anyway, let’s get back to what to do when she is on her period (but keep what we just talked about in mind because it is very relevant).

The way to get your woman to let you touch her downstairs even when she is on her period involves getting her so turned on that she simply cannot resist you.

One way to do this is to take her to the bedroom and start kissing her, caressing her body and playing with her breasts and bum. Sooner or later she will get very turned on. Let her feel how hard you are as well because this will further turn her on.

Then start to take your clothes off and take hers off too (leaving just her panties on).

Next, let her start to use her hands or mouth to give you pleasure. As she does this, start to rub her through the material of her panties. Talk extremely dirty to her as you do this... the idea is to get her so turned on that when you say this to her she will not object:

“Baby, I’m going to rub just your clit and make you come for me”



NOTE: This will only work if she's wearing a tampon and not if she's wearing a pad.

Then you put your fingers inside her panties and rub her clitoris as she sucks you off. Make sure that you give her an orgasm. At this point you have got her used to giving and receiving pleasure whilst 'she's on.'

Of course, if you have used the technique I taught you earlier in the book that enables you to give your woman an anal orgasm – your woman may very well willingly have anal sex with you whilst she is on her period. The more turned on and horny you get her – the more likely this is to be true.

But what if you just want good old fashioned vaginal sex?

Well, if you give her a clitoral orgasm as she blows you and you get her really sexually excited and you keep telling her you want to “have sex with her” as she is blowing you – if you then just say this to her, 9 times out of 10 she will roll with it:

“Go take your tampon out, come back here and I'm going to give you what you want. I'm going to have sex with you. I don't care about you being on your period”

Now this does not work every time, but I have found it to work most of the time.

Recap:


- **Get her turned on**
- **Let her give you some pleasure (using her hands and/or mouth)**
- **Give her a clitoral orgasm**
- **Tell her to take the tampon out and that you are going to have sex with her**

Again, you have to be super confident whilst doing all of this, but so long as you are super confident – you will find the results to be very good.

Of course, once she has removed the tampon its business as usual... make sure you give her vaginal orgasms and she will not resist having sex with you whilst she is on her period in the future.

In fact, she will welcome it.

After-all, if you are cool about it and you do not make a big deal out of it AND you give her incredible pleasure – why wouldn't she want to have sex with you, regardless of it being “that time of the month”?



Part 6: Total Power In The Bedroom

In this section I am going to talk to you about some general concepts that you can apply to all of your sexual interactions with your woman. These concepts are extremely powerful when understood and used correctly and will make it even easier for you to experience great success with the techniques that I have shared with you in the previous sections of this book.

So read on now and pay close attention...

Part 6: **Total Power In The Bedroom...**

Own Her Ass

First of all, please understand that men who objectify women are losers.

You know the kind of guys - you can just tell by the way that they talk about women that they only see women as being good for one thing. That thing is of course, 'sex.'

The reality is that such men usually lead very boring sex lives and women are unresponsive to them. These men usually have very few (and usually zero) female friends. They may have a girlfriend, fiancée or wife, but they do not have any *real* female friends.

Of course, these guys nearly always end up with weak, needy, insecure women. After all, why would a high value woman put up with such a man?

The answer is that she wouldn't.

In contrast, the really great lovers (the guys who understand women, respect and appreciate them) usually find female company more stimulating than male company.

I myself have a lot more close female friends than I do male - I simply find women more interesting than men (at least most of the time).

However, there is an advanced concept that I call "Owning Her Ass" and it is all based on the fact that IN THE BEDROOM, high value women do want to be objectified by their men.

Whoa!

What did I just say?

"YES", you read it **correctly**.





I said that in the bedroom, high value women do want to be objectified by their men.

Keep reading and I will explain why...

The average woman who is with an average man is used to being treated in an average way in all areas of her intimate relationship.

Outside the bedroom her man fails to make her feel particularly special, the emotional connection she shares with him is not that deep and she sometimes feels like he takes her for granted.

Inside the bedroom, he climaxes during intercourse, she does not and if she is lucky he gives her one clitoral orgasm each time they have sex.

This sometimes makes her feel like her man is 'just using her for sex.' Such is the reality for most women. Women like this do not want to be objectified in the bedroom.

However, consider the life of a high value woman who is with a great lover:

- **He treats her well outside of the bedroom, never taking her for granted, making her feel sexy and feminine and creating a strong emotional connection with**
- **Inside the bedroom he gives her vaginal orgasms during intercourse and always sexually satisfies her**

In the bedroom such a woman is used to her man taking control and leading her, she is used to him talking dirty to her and she loves the outcome of all of this – the outcome being that she experiences incredible sexual pleasure.

She is also aware that the more time she spends with her man and the dirtier he talks to her and the wilder he makes the sexual adventures that he takes her on – the more she loves it, the more she becomes addicted to it.

This is the kind of woman who wants to be sexually objectified in the bedroom:

She wants you to OWN HER ASS.

You see, when she knows that there is mutual trust and respect outside the bedroom – it is very exciting for her to become your ‘sex toy’, your ‘sex object’, your ‘dirty little play thing’ INSIDE THE BEDROOM.

This allows her to play the role of the proper, sophisticated, well respected, socially acceptable women outside of the bedroom and then totally let go and surrender herself to you inside the bedroom.

Understanding this concept will unlock a new level of sexuality for you and your woman.

I will give you an example of how you can actually verbalize this to your woman and let her know that you OWN HER ASS in the bedroom. This will make her feel like your sex object – something she wants to be when she is in the bedroom with you.

NOTE: everything I am saying only applies when you are treating her really well outside the bedroom.

I remember once having a conversation with an ex-girlfriend of mine that went like this...

(This took place immediately after I'd just blown my load)

HER: “Adam, you give me so much pleasure it’s unbelievable. Promise me that you won’t ever stop treating me the way you do”

ME: “I promise. I love treating you the way I do in the bedroom and I love how responsive you are to me. You’re such a good girl”

HER: “Nobody has ever made me come the way you do”

ME: “Listen to me very carefully darling... You know that outside the bedroom I respect you, I treat you like a lady and I appreciate all that you do for me and we are totally equal. However, I want you to understand that in the bedroom I own your ass. You’re a piece of property – a piece of sexual property that I make feel extremely good and do with exactly as I please”

(I can see her getting more turned on at this point, so I carry on)

ME: “In the bedroom you will always do as you are told. You will always listen to me very carefully and do exactly as you are told because I own your ass. In fact, I own every single of part of you from head to toe and as you know – I’m particularly interested in the holes between your legs and your pretty little mouth. Do you understand?”

HER: “Oh God Yes, I love it when you talk to me like this”

(At this point I start rubbing her clitoris and talking dirty to her. This goes on for a couple of minutes and ends like this)...

ME: “Come like a good girl”

And of course – she came.

Now that script that you just read might seem extreme and the truth is that I certainly have not had such an extreme conversation with every woman I have dated. However, this particular woman was highly sexual and I knew she would love it – she was one of those women who absolutely loved really dirty talk.

With that said, the example I have just shared with you does give you a very clear idea of how this concept of OWNING HER ASS works... for it to work you must be treating your woman properly outside the bedroom – I cannot emphasize that enough.

It is super important.

Presuming that you are treating your woman well outside the bedroom and you are already giving her very good sex – telling her that you ‘own her ass’ is very powerful.

When you tell her this and you do so in a believable way, you will find that she becomes more responsive to you in the bedroom. And this has two major benefits:

- 1. You will find it even easier to give her orgasms (always a good thing)**
- 2. She will be even more willing to do whatever you want in the bedroom (meaning you will have even more success with the techniques you learn in this book)**

All this talk of ‘owning her ass’ leads us very nicely into the next section...



Tell Her You're Going To "Use Her Body To Make Yourself Feel Good"

Again, this line sounds like something a pathetic man would say to his woman:

"I'm going to use your body to make myself feel good"

These do not sound like the words of a man who truly respects women, do they?

Well, the truth is that if you say that line to your woman at the right time - you will drive her totally crazy.

At this point it probably will not surprise you when I tell you that 'the right time' is when you are treating your woman correctly outside the bedroom and you are giving her regular vaginal orgasms during intercourse in the bedroom.

You see, this concept of 'using her body to make yourself feel good' is an extension of the OWN HER ASS concept.

The truth is that this dirty talk line is simply a great way of verbalizing the 'YOU OWN HER ASS' idea to her during sex.

So that you can get the best out of this line, I need to talk to you about some advanced dirty talk secrets. These are secrets most guys will never know, so please pay close attention...

When you talk dirty to your woman during intercourse, you want to put all the emphasis on her sexual pleasure at least until you have given her one vaginal orgasm during intercourse.

Let me give you some examples of how that looks:

"You love it when I'm inside you, don't you baby?"

"You love having my hardness inside you, don't you?"

"This feels so good to you, doesn't it?"

"Come like a good girl, come all over me"

Can you see what is going on?



All those dirty talk lines are designed to build your woman's pleasure up and up, until ultimately - she has a vaginal orgasm.

Until she has that vaginal orgasm, that is the best kind of dirty talk to use.

However, after you have given her the orgasm, things can change and you can be more experimental and adventurous with your dirty talk.

For example, as you are still having intercourse, you can say things like this:

"I love being inside you baby"

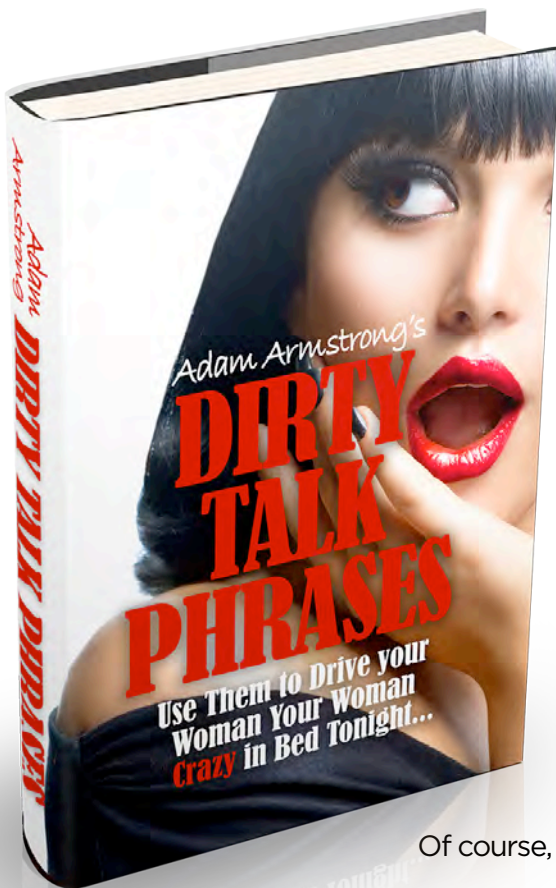
"It feels so good to be inside you"

"You're my naughty little girl"

See the difference?

Now, the reality is that the only limit is your imagination and you can say literally hundreds of different things to your woman during sex that will excite her.





Now, with all that said, there is one particular dirty talk line that I have found drives women totally crazy during sex. And that line is of course:

"I'm going to use your body to make myself feel good"

When you deliver that line to your woman with confidence and authority, she will love it. That line basically says to her that you OWN HER ASS and you are going to use it to get yourself off.

For a high value woman this is very powerful.

Outside the bedroom she is a proper lady, but in the bedroom she wants to be slutty with her man. Notice that I did not say 'she wants to be a slut.' I said she wants to be 'slutty with her man.' And having her man use her body to 'get himself off' will make her feel very slutty.

Of course, you can tweak that phrase and play around with it like this:

"I'm going to use your body to make myself feel good"

"I'm going to use your body to get myself off"

"I'm going to use your (insert body part name here) to get myself off"

Get it?

You can also combine these phrases with other dirty talk phrases to really send her over the edge.

For example:

"You're my naughty little girl and I'm going to use your body just to make me feel good"

"You're my naughty little whore and I'm going to use your body just to make me feel good"

"You're my naughty little slut and I'm going to use your body just to make me feel good"

The bottom line is that when you use this dirty talk line (and variations of it) with your woman – you will give her more sexual pleasure. And the more sexual pleasure you give her, the more she will give you back in return.

In my program Dirty Talk Phrases program I give you examples of dozens of tried and tested dirty talk phrases that you can take and use 'as your own.' Check that out by [clicking here](#)

She's All Woman

The political correctness of the modern world we live in has done some harm to our sex lives. The reason why I say this is because we are all now taught that men and women are equal.

Well, that is true and it is not true at the same time.

It is true from the point of view that we are all human beings and we all deserve equal human rights.

But it is not true in the bedroom.

And I am not just talking about the fact that men have penises and women have vaginas. Nope - the differences are much greater than that. The differences go beyond the physical and extend to the mental side of sexuality.

In order to have great sex with your woman (where you give her powerful orgasms and she wants to do absolutely anything for you) you have to understand how women are 'wired' from a sexual perspective.

Here are the most important things you need to know about a woman's 'sexual wiring':

- **Women are sexually submissive (at least most the time)**
- **They want their men to take control and lead them in the bedroom (in other words - they want their men to be sexually dominant)**
- **They need vaginal orgasms in order for the sex to be fulfilling and satisfying for them**
- **For women, sex is very mental - which explains why they love dirty talk**
- **They will cheat (very often without experiencing any guilt whatsoever) if their man fails to give them great sex**
- **They do not want to have to tell their men what to do in the bedroom - they just want them to know**



Tell Your Friends



Not what we guys are taught in the mainstream sex advice, right?

But it is the truth, so you must accept it – just like I had to accept it when I was figuring all this ‘women and sex’ stuff out.

What I want you to understand is that to have incredible sex, you have to let your woman be all woman.

If you expect her to instigate the sex, you are not allowing her to be all woman because instigating the sex is not her natural role.

If you expect her to tell you how to give her a vaginal orgasm, you are not allowing her to be all woman because she just wants you to know.



The bottom line is that to enable your woman to be all woman and to have great sex, you have to be all man...

You're All Man

If you want to not only give your woman incredible sexual pleasure, but also have her willingly give you everything you want in bed – you must be ALL MAN.

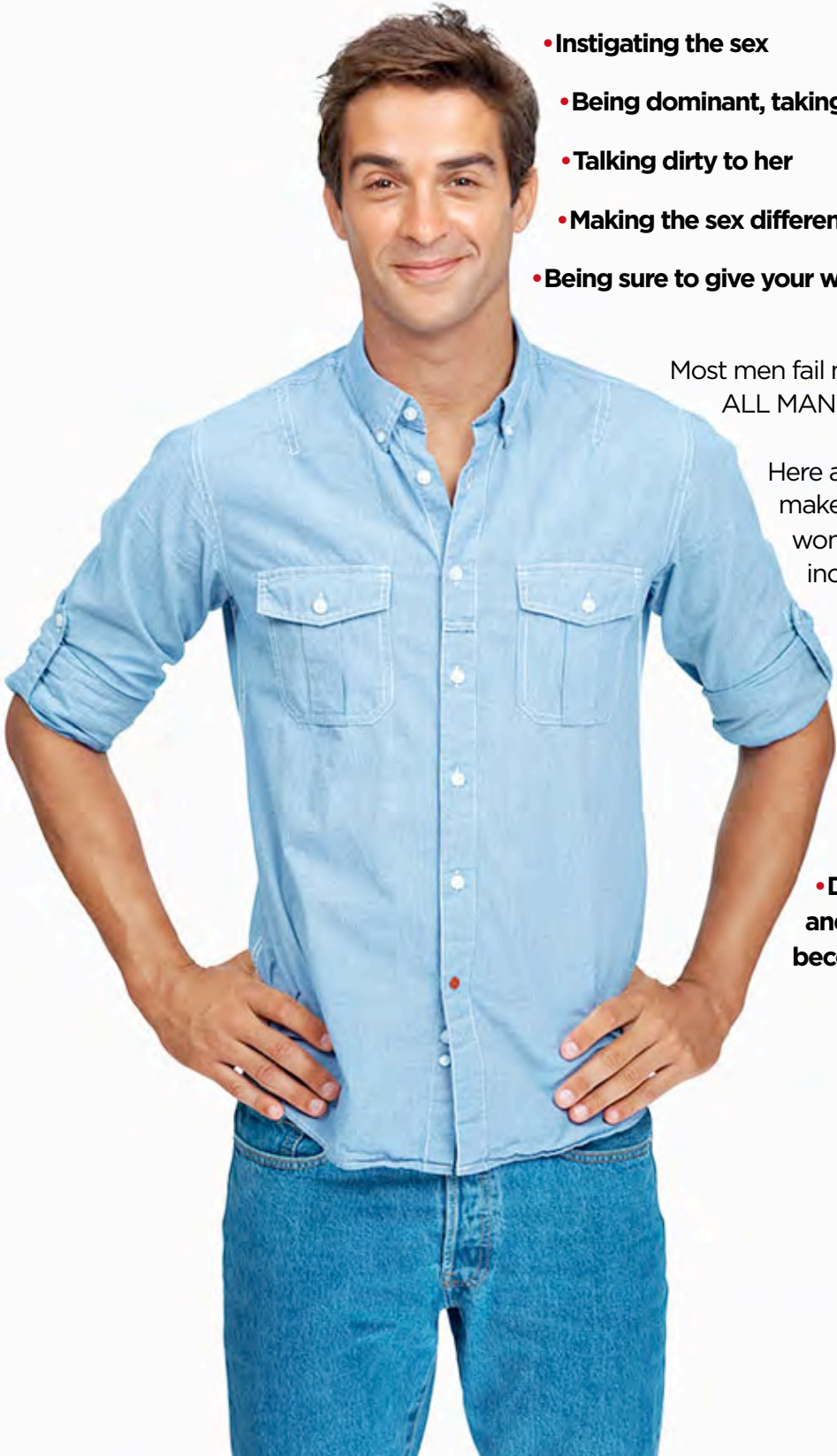
Being all man in the bedroom is about doing these things:

- **Instigating the sex**
- **Being dominant, taking control and leading your woman**
- **Talking dirty to her**
- **Making the sex different every time**
- **Being sure to give your woman vaginal orgasms during intercourse**

Most men fail miserably when it comes to being ALL MAN in the bedroom.

Here are some of the common mistakes they make that prevent them from giving their women incredible pleasure and receiving incredible pleasure in return:

- **Failing to take control**
- **Being afraid to talk dirty or messing it up when they try**
- **Not giving their women orgasms, or only giving them clitoral orgasms**
- **Doing the same things over and over again and allowing the sex to become boring**



And you know what?

The truth is that this whole 'sex thing' isn't that difficult... **you get your woman turned on, you 'get her off', you get a hard-on, you have intercourse, you talk dirty, you effectively communicate your intentions to her - you both end up very happy and sexually satisfied.**

Okay, so I am over-simplifying things a bit - but you see what I am saying, *right?*

Most guys make it way too difficult.

What I want you to take away from these last two sections is that to have great sex and get your woman to do absolutely anything you want in bed - you have to let her be ALL WOMAN and you have to be ALL MAN.

By the way, when you are ALL MAN, she will naturally be ALL WOMAN (providing she is a high value woman).



Tell Your Friends



Part 7: The Summary



Tell Your Friends



Part 7: **The Summary**



In Unleash Her 'Bad Girl' I've taught you many tips, tricks and techniques that you can use to make your woman do absolutely ANYTHING you want in bed.

If you want to live the sex-life of your dreams, without a doubt the most important thing you must remember is that "women are creatures of sexual reciprocation." In other words - the first step to getting your woman to do **everything** you want in bed is to give her **incredible sexual pleasure**.

Some men will moan and whine about this and say that it is not fair. They will say that relationships should be equal and that women should be willing to give their men pleasure without anything 'up front.' But such an argument is logical and sex is not a logical thing - especially for a woman.

The truth is that for women - sex is a very **emotional thing**.

I encourage you to accept the way things are, give your woman incredible sexual pleasure (vaginal orgasms during intercourse) and use the techniques in this book to get her to 'dance to your tune' in the bedroom and totally satisfy you.



This book should not be something that you read once and forget – instead, use it like an encyclopaedia of ‘bedroom secrets’ that you can dip into whenever you like and take what you need, as and when you need it.

I also want to make it clear that (as with most things in life), to have great sex and get your woman to do **absolutely anything** you want in bed – you have to be a bit of a risk taker and you have to embrace trying new things. Those people who always ‘play it safe’ and do the same old things over and over again, rarely lead very exciting lives.

Having great sex and getting your woman to fulfil your sexual desires is no different – you have to take a deep breath and step out of your comfort zone. Be prepared to lead your woman in the bedroom and effectively communicate your intentions and wants to her using DIRTY TALK.

When you do this – you **will** get your woman to do absolutely anything you want in bed. Guaranteed.

When you have put some of the information in this book into practise, be sure to drop me an email and tell me about your success story. You can email me at: adam@betterinbed.tv

I look forward to hearing from you.

Your friend,

Adam Armstrong

Adam Armstrong
www.BetterInBed.tv

Appendix: The Orgasm Hierarchy



Tell Your Friends



In the first chapter of this book I mentioned something called The Orgasm Hierarchy. Given that this book is a book about how YOU can get more PLEASURE, it was 'off topic' and not necessary for detailed discussion back in Chapter 1.

However, if you are serious about having incredible sex, my original point still stands - the point being that the foundation for getting your woman to give you everything you want in bed is still to first give her incredible pleasure.

Reading this Orgasm Hierarchy now will provide you with great insight into what can really be considered incredible pleasure for a woman...



The Orgasm Hierarchy Level Zero: You fail to give her any orgasms

At this point you are in trouble. If you are not giving your woman any orgasms whatsoever when you 'get it on' with her, you cannot expect her to give you everything you want in bed.

In fact, when a man consistently fails to 'get his woman off' during sex, some or all of the following scenarios are likely to happen:

- **Her sex-drive will decrease or become totally non-existent (meaning he will get a lot less sex)**
- **She will start to think about other men (men who she feels could sexually satisfy her)**
- **She will CHEAT to get better sex**
- **She will pack her bags and leave her lousy lover, having replaced him with a man who 'could get the job done'**

Needless to say - if you are currently at Level Zero on The Orgasm Hierarchy with your woman you need to sort it out sooner rather than later.

1

The Orgasm Hierarchy Level 1: You Give Her Clitoral Orgasms

Clitoral orgasms are the only type of orgasm most women will ever experience. This is not because women cannot experience other types of orgasms – it is because most men have not got a clue what they are doing in bed!

In the early stages of a relationship (the first days, weeks or even months), clitoral orgasms may keep a woman fairly sexually satisfied. However, in the long run they will not.

Of course – clitoral orgasms will always be incredibly pleasurable for a woman, but women ‘just know’ that they can experience more types of orgasm (even if they never have done).

Over time, a woman who has only experienced clitoral orgasms (who remains with the same man) will see her desire for sex decrease. This happens every time.

And the bit you are probably most interested in is this:

If you are only giving your woman clitoral orgasms, she is not likely to want to go out of her way to please you in any amazing way. This is true regardless of whether or not you use your fingers or tongue to make the clitoral orgasms happen.

The bottom line is this: it is important that you get clitoral orgasms working with your woman because they are the most basic type of orgasm, but if you want her to do **absolutely anything** for you in bed – clitoral orgasms are not enough.

Let's move on and look at the next level of the orgasm hierarchy...

2

The Orgasm Hierarchy Level 2: You Give Her Vaginal Orgasms Using Fingering Techniques

This level of The Orgasm Hierarchy is a breakthrough level, especially if you are the first man to give your woman vaginal orgasms.

Quite simply, when you give her vaginal orgasms using your fingers – you open up a whole new world of sexual pleasure for her. You also make it ridiculously easy to give her multiple orgasms every time you have sex with her.



What do you think the outcome of giving your woman multiple vaginal orgasms is?

Yep, you got it..

You will see a noticeable increase in the following things:

- **Her sex-drive (meaning you will get more sex)**
- **Her desire to please you**

So once you get the vaginal orgasms working with your fingers you are really making progress as far as giving your woman INCREDIBLE PLEASURE goes.

But you now have a situation where the foreplay you give your woman is more pleasurable for her than the intercourse.

Makes sense, right?

I mean think about it - if you are giving her multiple vaginal orgasms during foreplay with your fingers and then not giving her any more orgasms during intercourse... it is pretty obvious that she is experiencing more sexual pleasure during foreplay than she is during intercourse.

Said differently - she is going to prefer your fingers to your penis.

Not what you want.

Fear not though - the solution is right here...

3

The Orgasm Hierarchy Level 3: You Give Her Vaginal Orgasms During Intercourse

Okay, listen up my friend.

THIS is where the real *magic* starts to happen.

When you give your woman vaginal orgasms during intercourse you will be giving your woman 2 major things:

1. Something that most men will never give their women

2. A level of sexual pleasure and fulfilment that will blow your woman's mind (NOTE: many women get extremely emotional after experiencing their first vaginal orgasm during intercourse or after a particularly powerful one)

This level is what you want to aim for as a minimum because when you reach it you will not only make your woman see you as 'the best she's ever had', you will also make her want to go out of her way to please YOU.

In other words - it is when you hit this level that she will respond best to the tips, techniques and strategies that have discovered in this book:

Unleash Her 'Bad Girl.'

Of course, being the cool guy that you are, you will almost definitely want to take things to a higher level still...

4 The Orgasm Hierarchy Level 4: Give Her Squirting Orgasms

When you teach your woman to 's squirt' or experience female ejaculation, you will find that her orgasms become even more sexually pleasurable.

Of course, each time you show her new ways to climax she sees you as a better and better lover.

Nice.

5 The Orgasm Hierarchy Level 5: Give Her Anal Orgasms

The first time you give a woman an anal orgasm you will amaze not only her, but also yourself!

I mean who would have thought it - *the anal orgasm?*

Well, let me tell you - you better believe it. They can happen, they are for real and they will totally blow your woman's mind. And they are perhaps the most powerful type of orgasm any woman can experience.

6

The Orgasm Hierarchy Level 6: Mindgasms

'Mindgasms' are orgasms that a woman has as a result of DIRTY TALK, without any physical stimulation whatsoever.

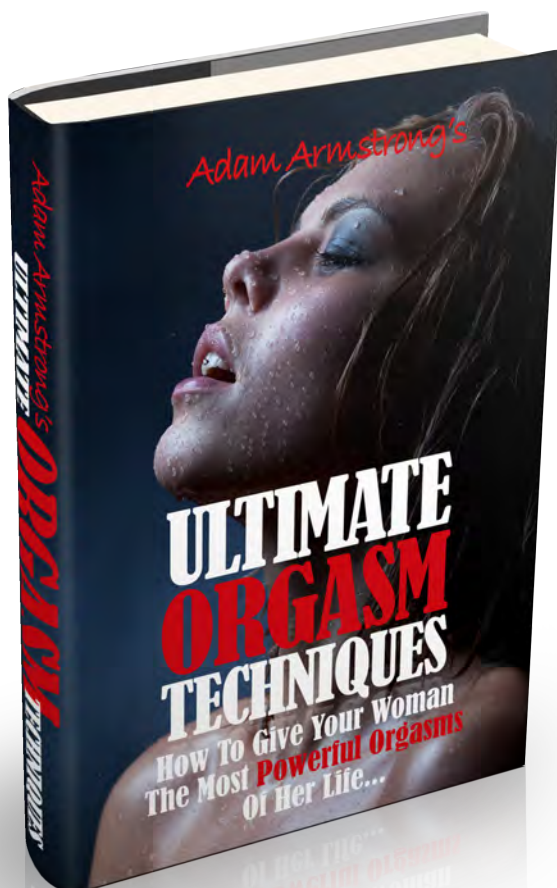
Powerful doesn't do them justice.

'Mindgasms' are truly on another level.

Just know that if you progress to giving your woman 'mindgasms' she will worship you as a man and a lover and she will want to give you everything you want in bed. Guaranteed.

Okay, so there you have it - that is The Orgasm Hierarchy.

I want you to remember that you must give your woman incredible sexual pleasure in order for everything that I've shared with you in this book to work at the highest level.



I mean think about it - to expect your woman to give you everything you want if you are not sexually satisfying her is just plain selfish.

Keep in mind the concept that "Women are creatures of sexual reciprocation" and be sure to get the vaginal orgasms during intercourse working with your woman.

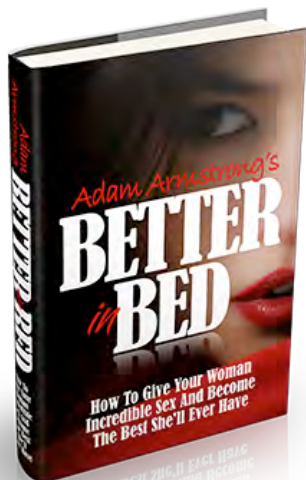
***By the way - if you want to know exactly how to make vaginal orgasms, as well as clitoral, squirting and anal orgasms a reality for your woman, you need access to my program *Ultimate Orgasm Techniques*. [Click here for more information](#) or click the image at left...**

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More from Adam Armstrong

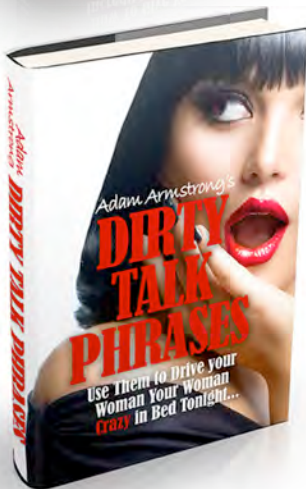
If you want to improve your 'bedroom game' even further, check out some of my other products – each one designed to help you have much better sex...



Better in Bed

Better In Bed contains secrets about female sexuality that every man should know, but very few ever will. To learn more, click the link below:

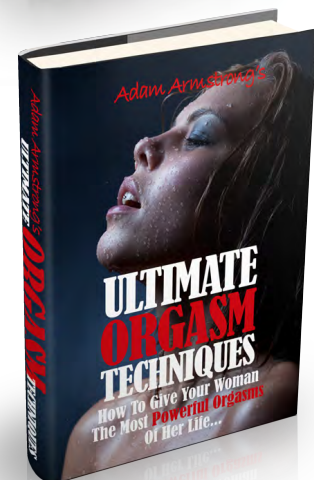
[Click here to learn more](#)



Dirty Talk Phrases

If you'd like to learn exactly what to say to drive your woman crazy in the bedroom and make her literally addicted to your voice – this is what you need.

[Click here to learn more](#)



Ultimate Orgasm Techniques

The ultimate guide to giving your woman the most powerful orgasms of her entire life. Discover how to give her clitoral, vaginal, squirting, multiple and anal orgasms.

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