

Introduction

I'm very excited to share with you the knowledge in this guide.

What you're about to learn has the power to transform your sex life and make you into the kind of lover women dream about.

You're going to discover proven approaches and methods to pleasuring women very few men know about...

You're going to learn techniques, strategies and mindsets that will give you the power to give a woman orgasms so intense she will most likely become sexually addicted to you.

And to use the methods in this book you don't need any fancy qualifications... You don't need a big penis, natural talent, a ton of experience, a huge tongue, to last for hours in bed or be with a woman with a track record of orgasming with ease...

In fact, what you're about to learn is so unique and effective that it can help you give mind-blowing orgasms even to women who have never experienced an orgasm before in their life.

So let's get started!

Copyright Warning

This guide is copyright 2011 with all rights reserved. It is illegal to copy, distribute, or create derivative works from this book in whole or in part or to contribute to the copying, distribution, or creating of derivative works of this book. All violators will be prosecuted.

Disclaimer

This guide is for informational purposes only and is not a substitute for medical advice. It is an opinion and should be used for personal entertainment purposes only. This guide is not to be considered as legal or personal advice and you are responsible for your own behavior.

Table of Contents

Introduction.....	2
Copyright Warning.....	3
Disclaimer	4
My Story	9
How To Use This Book For The Fastest Results.....	11
Define Your Dream Outcome.....	13
The Mindset Of An Unforgettable Lover.....	16
Thinking Like A Sex God	17
Is Your Penis Too Small?	20
How Long You Need To Last In Bed To Give An Orgasm	24
If You Can't Stay Hard	26
Male Hygiene 101	29
What Women Want.....	32
How To Read A Woman's Mind (And Tell If She's Faking An Orgasm)	35
Her Pleasure Zones (Where To Touch Her & When) ..	40
The 5 Strategies You Must Know To Give Any Woman Intense Orgasms	43
Orgasm Strategy #1: Master Sexual Tension And Foreplay To Create Intense Lust	44
Orgasm Strategy #2: Give Her Permission To Orgasm	52

Orgasm Strategy #3: Be Present	57
Orgasm Strategy #4: Become Her Master And Lead Her To Orgasm.....	60
Orgasm Strategy #5: Unleash Your Passion	70
The 4 Fundamental Orgasm Types And The Specific Techniques to Make Them Happen	73
The Clitoral Orgasm And The Laser Targeting Method	74
The Vaginal Orgasm (And A Powerful Hidden Pleasure Point)	84
The G-Spot Orgasm And 4 Sex Positions For Maximum G-Spot Pleasure	90
G-Spot Position #1: Doggy Style	93
G-Spot Position #2: Doggy Driller.....	93
G-Spot Position #3: Modified Missionary	93
G-Spot Position #4: Modified Asian Cowgirl	94
Becoming A G-Spot Expert.....	94
Anal Orgasm	96
Advanced Sexual Techniques: How To Give Her The Best Sex Of Her Life	101
For Women Who Say The Can't Or Never Have Orgasmed.....	102
Obstacle #1: Her Belief	104
Obstacle #2: Setbacks	106
Obstacle #3: Trust Issues	106

What She Can Do To Help	107
Advanced Orgasm Technique #1: The Mixed Orgasm	111
Advanced Orgasm Technique #2: Multiple Orgasms	115
Advanced Orgasm Technique #3: The Perpetual Orgasm	117
The Double Orgasm	120
Advanced Orgasm Technique #4: Shared Orgasm....	121
Advanced Orgasm Technique #5: Squirting Orgasms	124
Becoming An All-Round Sex God: Essential Extras	128
Must Know Oral Sex Tips	129
Oral Sex Method #1	130
Oral Sex Method #2	130
Oral Sex Method #3	131
Ways To Add Variety.....	133
Blindfold Her	134
Use Sex Toys	134
Do Roleplay.....	135
Take Risks.....	135
Have Anal Sex.....	135
Add Other People	135
If You Don't Like Foreplay.....	137

Getting Her To Experiment More In Bed (Sexual Persuasion)	140
To Your Success	146

My Story

When I first had sex I was probably as far away as you could get from being “good in bed”.

I quite simply sucked in bed...

Big time!

You may already know this about me, but I didn't know which sex positions worked. I didn't have a clue what to do during foreplay and if you'd mentioned the term Clitoris to me I'd probably have thought you were talking about some kind of rainforest flower.

I mean... I was clueless.

And on top of that I couldn't last more than a few seconds in bed most of the time so I definitely didn't envy the first girl I had sex with!

The bottom line is that my frustrations and insecurity with how much I sucked in bed led me on a search to figure out what did work in bed.

It took me a while to get over all the limiting beliefs like “it must just be me”, “my penis is too small”, “can I really change”, etc. but eventually I discovered that giving a woman intense multiple orgasms isn't about natural talent or the woman you're with, it's about the very specific things you do during sex.

I realized that what I do during sex could either cause her to get bored quickly or scream with ecstasy...

And I chose to figure out what those things were that would cause the latter.

Long story short... After a ton of research and experimentation I figured out what the things were that give incredible pleasure to a woman and I began getting amazing feedback with comments like “that was the best sex of my life!” and “I can’t even remember how many times I came!”

Sure enough I knew I was on to something.

And since most of what I learned to do to give a woman intense pleasure was the complete opposite of what comes instinctively to a man I knew it would be of great benefit to others for me to share my knowledge.

So that’s my story in a nutshell and how this book came about.

How To Use This Book For The Fastest Results

In this book you're going to learn the most powerful, potent and effective strategies for pleasuring a woman.

But to really get your head around all this knowledge you've got to approach it in the right way.

You see, when it comes to becoming a truly unforgettable lover there isn't just one cool trick or technique you need to know.

Sure there are some very specific orgasm techniques that I'll be sharing later that can stand on their own feet and provide incredible pleasure for a woman, but if you want to be an outstanding lover... The kind of lover a woman will never forget and keep begging for more sex from... Then you're going to want to pay close attention on how to approach all the knowledge I'm about to share with you.

What I've done is... I've structured this book in a very special way.

You may have noticed in the Contents that the earlier sections of this book focus more on strategy, mindset, understanding women and the "bigger picture" or "inner game" things you need to know.

I highly recommend you do not skip this first part of the book.

Without the knowledge you'll learn here, the specific step-by-step techniques for giving pleasure I'll show you later will only be 1% as effective.

So take your time on these first few chapters.

The information you'll learn in these first few chapters about women and yourself as a man will have a true transformational effect on your love-making skills.

They alone can make you into an amazing lover...

And then when you add on top of that my many different proven techniques for giving women intense multiple orgasms...

You'll truly become the best lover she has ever had.

But before I even get into the Mindsets section you have to decide on what you want your outcome to be from reading this book...

Define Your Dream Outcome

The formula for success in anything in life is simple...

1. Decide what you want (set a goal)
2. Find out how to get it (make a plan)
3. Keep taking action until you get it (take consistent action)

The same is true when it comes to giving women intense orgasms and being an amazing lover.

You've got to set a goal and know where you're heading because if along the way you hit a setback you're going to need a compelling reason to overcome that setback instead of just giving up.

So before you go any further decide on what your outcome is for this book now.

Maybe your outcome is to give your woman her first ever orgasm, multiple orgasm or squirting orgasm.

Maybe your outcome is to give your woman an orgasm an average of 3 times every time you have sex over a period of a week.

Maybe it's something else.

Whatever it is just make sure that your goal is measurable so you can know with certainty when you've achieved it.

Saying “I want to give my woman more pleasure” is way too vague, it won’t give you any motivation and you’ll never have the satisfaction of achieving it, because it’s not measurable.

So decide on your goal now.

Don’t worry about figuring out the “perfect goal”, just ask yourself “what do I want more than anything when it comes to my sex life?” and put your answer into a measurable target, ideally with a deadline for its attainment.

Now once you’ve decided your goal you’ve got to develop a habit of thinking about this goal constantly.

It’s not enough to just have a goal and forget about it.

You have to develop the habit of constantly thinking and obsessing about it so you give yourself the drive to keep taking the actions necessary to make it happen.

The way to do this is to schedule times where you revisit and visualize your goal as already achieved at least twice a day.

I recommend doing this for 15 minutes first thing in the morning and 15 minutes just before bed at night.

In these 15 minute sessions, find a space alone where you can fully relax and visualize your goal already being complete.

What does it look and feel like?

Get a vivid understanding of what that goal feels like when it's achieved and appreciate all the pleasure and positive things that come from it.

Commit to do this for the next 30 days and soon enough you'll find yourself thinking about it more and if you ever come across any challenges or difficulties on the way to your goal it won't matter because you'll have the motivation and confidence to smash through them.

Now let's get started on becoming an amazing lover.

The Mindset Of An Unforgettable Lover

Thinking Like A Sex God

The first step to becoming truly amazing in bed is to let go of all the assumptions you have about what it takes to become amazing in bed.

Let me explain why...

In the late 1970s author Naura Hayden performed a survey of over 486 women to discover how often they faked orgasms.

In other words Naura was trying to discover how good the average man was at satisfying his woman in bed.

The results of her survey were shocking to say the least.

She found that all the women had at some point faked an orgasm during sex and of the 486 women interviewed, 52 said they occasionally faked it, and the other 434 said they faked it most of the time, if not every time they had sex.

Now it can't be a coincidence that such a large proportion of men failed to satisfy their partners sexually.

There must have been a link between them.

And it's my belief that what made so many of the men in this survey bad in bed is also what makes 95%+ of men bad in bed, and that is...

What we instinctively want to do in bed is often the **opposite** of what it takes to please a woman.

In other words, being a great a lover is completely counter-intuitive.

Here are some examples...

- It's instinctive to move as quickly through foreplay as possible to get to sex as quickly as possible, when in fact women respond incredibly well to teasing and you building anticipation throughout foreplay by taking things slowly.
- It's instinctive to assume that women experience pleasure in much the same way we do, when in fact women experience pleasure completely differently – while men prefer visual triggers women prefer physical and emotion triggers.
- It's instinctive to thrust as hard and fast as possible during sex, when in fact women often enjoy the intimacy and connection of slower sex.

This list could go on and on, but my point is that in many cases, what it takes to please a woman is completely

opposite and counter-intuitive to what comes instinctive to most men during sex.

And influences like porn (which don't forget is designed for the viewing pleasure of men) often only exaggerate these misconceptions about what women like.

Thinking like a sex god means not thinking like most other men.

Be prepared to forget everything you thought you knew about sex by the time you're through with this book.

Because to be an unforgettable lover you're going to have to have a totally different mindset from almost every guy out there.

So although your friends might disagree with your new approach to sex, they probably won't be the one giving the woman they're with 5 or more orgasms in one love making session!

Is Your Penis Too Small?

Another common misconception is that penis size is very important.

Porn especially focuses on penis size a lot and watching a lot of it can leave you feeling pretty inept!

But with porn there's one very important thing you've got to remember...

99% of the time it's designed for the viewing pleasure of men.

More than anything it's the men who love to see a woman get nailed by a huge penis.

I don't know many women who spend their time surfing through porn and looking at big penises, but I do know a fair share of guys who like to see big penises in their porn even though they're 100% straight.

For some reason it's men that are especially fascinated by penis size.

If you've ever spoken to a number of women about the concept of penis size I'm sure you'll have been surprised.

Most of the women I speak to about this subject tell me that penis size really is not as important as many other factors during sex.

If you ever speak with a woman who's been with a number of men I'm sure she will tell you about a guy with a smaller penis who was much better in bed than another guy with a larger penis.

Penis size just isn't the determining factor when it comes to great sex.

In the later chapter entitled "What Women Want" you'll learn that what turns women on more than anything are the emotional factors during sex and unlike men, much less visual of a big penis.

So the chances are that any anxiety you have about your penis is probably misplaced and due to too much negative conditioning from popular culture.

The fact is that you don't need a large penis to be able to give a woman intense (and multiple) orgasms.

What you should also know is that the average penis size is about 6 inches when erect.

Naturally since this is average you'll probably fall either side of that.

If you are on the smaller side, then like I said, don't worry.

Many other factors involved in sex are way more important.

Furthermore it's actually girth (the distance around your penis) not length that often determines the levels of pleasure a woman will experience during sex.

Now if you've ever had a woman out rightly say that the problem is your penis size then either you really do have a small penis or (and much more likely) you just failed to satisfy her and she's just looking for something to blame, when really your penis size isn't the problem.

If after everything I've said you're still concerned about penis size then I want you to know that there are ways to increase your penis size 100% naturally and safely by up to 3 inches in length (and increase girth too).

They work by massaging the penis with your hands in a special way (not masturbation) to increase the blood flow to the penis.

This increased blood flow causes the chambers that hold blood in the penis to expand and over time permanently hold more blood and therefore increase penis size.

There's actually a whole science and technique to it and if you want to do it safely you want to make sure you get the right techniques for doing it.

The link below directs to a program that teaches the natural penis enlargement technique in full. As an affiliate for the program I may get a commission if you buy (that won't affect the price), but nonetheless if it's something you're interested in I recommend you check it out, because on their website alone you can learn a ton of free information about penis enlargement...

<http://www.jackgrave.com/likes/penisgrowth.php>

How Long You Need To Last In Bed To Give An Orgasm

Another big misconception banded around popular culture is that you must be able to last long in bed if you want to give a woman a powerful orgasm.

Let me take this moment to clear up the fact from the fiction.

Firstly, yes it does help your ability to please a woman if you can last long in bed, but...

It is possible to give a woman an orgasm during sex even if you last only a matter of a minute or two.

Now in order to do this you need to know exactly what to do during foreplay to get your woman so horny that the act of sex provides such a release of sexual tension that she orgasms almost instantly.

And I explain this strategy in full in the chapter called “Orgasm Strategy #1: Master Sexual Tension And Foreplay To Create Intense Lust”.

But although it is possible to give a woman an intense orgasm without lasting long in bed if you want to become a truly unforgettable lover then you’re going to want to learn the skill of lasting longer in bed.

And that’s exactly what it is...

A skill.

Forget anything you may tell yourself like “I’ve got bad genes that’s why I don’t last long”, “my penis size makes me cum early”, “it’s just how I am” or “I just can’t control myself during sex”...

The fact is that if you experience premature ejaculation consistently then you’re just making some simple mistakes.

In the bonus report called “The Long Lasting Sex Formula” that came with your order I explain in detail exactly how to go about lasting longer in bed in a 100% natural way. So I recommend you check that out now if stamina is a problem for you.

And if it’s a big issue for you then I recommend you check out my guide called Ejaculation Guru which covers the complete solution to even the most severe cases of premature ejaculation and how to last over 35 minutes in bed. You can get access to that and a free video explaining several techniques in detail through the link below...

<http://www.EjaculationGuru.com>

If You Can't Stay Hard

If you have problems maintaining your erection during sex, then this can affect your ability to be a good lover.

What you'll learn in this book can still be very powerful and a lot of what you'll learn in this book can still help you with things like oral sex, but without the power to stay hard there's only so much pleasure you can give your woman.

The first thing I recommend you do if you have problems staying erect during sex is to start developing your PC muscle.

I explain exactly what the PC muscle is, what it does and how to exercise it in the bonus report called "Multiple Orgasms For Men" that came with your order.

So if this is an issue I recommend you check out that bonus report to find out exactly how to work out your PC muscle.

The second thing to look into is the psychological factors.

Psychological factors play a huge role in a man's ability to maintain an erection and it could be that anxiety or fear are causing you to have erection problems.

So I recommend you take the time to think about your beliefs when it comes to sex.

Do you have any fears when it comes to sex?

Do you worry about anything in particular?

Take a few minutes to write down all your beliefs, fears and frustrations when it comes to sex.

Writing them down will give you a chance to see them from a new perspective and may help you understand them better.

By writing them down it may also help you see how irrational your fears are and therefore stop them from controlling you.

If after trying the above two suggestions you still have the problems then I recommend either consulting a doctor or getting the specialist program through the link below for overcoming erectile dysfunction.

This program goes into some of the more advanced techniques specific for getting and keeping hard erections and you can find out more about it through this link...

<http://www.jackgrave.com/likes/erectionmastery.php>

Please note that I am an affiliate for this program so I may receive a commission (that doesn't affect the price) if you order through this link.

Male Hygiene 101

Part of giving women orgasms and becoming an incredible lover is making the experience of sex as enjoyable as possible for her.

Sometimes an issue as small as one tiny hygiene change can dramatically increase how much more a woman wants to have sex with you.

So please read through this section even if you think you have good hygiene, because statistically there's a chance that you in fact don't have good hygiene (even if you think you do) and it could be holding you back from being better in bed.

Because let's be honest... it's pretty rare that a woman will say "you stink" or "you need to shave your balls".

Instead she'll probably just assume that your hygiene is part of who you are and possibly even decide that she doesn't like having sex with you because of that.

So making one tiny hygiene change could have the power to completely transform a woman's desire to have sex with you.

Here are the 3 absolutely fundamental hygiene rituals you need to maintain...

#1 – Wash daily and wash yourself three times over when you're in the shower.

Rubbing yourself with shower gel or soap just once isn't good enough.

Wash once, then rinse, wash again, then rinse and wash again, then rinse.

Simple enough, but it can make a massive difference.

#2 – Trim your pubic hairs

I'm not saying you have to get a bikini wax, but just take the time every 2 weeks (or more frequently if you like) to trim your pubic hair.

You can either use scissors or a razor.

It doesn't have to be super short... You just don't want it wild and bushy.

This will reduce smell, look better and will make your penis look bigger too.

3# - Trim your nails

If you're going to be using your fingers and hands during sex it's essential that there aren't any spikes or sharp bits that could scratch the woman you're with.

On top of that, most women are attracted to well-groomed men, so it will help in that department too.

What Women Want

One of the biggest challenges us men face when it comes to pleasing a woman is that since we're not a woman we can never know what sex really feels like from a woman's perspective.

As is natural with all people we tend to assume other people are similar to us.

And when it comes to sleeping with the opposite sex this can be a devastating mistake to make.

Just think for a second how different men and women really are.

Think how easy it is to turn a guy on.

Often all we need to be turned on is an image or video of a woman in very revealing clothes...

Or even just a stroke or two of the penis from a woman we find attractive can be enough to get us hard.

We men are very physical and visual creatures and that's what turns on.

Women are totally different.

They're main source of arousal is emotion.

Sure a woman can be attracted to a guy that is handsome, but rarely will this alone turn her on and have her wanting sex.

I think it would be a safe bet to say you don't know many women who get off to magazines of naked men...

But I bet you do know a fair share of women who enjoy a read of a good erotic novel (although they might not always tell you that's what they like to read).

Most women love erotic novels, because they're packed full of intense emotional twists and stories of forbidden sexual pleasures. But I doubt you as a man read them on a regular basis...

So why do you think this massive difference exists?

Why do men read dirty magazines and women erotic novels?

Because men are aroused visually and physically and women by emotion.

This is a crucial concept to grasp, because like I said earlier, most men project their own preferences on to women, when really what turns a woman on is something completely different.

Furthermore you've also got to realize that arousal in women works on a totally different time-scale.

Arousal in men is like a light switch... It can be turned on in an instant.

Women are different... One way to look at it is like a dimmer switch. They can only be turned on slowly. Arousal in women is not an instant, but a gradual process.

You probably already unconsciously know of this time difference in arousal, but it's important to be very aware of differences like this when going to turn a woman on.

Becoming amazing in bed takes having a deep understanding of the arousal of women and as you learn more in this book you're going to find yourself doing things to arouse a woman that you've probably never done before.

You're going to do things to your woman which probably wouldn't turn you on if you had them done to you, but will work magic when done to her... And all because you understand what really turns her on.

How To Read A Woman's Mind (And Tell If She's Faking An Orgasm)

A huge factor in your ability to give a woman an intense orgasm comes down to your ability to read how a woman is responding to what you're doing in bed.

Like I've already shown you earlier, most guys suck in bed, but the funny thing is that most men think they're good in bed.

How is it that there can be such a disconnect, between the facts that show that many women don't feel satisfied in their sexual relationships, but most men think they're doing a great job?

Fundamentally it comes down to the fact that us men are instinctively terrible at reading women.

We may think we know what she's thinking, but the evidence shows that this confidence is more often than not misplaced.

Now I'm not necessarily saying that you personally can't read women, but what I am saying that you'll probably gain a lot from this chapter in terms of understanding you're woman better.

Because the bottom line is that understanding how a woman feels during sex is essential if you want be an unforgettable lover.

Not only will being able to read her allow you to make the adjustments necessary to give her incredible orgasms, but it will also allow you to tell if she's faking her orgasms.

So how do you actually read what a woman's experiencing during sex?

Well it's really just a matter of reading her signals.

Women send out signals all the time during sex, about whether they like something or not and the extent to which they like something.

The challenge us men have is that these signals tend to be very subtle.

And subtlety isn't exactly something us men are always known for!

So we often have trouble reading what a woman is really feeling.

Sometimes women will even intentionally give off a false signal that they're happy when in fact they're not (usually with the positive intention of trying to make you feel good), so we as great lovers have to know exactly what signals a woman will give when she's genuinely experiencing pleasure.

Here are some of the key signals to look for in a woman who's experiencing genuine pleasure...

- Her skin gets hotter (look for red cheeks)

- Her nipples become erect
- She experiences muscle spasms
- She thrusts her pelvis into you
- She becomes wetter or more lubricated
- Her pupils dilate

Some of them are more difficult to spot than others, but the ones that are easiest to spot are when she spasms or thrusts into you during sex.

You'll also probably notice that her moaning is not on that list and is definitely not a reliable signal of pleasure.

A good test to see if she's faking an orgasm when she moans is to see if she's physically spasming as well, because if not it's possible she's faking.

There are also some useful "after sex" signs of pleasure worth looking for to see if you really have done a good job, including...

- A white sticky fluid left on your penis (some women release this at points of peak pleasure)
- Is she tired? A big orgasm will tire your woman out when she's done
- Is she truly satisfied? If you have to ask yourself "is she satisfied?" then the chances are that she ISN'T. When you've given a woman the kind of pleasure that rocks her world I can guarantee you won't need

any test to see, because from how she's acting it will be obvious if you've done a good job.

The drawback with the tests I just mentioned are that you can't use them during sex, but they could be helpful in reviewing your performance for the next time.

Now that you know what a woman's "pleasure signals" are it's time to become a lot more sensitive to them during sex.

Where in the past you may not have been looking out for them, it is now essential that you do, because they can dramatically improve your performance in bed.

Knowing whether your woman is enjoying something or not is a huge asset and you should respond accordingly.

If she's not enjoying something then simply change what you're doing.

If she is enjoying what you're doing then keep doing what you're doing exactly as you are. Don't try and increase the intensity, just keep going exactly as you are and you'll no doubt soon bring her to orgasm (especially if you use the rest of the strategies in this guide).

Also, one very important thing you should note is that you should never call your woman out for faking.

Firstly, you can never be 100% sure if she has faked it, so you don't want to criticize her for something she hasn't done.

Secondly, even if she is faking she's probably doing it with positive intent. The only reason a woman really has to fake an orgasm is if sex has become unpleasurable for her (which can happen if it goes on for too long with you doing a bad job) but she wants it to stop without making you feel bad about stopping.

If you criticize and condemn her for that, having sex with you will suddenly become much less desirable for her and if she's in a situation at the moment where she finds it difficult to orgasm negative reinforcement will only make it worse.

As you'll learn in later chapters it is essential to build your woman's confidence up during sex and make her feel great.

Criticism of any kind is not going to help that and is not the way to create a positive change in a woman.

Her Pleasure Zones (Where To Touch Her & When)

On a woman's body you'll find a number of "pleasure zones" or what are sometimes called erogenous zones.

These zones are areas on a woman's body that give her a certain amount of pleasure.

Stimulation of different zones will give her different amounts of pleasure.

And if you stimulate these zones in the right order, for the right amount of time and in the right way it's more than possible to get a woman so horny that she will orgasm within seconds of sex.

This can come in especially useful if you haven't orgasmed for days (or even weeks) and know you're not going to last long, but want to be sure she orgasms before you do.

Before I get into exactly how to work these pleasure zones, let me explain exactly what they are...

For the sake of simplicity I've divided up the pleasure zones into two different types; yellow and red.

The yellow zone pleasure points are less sensitive and less pleasurable than the red zone pleasure points, but are essential to stimulate before moving on to the red zone pleasure zones and ultimately giving her an orgasm.

Here are the different pleasure zones...

Yellow pleasure zones (in no particular order)

- Hair
- Lips (light kiss)
- Lips (heavy kiss)
- Neck
- Behind Ears
- Palms
- Wrist
- Inner elbow
- Ankle
- Feet

Red pleasure zones (in no particular order)

- Breasts and nipples
- Inner thigh (this is borderline yellow and red)
- Outer vagina (Labia)
- Inner vagina
- Clitoris
- Bum (this is borderline yellow and red)
- Anus

Now to turn a woman on to the point where she is lusting for sex takes some very specific and tactical use of these pleasure zones, which I get into in detail in the next chapter...

The 5 Strategies You Must Know To Give Any Woman Intense Orgasms

Orgasm Strategy #1: Master Sexual Tension And Foreplay To Create Intense Lust

Becoming a master of sexual tension gives you the power to unlock incredible pleasure in your woman.

Unfortunately most men do the exact opposite of what is necessary to create sexual tension (and therefore powerful orgasms in women), but here I'm going to show exactly what to do to make sure you never make that mistake.

Firstly, what is sexual tension?

In its simplest form sexual tension is when someone wants a form of sexual pleasure but they can't have it.

You've probably noticed the sexual tension in a lot of movies (especially chick flicks) where two people are wanting to begin a relationship or kiss, but something, like their backgrounds or current relationships, stops them from doing so.

This thing holding them back from what they want creates sexual tension.

Now what makes sexual tension so special is that the more of it there is, the greater the pleasure is experienced when it's finally released.

Think about it in terms of movies. If the lead man and woman kissed at the very start of the film, there would be

no sexual tension and you as the viewer probably wouldn't care at all about the kiss... It would just be a meaningless kiss.

But say the lead man and woman met at the start of the movie, but they were from two different backgrounds and the context in which they met, for example, teacher and student, made it inappropriate for them to kiss or get together even though they wanted to.

They find themselves coming into contact with each other continuously throughout the movie, but there's always that something stopping them from getting together and kissing.

And they have a few arguments and challenges throughout the film, etc.

Then finally at the end of the movie they overcome their challenges and differences and embrace by kissing and starting a relationship.

How much more significant, meaningful and pleasurable was that concluding kiss vs. a kiss at the start of a film?

Dramatically more significant.

And the reason it is so much more significant is because of sexual tension.

Of course movie producers have known this for years and that's why this type of story is so common.

But can you say you've been using the power of sexual tension during sex to enhance pleasure?

If you're like most guys then I'm guessing not.

You see, just like movie producers use sexual tension to increase the significance and pleasure of kiss in a movie like I just explained, you can use sexual tension to increase the pleasure your woman experiences.

And the way to do it is with teasing.

But most men when it comes to foreplay and sex use no teasing whatsoever and instead try to progress as fast as possible.

They stroke a woman's hair for a bit, kiss her for a bit, grab her breasts for a bit, then try and initiate sex as soon as possible.

As you can probably tell this creates no sexual tension.

It leaves your woman with nothing to look forward to and therefore nothing to get excited about because you're moving so fast.

So when it finally comes to sex there is no release of tension and minimal pleasure for her.

By skipping through the stages of foreplay as fast as possible you create no sexual tension and in no way enhance her pleasure.

So how do you create sexual tension during foreplay?

Remember that sexual tension happens when someone wants some type of sexual pleasure, but can't have it.

So to create it, you need to briefly show your woman some form of pleasure... And then take it away.

Think of it like teasing.

Let me give you an example...

Say you're at the stage of foreplay where you're stimulating some of her yellow pleasure zones, for example, you're passionately kissing her and her neck, but you want to progress to touching her breasts...

The "normal" way to progress would be to just start touching her breasts when you think she's ready.

But the problem with this method of progress is that it creates no sexual tension, because you're giving her what she wants straight away.

If in this situation you were to instead use teasing as follows you'd be able to create some powerful sexual tension...

So you're kissing her lips and neck passionately and you're ready to progress to touching her breasts.

What you should do is lightly touch around her breasts, being sure to avoid the nipples, then remove your hand

and go back to focusing on kissing her on the lips and neck.

From this tiny action she'll have just got a feeling like you were going to touch her nipples, so she'll start to feel a little sexual tension because she would like you to touch her nipples, but you haven't.

Then after a little while you should go back to lightly touch around her nipples for a little longer, perhaps stroking light circles around her nipples, after which you withdraw your hand again.

Now she knows for sure you're thinking of touching her nipples and starts to get excited about the pleasure she would feel, but because you're not actually touching the nipples yet you've created sexual tension.

You can repeat this process a few times, each time making it look more and more like you're actually going to touch her nipples.

And every time you do this she will get more and more excited, because she feels more and more like you're actually going to touch them, but because you don't the sexual tension is only increased more and more.

Finally when you've really ramped up her anticipation for you to touch her nipples you can go ahead and touch it.

And if you really want to tease her you can touch her nipple only briefly then withdraw to circling her nipple again.

This will really drive her wild, because she'll be dying for the satisfaction of full nipple stimulation and you'll have created even more sexual tension.

This way when you finally do go to fully stimulate her nipples, whether that be with your fingers or with your mouth, the pleasure she will experience will be 10x more intense because it'll represent a huge release of tension.

This process of intentionally creating sexual tension is very very powerful.

Another way to look at it is like taking 2 steps forward and 1 step back.

You show her some of the pleasure she could get, but then make her wait for it.

It's incredibly effective for arousing a woman and you can and should use it at several stages throughout foreplay.

Feel free to pick whichever pleasure zones you choose to apply it to, but I find the following work particularly well...

1. Teasing from light to more passionate kissing
2. Teasing nipple stimulation as described above
3. Teasing the touching of her vagina / clitoris by slowly moving your hands above it and towards it, then

withdrawing and slowly moving your hands along her inner thighs towards her vagina and then withdrawing, overall gradually getting closer and closer

4. Teasing the start of intercourse in a similar way as teasing the touching of her vagina / clitoris in number 3
5. Once having started sex thrusting in and out no more than half an inch and very gradually building up depth... Creating the sexual tension and desire for full thrusting (Note: This may take some self control!)

After a bit of practice in this and using it at several stages during foreplay you can get your woman unbelievably horny for you.

If you use this method well you can have your woman shaking with sexual tension.

If you're patient enough and tease her well you can even have her begging for you to put it in.

It's incredibly powerful and effective to get her aroused and it puts you in control.

And the real bonus of using sexual tension and teasing is that she will often orgasm within minutes if not seconds of sex if done right, because the act of sex will represent such a huge release of sexual tension.

And if on top of that you use all the other techniques and strategies I'm going to teach you...

You can deliver some truly mind-blowing pleasure.

Orgasm Strategy #2: Give Her Permission To Orgasm

Some women find it incredibly easy to orgasm... others do not.

Whether the woman you're with finds it easy or not, this is a very important chapter for you to read, because what you'll learn here you will need not only to give a woman her first orgasm, but also to allow her to experience more intense levels of pleasure she probably feared to experience in the past.

You see, for many women, fear plays a huge role in their ability to experience an orgasm (or a more intense orgasm).

To women an orgasm means letting go of all control... And this means putting a lot of trust in you as the person who she is letting go with.

Many women fear what they will look like during sex, some will fear what facial expression they will pull, some fear the sheer act of letting go of control emotionally, others fear being rejected because of doing something weird, some fear it because they've never done it before and some fear that letting go and experiencing that orgasm might cause them to do something that would scare their man away.

The bottom line is that a woman is putting a lot on the line when she orgasms with you and to some women, the way they see it, it's just not worth the risk.

So you have to give them permission to experience that orgasm and you have to create the trust so that she can know with 100% certainty that nothing bad will come of letting go of full control with you.

And the first step to doing this is to demonstrate to her that you can be trusted to experience an orgasm and let go of control with.

And to do this you must fully accept her as she is.

If you've got some expectations of how she's supposed to be and act during sex and if you criticize her during sex then she will not trust to experience an orgasm with you.

If you're judgmental during sex she will fear to let go and experience full pleasure with you, because she won't want the potential pain of you criticizing her.

You have to be 100% accepting of how she is during sex.

And you can't fake this.

You genuinely have to believe this.

Your woman can read you completely. If even part of you is judgmental during sex she will see it in your facial expression and she will close down her potential for orgasm.

So step one is fully accepting her and allowing her to be her true self – judgment free – with you during sex.

The second step is the pro-active approach of positive encouragement (or positive reinforcement).

What this means is complimenting and encouraging the type of behaviors you want her to experience.

(This can work for a lot of things besides getting her to experience more sexual pleasure by the way)

So if for example you want her to experience her first orgasm, then you need to positively encourage and reward her for demonstrating and experiencing pleasure.

One of the main reasons a woman doesn't want to orgasm (unconsciously of course – consciously she'll tell herself she does) is because of fear that something bad will happen if she does.

By providing her with positive reinforcement and encouragement you slowly replace that fear with positive expectancy.

By continually and consistently providing that positive feedback to her feeling pleasure and at the same time making sure she knows she can trust you she will slowly become more and more open to experiencing an orgasm with you.

Let me give you an example to clarify what I'm saying...

Say you want your woman to experience her first orgasm.

To provide positive encouragement during sex you could do any of the following...

- Wait for her to show some sign of pleasure and say “I love when you let go with me”
- Notice when she’s wet and say “I love when you cum all over my #@&%”
- When you’re giving her oral sex and she’s enjoying it “I love making you feel good baby”
- Etc.

Do you get the idea?

What you’re doing is making her feel good about experiencing pleasure.

In her head you want her to feel like the best thing she can do is totally let go with you.

You want her to feel incredibly good about letting go and feel like you will appreciate her so much for doing so.

Women (and men for that matter) want nothing more to be loved and the only reason she’ll be limiting her pleasure is because of the irrational fear that letting go and experiencing more will somehow cause her to lose that love.

Show her that by letting go with you she can gain a ton more love, affection and appreciation so she's got every reason to do it.

And all it takes is consistent encouragement and soon she'll be orgasming multiple times during sex.

Orgasm Strategy #3: Be Present

Have you ever heard a woman talk about how she feels when her man looks her in the eyes and she feels like the only woman in the world to him?

If you have, you'll know that it's one the most incredible experiences a woman can have.

So imagine what it's like to give her that feeling during sex.

The effects are nothing short of breath-taking.

It's essential that during sex you give a woman the feeling like your sole focus in the world in that moment is her.

And you don't have to be at the stage in a relationship where you're "in love" with the woman to do this (although it's even more powerful when you are).

Remember that emotion is 10x more effective in giving a woman pleasure than just the physical or visual.

And that's exactly what presence is all about.

"Being present" with a woman means having your full focus and attention on her.

Nothing should be in your mind but her.

As a man this could mean going against what comes natural to you, because most men are goal orientated

creatures often focusing on the future to complete the next task or achieve the next goal...

In foreplay we'll often be focusing on trying to make sex happen and during sex we'll often be focusing on trying to get her to orgasm and then us to orgasm.

This constant focus on the future is the exact opposite of being present.

A woman just wants you to be there with her in the moment during foreplay and sex.

She wants to feel like there's no one in the world but her.

And, like I said, you don't have to be at the stage of a relationships where you're "in love" to be present with a woman.

It's just a matter of putting your focus in that moment on her.

Completely lose yourself in the experience of her.

All it takes is relaxing, taking a deep breath and noticing things about your woman that you weren't focusing on before.

This is one of those strategies that won't work if you fake it, because she will know if you are...

But there's really no need to fake it anyway, because when you make a conscious effort it's so easy to allow

yourself to just fall into the present moment and focus on her.

The power of this strategy on unlocking a woman's ability to orgasm is extraordinary.

It's also a great way to give her permission to orgasm (Orgasm Strategy #2), because by being present you demonstrate your trustworthiness (because you can't be judgmental in the present moment) and you encourage her to orgasm because you're clearly demonstrating to her how good it feels to have sex with her if it's caused you to drop into the present moment.

Orgasm Strategy #4: Become Her Master And Lead Her To Orgasm

To be the kind of guy who gives a woman intense orgasms consistently you must become a leader in the bedroom.

A woman orgasming is in many ways a sign of submission.

Through orgasm a woman submits herself completely to the man she's with.

So if you're not her master and leader in the bedroom, she's going to be much less inclined submit to you in orgasm.

On top of that women are also incredibly attracted to men who demonstrate leadership qualities...

And of course it's much easier to turn on and give a woman an orgasm if she's highly attracted to you.

So if you haven't been taking the lead in bed in the past then now is the time to make that change.

And as you'll learn in this chapter, being a leader doesn't have to be a daunting experience.

In fact the reason most men are scared to lead, is because they have misconceptions of what it means to lead in the bedroom...

When in fact if you lead during sex in the right way it is one of the best and most fun things you can do.

Firstly, when it comes to leading realize that women want you to lead.

Like I've already explained, there are many reasons why you should be leading during sex, but most importantly women deep down desire a man who takes the lead during sex.

During sex women will be worrying about all kinds of things like "am I doing this right?", "what is he thinking?", "will he like this?", "am I being too open?", "is he going to think I'm weird for wanting this particular sexual thing?", etc.

With all these worries it's pretty unlikely she is going to be the one to take the risk and lead.

And that's why she wants you to do it.

To have great sex and be an unforgettable lover you have to become the leader and be willing to take the risks that come with being a leader.

Now of course in being the leader you might suggest to do something she doesn't like, a position she doesn't approve of, or something too "dirty" for her, but that's all part of being a leader and you'll never know until you try.

Many men fear this potential rejection and as a result become very feminine in the bedroom, saying timid and submissive things like “Is it OK if we do this?”, “Do you mind if we do this?”, “Do you like this?”, etc.

Although all these things are said with total positive intention and the desire to make her feel good, they actually accomplish the exact opposite of making her feel good.

In acting timid, submissive and uncertain you communicate to her that you are not a leader and therefore her attraction and desire to submit in orgasm diminishes.

You might even have noticed in the past how a woman’s body language completely shifts to the negative if you say (in a submissive manner) something like “Are you OK?” or “Are you enjoying this?” at a time during sex when there’s no real need for comments like this.

If you want to be the kind of man who gives women intense orgasms it’s time to overcome your fear of being a leader.

And the truth is there’s really nothing to fear.

Even if you take a step forward and try something that hasn’t been tried before and she doesn’t like it or says “no” that’s OK.

Although she may not want that particular thing she hasn't rejected you...

In fact she'll respect you more for having taken the lead and will enjoy whatever else you do with her.

So now that you know there's nothing to fear in being the leader, let's get specific on exactly what it means to be a leader in the bedroom...

Being the leader in the bedroom means being dominant.

It means being comfortable with letting out that animal side of you that wants to take control.

It means becoming the one that's in control of her pleasure.

One specific way to take control of her pleasure (besides just assuming it psychologically) is to use the kind of teasing I showed you in Orgasm Strategy #1.

This type of teasing communicates deep with her subconscious that you're the leader and in control, because only a true leader would have the balls to tease a woman that way.

Being a leader also means taking the initiative and moving things forward when the time is right.

Ever heard the expression...

“It's better to beg for forgiveness than to ask for permission”?

Well this is a great analogy for what being a leader in the bedroom is all about.

But please read the following section all the way through before you put this idea into action or raise any objections, because I need to explain the whole thing for it to make sense and make sure you know where the line is.

OK, so what the above expression means is instead of first asking for permission to do something, for example “can we do doggy style?”, “can you please give me oral”, “is it OK if we do anal sex?”, etc...

You confidently propose or gradually just begin doing whatever you want to do and respond to her reactions.

Let me explain.

Say you want to try a new position like doggy style...

A person who isn't showing leadership and dominance would probably say something like “Is it OK if we do doggy style?” in a submissive way and would then wait for her reaction.

But a person showing leadership and dominance would instead either...

Gradually change positions so that it would be easy to smoothly transition into doggy style without having to ask, for example he could go into the spooning position (when both of you lie on your side, with the man entering from behind) and then shift to doggy style from there, all the time subtly observing her to see if she's comfortable with it...

OR

A leader would say in a confident and assertive way (with a tone that assumes she will like it) "I want to f*** you doggy style" or "I'm going to f*** you doggy style" and then move forward to do it while subtly observing her reactions to see if she has any objections.

Now let me clarify that if a leader started transitioning to doggy style or said something like "I'm going to do you doggy style" there is a chance that the woman he's with would stop him and say "no".

And if she does... that's totally cool.

A leader would just stop and not carry on.

He wouldn't take it personally or anything, he would just go back to what they were doing before he made the move.

And if the leader had made the move with 100% authenticity and really genuinely felt confident about it, his woman wouldn't think less of him for trying.

In fact she would probably be turned on for him taking the lead and especially for him not reacting when she said no.

(NOTE: In the doggy style example above I've used a very specific situation to help illustrate my point, but when demonstrating leadership skills it's important to be 100% authentic and congruent.

If say you had been very submissive all throughout foreplay and sex and then suddenly you try and act dominant when you want to try doggy style you're going to come across inauthentic and probably weird.

The purpose of the example above was not to give you a "technique for doing doggy style" but instead to demonstrate to you how a dominant leader acts so you can emulate it in all aspects of sex. Like I said, you have to be congruent, or else the approach won't work)

So can you see how being a leader works now?

It really means following the saying...

"It's better to beg for forgiveness than to ask for permission"

Except you don't beg for forgiveness...

Instead as you take your actions you carefully (but subtly) watch her response and if she doesn't like it you stop.

And of course what I am definitely not condoning is carrying on when a woman says no. What I am saying is take progressive actions confidently, but if she shows any signs of not liking it then stop immediately.

Now that you know why and how to show dominance, hopefully you recognize that displaying and genuinely feeling this type of leadership in the bedroom is not hard to do.

Forget about any anxiety you may have about being dominant and just remember that she wants you to be the leader and be dominant.

One thing to be aware of if you've been submissive for a long time is that she may challenge or "test" your new leadership qualities.

She may claim you're acting strange, say something to throw you off or in some other way "test" you, because she wants to (subconsciously) know if these new displays of leadership and dominance are really you or if you're just acting weird.

Whatever you do, DO NOT LET THESE TESTS BREAK YOU.

They are just that... "tests".

She is testing you, because she wants to know deep down that this new dominant leader is the real you.

If you act dominant and then when she says “why are you acting so different?” to test you and you say “oh sorry, I didn’t mean to” in a submissive way, then you’ve just failed the test and she won’t genuinely believe your new dominance.

If you keep 100% authentically believing you’re dominant and have faith that being the leader is the right thing then you will naturally pass the tests and she will accept you as the new leader in the bedroom and be much more likely to submit to you in orgasm.

Now if you are a very shy guy or have been submissive during sex with the same person for a very long time you may not get this whole “being dominant and the leader” thing perfectly first time.

And if that’s the case... don’t worry about it.

Just remember...

The aim is not to act like the leader.

The aim is to genuinely believe you are and ultimately be the leader.

And in this chapter I’ve given you all the reasons why you should go ahead and be the leader and exactly how to do it, so if you’re still unsure then go back and re-read it,

because when the woman you're with really feels like you're in charge... It'll be easy to get her to orgasm.

Orgasm Strategy #5: Unleash Your Passion

Before I move on to talking about the specific step-by-step techniques on how to give a woman different types of and more intense orgasms, it's essential you take on board this orgasm strategy...

Because as you learn techniques it can be easy to get caught up in the mechanics of them.

As you learn particular techniques for pleasuring a woman you may find yourself concentrating harder on performing the techniques than just being your woman.

And it's essential you don't make this mistake.

You don't want to become some mindless sexual robot.

As I've repeated countless times... Women are turned on by emotion.

As powerful as a certain physical technique may be, if you're not there in the present moment sharing that experience with her then you're not really giving her ultimate pleasure.

Women know if you're present and if you're truly passionate and excited about sex...

And it deeply affects their pleasure levels.

So as we transition into the more “nuts and bolts” of great sex, never forget to maintain that passion throughout the whole of sex.

And if that means messing up some technique or orgasming early because you’re so busy enjoying your time together then don’t worry about it.

I’m sure the woman you’re with won’t care about it if you’ve been sure to take the time to embrace all the other orgasm strategies I’ve talked about above.

Now if you’re a guy who doesn’t naturally show a lot of passion you may find this particular orgasm strategy difficult.

For many years society has conditioned men to always want to be in control and never look stupid.

Learning to be passionate is very much like learning to become a leader in the bedroom...

It’s really just a matter of realizing that being passionate and accepting your emotions is a great thing and is something women love.

The main reason men will sometimes fear “letting go” in the bedroom and being passionate is because they think it’s “wrong” as a man to do it or they think that their woman will somehow think they’re weird.

But the opposite is true.

Women love to see that emotion in you so you've got no reason to want to cover it up with cold "in control" image.

When you accept that you're 10x better off unleashing your passion in the bedroom than trying to control your emotion and be rigid, that's when she'll begin to truly love having sex with you... And on top that you will start enjoying sex a lot more too.

The 4 Fundamental Orgasm Types And The Specific Techniques to Make Them Happen

The Clitoral Orgasm And The Laser Targeting Method

If you don't already know what and where the clitoris is then this may be one of the most important things you'll ever read when it comes to sex.

Being able to stimulate a woman's clitoris in the right way is a truly essential skill.

And even if you think you already know everything there is to know about the clitoris then you still need to read this section, because you're going to learn some very powerful techniques for clitoral stimulation that you probably haven't come across before.

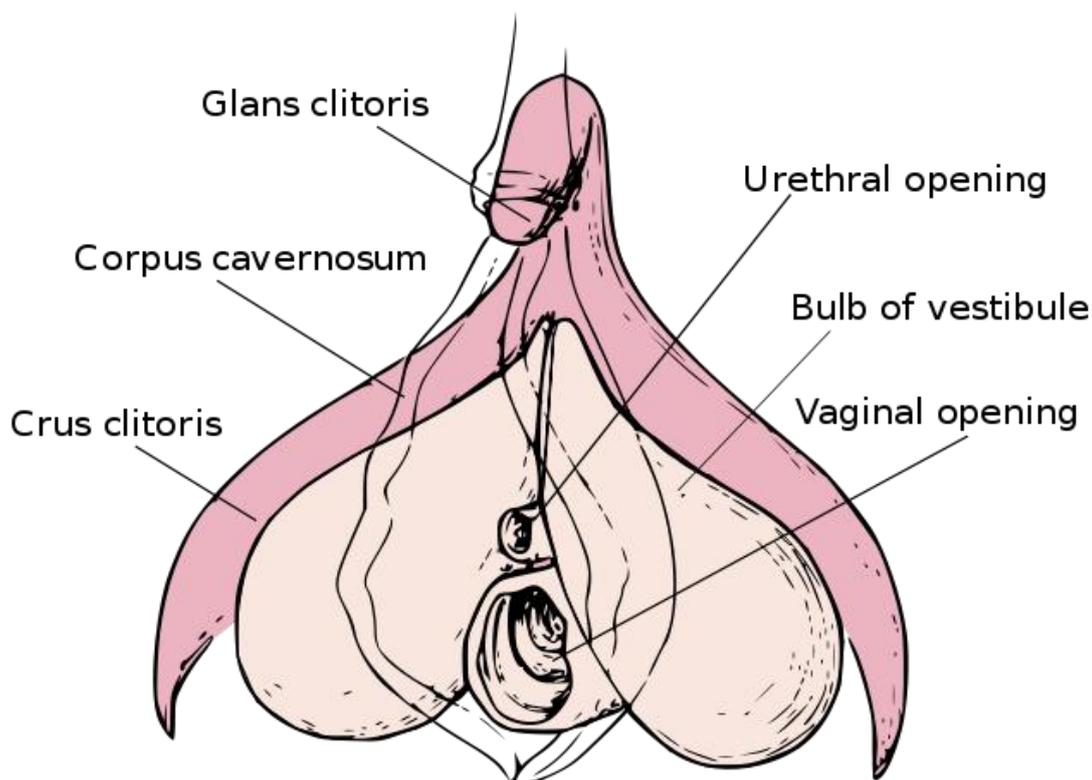
The bottom line is that women get a ton of pleasure from their clitoris.

In fact a woman's clitoris contains the same amount of nerve endings as the head of man's penis (also known as the glans), but since the clitoris has a smaller surface area it makes it that much more sensitive to stimulation and pleasure...

Which means if used correctly it can give incredible pleasure to a woman, but if used incorrectly can be very discomforting.

Now firstly, let me tell you exactly where to find the clitoris...

When I (and many others) refer to a woman's clitoris, what we usually mean is the "glans clitoridis". The clitoris as a whole is actually a lot larger and runs behind the skin around the vagina, as shown in the picture below in the darker pink.



The part that we're going to focus on is the glans clitoridis as it is the only part of the clitoris that is external and easily accessible for us.

So from now on when I say clitoris I'll be referring specifically to the external part (also known as the glans clitoridis).

Now that you know the scientific description of where the clitoris is, let's get practical...

When you go to have sex you're not going to have this diagram handy so let me explain an easy way of finding a woman's clitoris with your touch only.

The clitoris is found above the entrance to the vagina and just under the point where the two outer vagina lips meet.

The size of the clitoris will vary from woman to woman and also grows in size as a woman becomes more aroused (so it helps if you use some of the powerful arousal strategies I showed you earlier before looking for it).

Sometimes it can be very small, but rest assured that it is located just below the meeting point of the vagina lips.

Now that you know where it is it's time to learn some techniques for stimulating it.

The first way to stimulate it is with your fingers.

The clitoris is a very sensitive part of a woman's body so if you're using your fingers make sure that they're well lubricated.

If you've turned her on enough, this isn't usually a problem because she will probably already be wet enough for you to pleasure.

If she isn't already wet enough then the best thing to do is probably go back to spending more time on other foreplay.

If she's not wet enough for you to comfortably pleasure her clitoris then she probably won't be ready for clitoral stimulation anyway.

Remember that the clitoris is a red please zone (discussed in chapter the chapter called "Her Pleasure Zones (Where To Touch Her & When)") and for her to really get the most out of it you'll want her horny and ideally dripping with anticipation.

Now if for whatever reason you decide to go ahead, but there isn't enough natural lubrication present then the next best alternative is to use some artificial lubrication.

Personally I recommend Astroglide, as it's water based and avoids micro-scratches.

NOTE: Whatever you do, don't stimulate a completely dry clitoris, because it could end up being painful for her and the last thing you want is create a painful association to your pleasuring.

Now when using your fingers to pleasure the clitoris it's important not to forget any of the previous orgasm strategies I've talked about...

Don't forget to create sexual tension and anticipation in her so she's excited about you pleasuring it and don't get so swept up in the mechanics of your stimulation that you forget to truly be present and passionate with your woman.

A good solid starting point for pleasuring the clitoris with your fingers is to use a circular motion.

You'll only need one or two fingers and just slowly and softly pleasure the clitoris in a circular motion.

Feel free to do this from whatever position you wish, but be sure to do it from a position where you can keep going for more than just a minute, because some positions can get very tiresome for the forearms.

As you perform your pleasuring pay close attention to her reactions.

Look for any signals of pleasure, like I talked about in chapter "How To Read A Woman's Mind (And Tell If She's Faking An Orgasm)".

It's essential you do this because every woman has slightly different preferences when it comes to clitoral stimulation.

If after several minutes of performing the circular motion pleasuring (and if you've taken the time in foreplay to get her very horny for you) she's not showing and signals of

experiencing a lot of pleasure you'll want to try out some different techniques for stimulating the clitoris.

Some women prefer a left and right motion, some prefer and up and down motion, some prefer very fast, some prefer very slow, some prefer very hard, some prefer very soft, some prefer anti-clockwise to clockwise, some like to have their nipples sucked at the same time, etc.

I also recommend you try focusing your stimulation on the top left section of her clitoris as you look at it, which is what I call the "Laser Targeting Method", because some women respond very well if you focus your attention on this one specific area.

But ultimately as a man who can read her pleasure signals it's up to you to experiment and find which method the particular woman you're with really likes.

And when you do find something she responds well to... Keep going at the exact same intensity. Don't speed up because you get excited, this could actually end up stopping the pleasure she's experiencing.

Now stimulating the clitoris with oral sex works in very much in the same way.

With your tongue you should try out several different approaches to stimulating her clitoris (I recommend

starting with circular motion) and keep testing out different approaches for a few minutes each until you find one she likes.

When using oral sex you can also try inserting a finger or two into her vagina for extra pleasure.

Give a woman a clitoral orgasm really is as simple as using the above strategy.

1. Get her super aroused using all of the orgasm strategies I explained earlier
2. Find her clitoris
3. Stimulate it with different methods until you find one she responds well to
4. Keep stimulating it in the same way until you bring her to orgasm

Another very powerful way to use the clitoris to increase the pleasure a woman experiences is to stimulate it during intercourse.

Clitoral stimulation during sex can add a lot to the pleasure a woman already experiences during sex and there are three main ways to do this...

The first and simplest way is to use a position where you stimulate her clitoris with your hands at the same as having sex.

Two great sex positions you can do this in are doggy style and reverse cow girl with you in the sitting up position (this is when you are on the bottom facing up and your woman rides you facing away from you).

In both of these positions you can easily reach around with your hands and stimulate her clitoris during sex.

The second way to give clitoral stimulation during sex is to allow her to stimulate herself.

Doggy style and reverse cowgirl are great positions for this, but you can also use positions where you it would be more difficult for you personally to stimulate well such as cowgirl or any seated position.

If she's not comfortable with this then you may need to use some of the strategies I talked about in Orgasm Strategy #2 to help her feel comfortable with pleasuring herself in front of you.

The third and final way to add clitoral stimulation to sex is very powerful.

And this method involves you rubbing your pelvis against her clitoris during intercourse.

Doing this really is as simple as it sounds.

Just rub your pelvic area (just above your penis) against her clitoris.

You can do this in a few different positions, but the best two are to either place a pillow underneath her bum to change the angle of her pelvis or to use a slightly modified version of the missionary position.

In case you don't know the missionary position is the most common sex position and is when the woman is lying down facing up with the man on top face to face with her and with his legs between her legs).

In the modified version you want sit on your knees instead of lying down and place your woman's legs over yours.

Here's a link to a website that shows this position in action...

http://www.sexinfo101.com/sp_deckchair.shtml

Once in this position you'll find it very easy to rub her clitoris with your pelvis during sex.

You can try a few different styles of rubbing and feel free to actually stop thrusting back and forth and just rub, because although the pleasure might not be the same for you, she will love it and it's a great way to last longer in bed too.

Overall the combination of clitoral stimulation and stimulation from your penis can be very pleasurable for her and help her achieve clitoral orgasm or even better!

(We'll look more into multiple orgasms in the Advanced Sexual Techniques section)

The Vaginal Orgasm (And A Powerful Hidden Pleasure Point)

The vaginal orgasm is completely distinct to the clitoral orgasm.

For the women who have experienced it they will often describe it as more “full body” and overwhelming than the more location specific clitoral orgasm.

Overall it's an absolute must for you to learn how to give a woman this type of orgasm.

Although you definitely can give a woman a vaginal orgasm with your fingers, you form a very meaningful bond and impression with a woman when you're able to give her a powerful vaginal orgasm during sex, so I'll focus on how to do that first....

To give a woman a vaginal orgasm during sex, the truth is that there really isn't a special technique for it (G-spot orgasms aside... more on that later).

What makes the vaginal orgasm particularly unique is that there isn't one specific spot to stimulate during sex to make it happen...

Allowing a woman to experience a vaginal orgasm with you during sex really comes down to mastery of the 5 orgasm strategies I taught you earlier.

All of them are very important for you to use in giving a woman a vaginal orgasm, but the following are especially important...

Firstly, you've got to master sexual tension to create intense levels of anticipation in her.

When you begin intercourse after foreplay she must be dripping wet for it.

She must be quivering with desire, because you've teased her so well and also demonstrated that you're a man who's in control and understands her sexually.

Just the ability to really ramp up the sexual tension is alone enough to give a woman her first ever vaginal orgasm.

When you use sexual tension right the release of tension when you finally begin sex will be so great that her body automatically orgasms in order to release that tension.

Secondly, it's very important to give her permission to orgasm.

If you're with a woman who says she can't or never has experienced a vaginal orgasm then it's up to you as the man to know better.

You have to know within yourself with more certainty that it is possible for her to experience a vaginal orgasm, than her certainty / belief that it isn't possible for her.

If you go to approach having sex and using the orgasm strategies I taught you earlier, but do so with the belief that she can't experience a vaginal orgasm... Then you're setting yourself up to fail.

You have to be there to lead her into orgasm with the unwavering belief that you have the power to give her that first vaginal orgasm.

Every woman has the potential to experience a vaginal orgasm...

Unfortunately few men have the power to unlock that type of orgasm in a woman who's built up the false belief that she can't have one.

And like I said earlier, there's really no "secret" technique to giving a woman a vaginal orgasm during sex (again, this is counting the G-spot as something separate, which I'll talk about a bit later).

So if after all this you still struggle to give a particular woman a vaginal orgasm then the chances are you need to go back and revisit the orgasm strategies, make sure you have them down and have 100% certainty that you are the man that will give it to her.

The second way to give a woman a vaginal orgasm is to use your fingers.

And just like with giving a woman a vaginal orgasm during sex, it is paramount you really “get” the orgasm strategies I covered earlier.

Now assuming you’ve done the above, there is one great pleasuring technique you should know...

And this involves stimulating a very special hidden part of the vagina.

When most men think of stimulating the inside of a woman’s vagina they instantly think of the G-spot...

And yes, this is a great spot to stimulate, but that’s not what I’m talking about here.

The spot I’m talking about here lies beyond the G-spot inside a woman.

In the diagram on the next page you’ll find the G-spot located at point 4 (more on this in the next chapter) and the spot that I’m referring to at point 15.

To reach it, firstly get your woman to lie on her back with her knees bent and apart.

Now you want to enter your middle finger with your palm facing up and then reach back as far as you can go while following the roof of the vagina (be sure to lubricate well and trim your nails if necessary).

You’ll find is that as you get in deep the vagina opens up slightly and you’ll feel what resembles an edge.

You'll then want to rub firmly just beyond this edge, back and forth.

When doing this your finger should be slightly curled towards you.

Just make sure you don't end up stimulating her cervix (found in the diagram between points 15 and 11) as some women can find this painful.

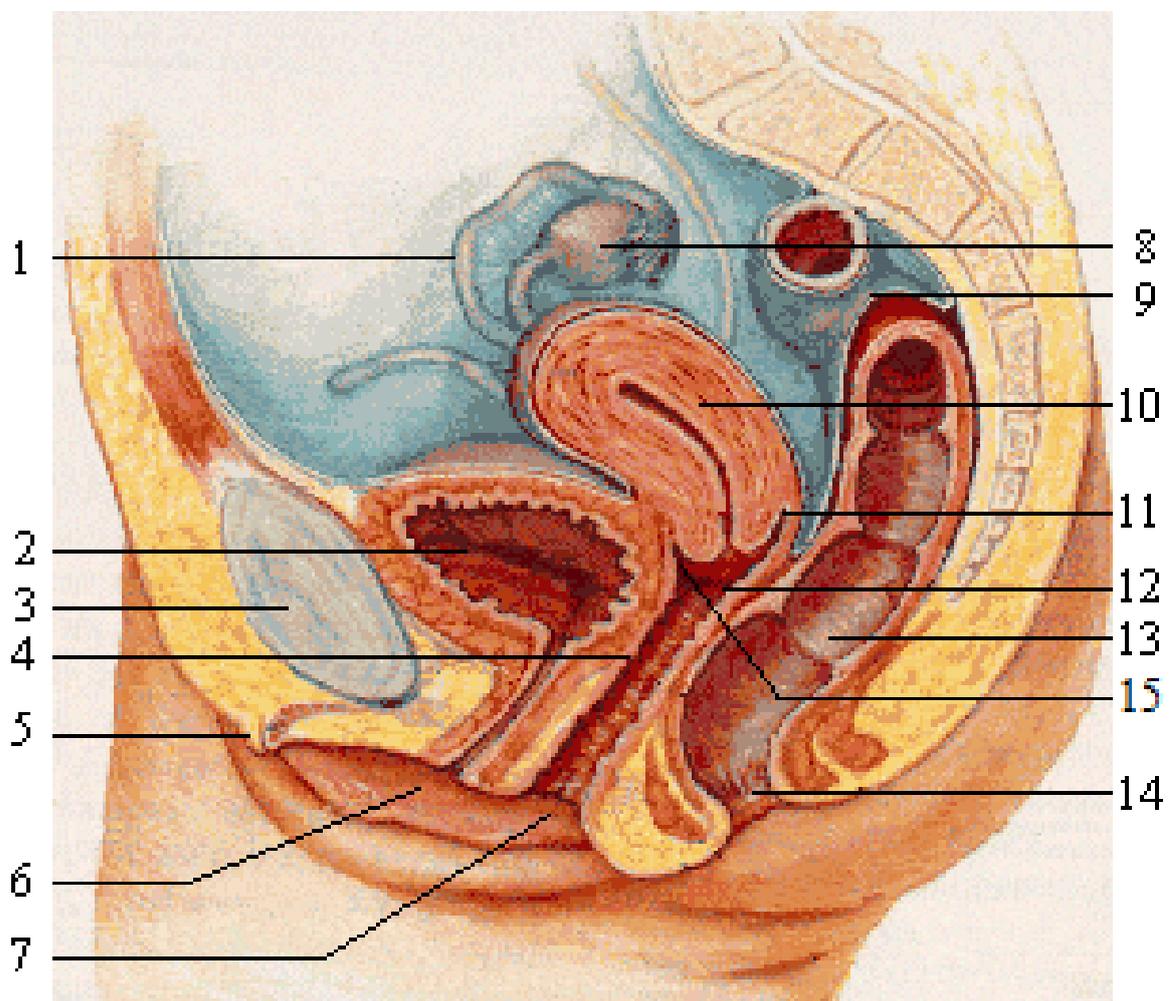


Image from <http://www.luckymojo.com/faqs/altsex/vulva.html>

And feel free to experiment with a few different variations of stimulation, but what I've described here works great almost every time.

Altogether when you hit this hidden spot well it's a very powerful way to give a woman an intense vaginal orgasm.

The G-Spot Orgasm And 4 Sex Positions For Maximum G-Spot Pleasure

The G-spot really is a “magic” spot when it comes to female pleasure.

It's a tiny bundle of sensitive nerve endings found inside the vagina.

And if you know how to stimulate it well you can give a woman an incredible G-spot orgasm.

Now of course every woman has their own personal preference and I will warn you that there are a small minority of women who do prefer other types of orgasm and stimulation over the G-spot, but even if your woman falls into this small category it's worth paying close attention nonetheless, because I doubt your woman won't be interested in a different type of pleasure now and again!

In terms of finding the G-spot...

The G-spot is found 2-3 inches in to the vagina. It is located on the roof of the vagina and is about the size of small bean.

And it feels pretty tough and hard.

The exact size of the G-spot will vary from woman to woman and also increases in size as a woman becomes

more aroused (so if you're looking for it the first time, doing a bit of foreplay first will help).

From a visual perspective it is found in the below diagram at point number 4, but will typically be larger than displayed in this particular diagram.

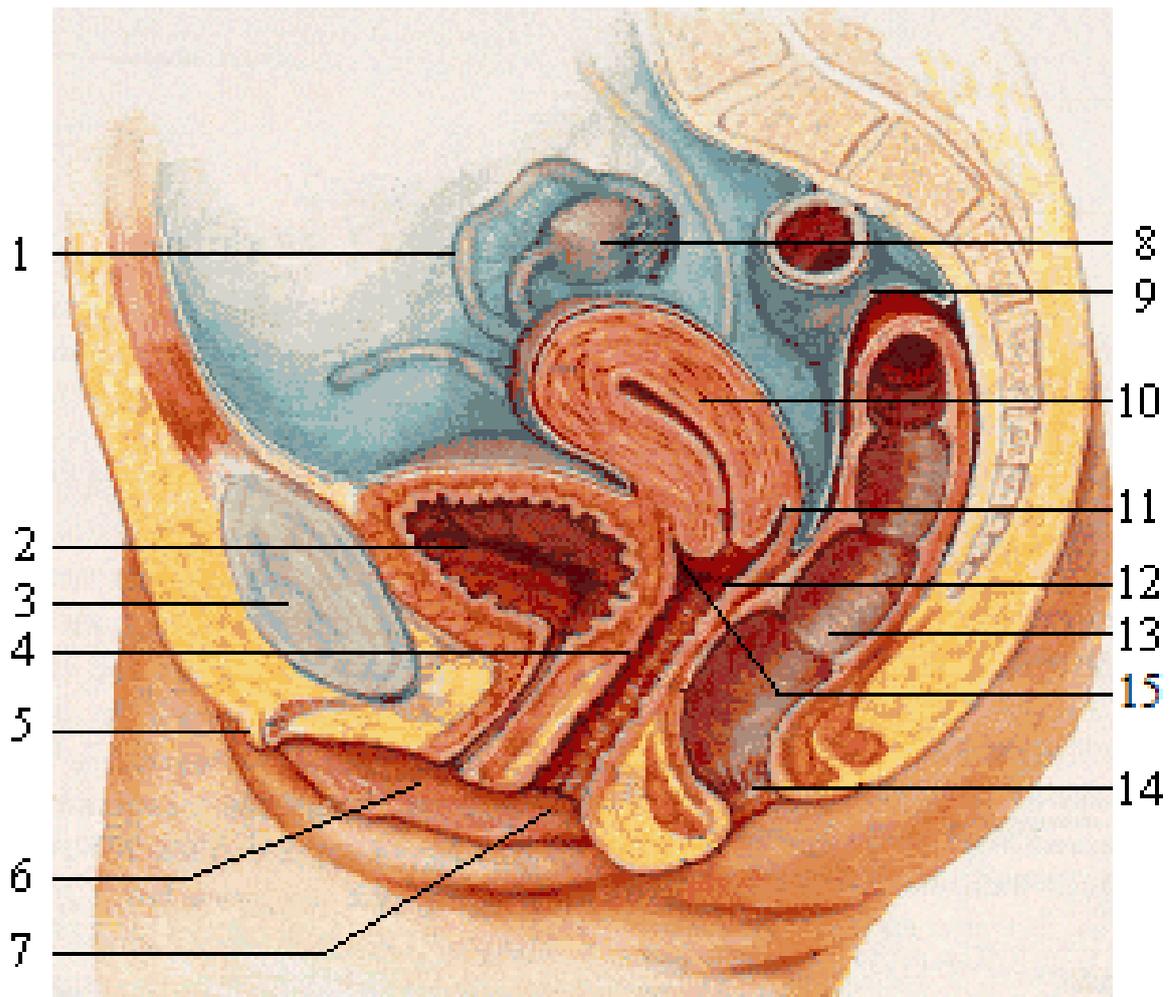


Image from <http://www.luckymojo.com/faqs/altsex/vulva.html>

Now the G-spot can be stimulated in two main ways; with your fingers or during sex.

Let's start with using your fingers...

Firstly it's important to take your time on foreplay and ideally you'll get your woman to experience some other form of orgasm before you attempt to give her a G-spot orgasm.

For G-spot stimulation I recommend you use either your index or ring finger (or both), because this will give you maximum control and dexterity.

Now it's just a matter of stimulating the G-spot in a variety of different ways until you find what your woman likes.

This can involve rubbing circles on it, pressing hard on it, rubbing from side to side, changing intensity, changing speed etc.

It's up to you to figure out exactly what your woman likes by reading her pleasure signals.

And when you do find an approach she likes, stick with it and keep stimulating that way until she reaches orgasm.

The second method of G-spot stimulation is during sex.

And if you're not already stimulating the G-spot during sex, this can super-charge the pleasure your woman experiences during sex, and on top of that... give her a powerful G-spot orgasm.

Now the key to stimulating the G-spot during sex is angling the penis in a way so that it rubs against the G-spot.

So let me explain a few positions that do exactly that...

G-Spot Position #1: Doggy Style

This is where the woman positions herself on her hands and knees and the man enters her vagina from behind with his knees in between hers.

Many women find this positions great for hitting the G-spot, but if you want to take it even further you may want to try the modified version of the G-spot called...

G-Spot Position #2: Doggy Driller

This a modified version of doggy style where the woman is positioned the same, but instead the man placed his feet down either side of the woman's knees and squats as he enters the woman's vagina.

This modification means the penis presses down more heavily on the G-spot (remember that the G-spot is located on the roof of the vagina) and therefore provides more intense G-spot stimulation

G-Spot Position #3: Modified Missionary

This position is great, because it involves making a very simple change to the missionary position (where woman

is lying on her back facing up, with the man lying on top facing her), but with massive G-spot benefits...

And it's as simple as placing a thick pillow (or multiple pillows) underneath the woman's butt, which has the effect of rotating her pelvis upwards.

This way when you go to have sex her pelvis is angled at such a way that your penis thrusts directly into her G-spot.

G-Spot Position #4: Modified Asian Cowgirl

The Asian Cowgirl position is when the man lies on his back and the woman squats on top of him, facing him.

Now to modify it for maximum G-spot pleasure simply have your woman lean back and rest on her hands (which can be placed roughly next to your knees) almost as if she's looking towards the ceiling. This way your penis becomes pressed against her G-spot.

What's also great about this position is that it puts your woman in control so she can modify her angles as she sees fit to optimize the position.

Becoming A G-Spot Expert

The sex positions that hit the G-spot don't end there. There are probably hundreds of different positions you can use to hit the G-spot and with the knowledge you've

gained in this chapter you have the power to discover and invent them yourself.

All you need to do is make sure your penis enters the vagina at an angle that causes it to rub against her G-spot. And with that information you can have hours of fun figuring out new ways of trying hit your woman's G-spot and giving her powerful G-spot orgasms for as long as you want.

Anal Orgasm

Anal sex has the power to open up a whole new world of pleasure... if you do it right.

The anus is filled with nerve endings and can be a huge source of pleasure to a woman.

Now if anal sex is something you want to do, but you're with a woman who doesn't want to do it then I will talk you through how to handle that in detail in the chapter called "Getting Her To Experiment More In Bed (Sexual Persuasion)", but that is not what this particular chapter is about.

In this chapter I will assume that you have a partner willing to try anal sex and I'll therefore focus on how to give your woman incredible pleasure through anal sex.

Now unlike the G-spot and clitoral orgasm giving a woman an anal orgasm doesn't involve massaging or hitting one special area to produce orgasm.

In many ways the anal orgasm is like the vaginal orgasm from sex.

It comes from masterfully performing the 5 orgasm strategies essential to great sex.

So if you're interested in giving your woman a powerful anal orgasm I recommend you re-read the 5 orgasm

strategies and the first part of the Vaginal Orgasm chapter.

Remember that the pleasure of sex is hugely psychological for women, so if you're not triggering her psychological arousal switches, then when you engage in anal sex she's not going to respond with anal orgasm.

In fact, for some women, their anal orgasm doesn't come from the stimulation of her nerve endings in the anus (although that does help) it actually comes from the psychological sexual pleasure she experiences because of doing something she considers "naughty" or "dirty".

And if it's something she was initially reserved about, but by becoming her leader (Orgasm Strategy #4) you led her into this forbidden area of pleasure that can be so exciting to her that that's what gives her the anal orgasm.

If, after repeated attempts and full confidence that you're using the 5 orgasms strategies to maximum effect, you still can't get your woman to experience an anal orgasm (as will be the case with a small number of women) then you may want to consider using hypnosis to give your woman her first anal orgasm.

By using hypnosis you can condition your woman to associate the feeling of anal sex with other types of orgasm, so when anal sex happens she instantly experiences orgasm.

It might sound pretty farfetched, but if you're interested in learning more about it (which I definitely recommend) then you'll want to check out the person who I consider to be a true expert in this area, David Shade.

And you can access a free audio CD (worth \$29.99) by him, that explains many of his sex secrets, through my affiliate link below...

<http://www.jackgrave.com/likes/masterfullover.php>

So now that you know the "how to" of the anal orgasm, let me cover some other important points you need to know about it...

Firstly, like I said earlier, all the usual orgasm strategies apply.

Just because you're performing anal sex doesn't mean you can skip steps like creating sexual tension and performing amazing foreplay.

Secondly, you've got to be prepared for anal sex.

In advance you're going to need condoms and lubrication (I recommend Astroglide).

Now after some time in foreplay and when you think your woman is ready it's time to prepare her for anal sex.

The first thing I recommend is loosening up her anus.

The anus is by its nature very tight so before you begin anal sex I recommend you loosen it up with a finger.

First apply lubrication to your finger and her anus.

Then start thrusting your finger in and out slowly to help her get used to the feeling of having something in her anus. This will help prepare her for feeling of your penis.

After thrusting your finger for a while you should notice that the anus becomes slightly more loose.

When you think she's ready, it's time to enter your penis.

Personally I recommend the Doggy Style position for starting out.

Make sure you put on a condom first and you lubricate your penis and her anus again well.

The key to good anal sex, especially if it's your first time, is patience.

She may feel very vulnerable and you need to be present with her to assure her all the way.

Her anus will likely be tight and the chances are that progress will be very slow at the start of anal sex.

You will probably struggle to get it in and going fast will likely be uncomfortable for her.

The key is taking slow and steady steps and making consistent progress in depth even if it's slow.

If you stick with it, keep reassuring her and focusing on her then soon enough you'll be able to thrust fully without discomfort to her.

This is when the real pleasure starts and you can really pick up the stimulation.

NOTE: Once you're finished with anal sex never go straight to vaginal sex without first full washing your penis and changing your condom. Going straight to vaginal sex from anal sex can lead to some nasty problem like yeast infections or worse.

Now if you're in a situation where you want to try anal sex, but you're having difficulty convincing your partner then have a look at the chapter called "Getting Her To Experiment More In Bed (Sexual Persuasion)".

Advanced Sexual Techniques: How To Give Her The Best Sex Of Her Life

For Women Who Say They Can't Or Never Have Orgasmed...

If you're with a woman who says she can't have an orgasm or never has had an orgasm, whether that be one particular type of orgasm (some women say they can experience only clitoral orgasms for example) or not, don't worry.

The truth is that every woman with a healthy nervous system can experience an orgasm.

It's just unfortunate that some women may never have had the chance yet to experience an orgasm because they've never been with a man who's been able to make it happen for her.

On top of that, after a few failed attempts, some women develop limiting beliefs like "I can't experience an orgasm" which only makes it harder for them to experience an orgasm.

But the bottom line is that these women can experience orgasms during sex, especially clitoral and vaginal orgasms, but you have to be the one to make it happen.

And that's exactly what I'm going to show you how to do.

The first step (as usual) is truly embodying the 5 Orgasm Strategies from earlier on in this book.

I know I keep repeating the importance of these 5 Orgasm Strategies, but this is the real key to becoming an amazing lover.

Without strategy, techniques are useless.

And to be frank, if you really do follow the 5 Orgasm Strategies I lay out, then in 90% of cases that will be enough to give a woman her first orgasm and you won't need any of what I talk about in this chapter.

You see, the chances are that no man your woman has been with before will have done everything I teach in this book.

The typical guy just rushes through foreplay with the aim of having sex as soon as possible and then thrusts as fast and deep as possible and then doesn't last very long because of it.

On top of that he is probably distant, self-conscious and submissive during sex because he's worrying about how he's coming across instead of focusing all his attention on giving her the time of her life.

And when she doesn't respond with orgasm or if she says she can't orgasm during sex he either accepts it as fact and retires to believing that it is her fault that she can't orgasm...

Or even worse he outright blames her for not being able to orgasm and makes her feel bad about, which only strengthens her belief that she can't orgasm and destroys all sexual trust she had in him.

Now I know that's not a pretty picture and of course there are men who are competent lovers, like I have no doubt you are if you're reading this, but the truth is that most men quite frankly suck in bed.

Multiple studies have proven it.

So if a woman tells you "I can't orgasm during sex" don't take that to heart, because what she's really saying is "I've never orgasmed during sex before so I've given up believing that it's possible".

It's up to you to prove that wrong by being a truly outstanding lover and living and using all the principles in this book.

So now you know that the biggest factor to giving a woman her first orgasm (whether that be ever or just during sex) lies in your overall sexual abilities, let me cover some of the other likely obstacles to overcome...

Obstacle #1: Her Belief

Like I said before, when a woman says "I can't orgasm during sex" she's not stating fact, she's just stating her belief.

Now most men, when faced with such a statement will do exactly what you cannot afford to do and that is accept it as fact.

The average man will just give up trying to make her orgasm, because he too will believe “this woman can’t orgasm during sex”.

But when you realize that this statement is just a belief you have incredible power.

Because the obstacle you’ve got to overcome is having more certainty that she can have an orgasm than she has certainty that she can’t have an orgasm.

In other words you have to believe more strongly that she can orgasm than she believes that she can’t.

As soon as she believes with more certainty than you, you’ve lost.

No matter what obstacles you face, no matter what logical reasons she gives you why she can’t orgasm, you always have to be more certain than her that she can orgasm.

And having read through the material of this book, getting that strong sense of belief that you are the one to give her that first orgasm should be a piece of cake.

This certainty will give you the persistence needed to give her that first orgasm.

Obstacle #2: Setbacks

This is the reason why having that certainty is so important.

If you go to give a woman her first ever orgasm and it doesn't work out first time then you can't afford to give up.

What you also can't afford to do is lash out or argue with her.

You can't afford to try and logically convince her that it is possible for her to orgasm.

In fact, it's probably best you don't even tell her that you're trying to give her her first orgasm.

When you face a setback you've got keep giving her permission to orgasm and maintain her trust in you.

If you ever lash out and get frustrated with her lack of ability to orgasm you instantly kill her trust in you and you'll make it 10x harder for her to orgasm with you.

She has to believe you are the dominant man in control, so if something goes wrong you're there to support her, not criticize her.

Which brings me to...

Obstacle #3: Trust Issues

If you're doing everything right and your woman still isn't orgasming then the chances are she has trust issues.

Like I mentioned in Orgasm Strategy #4, a woman orgasming is a sign of submission.

If she doesn't trust you enough then no matter how well you pleasure her she won't allow herself to orgasm.

The chances are that it's not specifically you she has the trust issues with, she probably just has a negative association to trusting in general.

And the only way you can get through to her that you are worthy of trust is by consistently demonstrating it to her.

Patience is key and if you do get frustrated you can't afford to let it show, because she'll probably only interpret it as you not being trustworthy.

To find out how to demonstrate your trustworthiness re-read Orgasm Strategy #2, because the chances are that this will give you the breakthrough.

Overall giving a woman her first orgasm all comes back down to mastery of the 5 Orgasm Strategies.

What She Can Do To Help

I added this section in last, because it is an absolute last resort.

Nothing has quite the power to give a woman her first orgasm than a confident dominant man who knows what he's doing.

If, however, the woman you're with a woman who has a positive outlook and is keen to do what she can to experience her first orgasm (whether that be during sex or her first orgasm ever) then I recommend you give her the following two exercises.

Now when suggesting her these exercises it's important you do so from an encouraging and fun perspective.

You don't want to be suggesting them as if she's got a problem that needs fixing.

Remember you want to build as positive association as possible to her experiencing an orgasm and you want her to know she can trust you no matter what.

Now the first thing I suggest you get her to do is masturbate on her own.

If she has never orgasmed before, then this could be a huge breakthrough for her.

If being self-conscious is what's holding her back from orgasming, then getting her to do it by herself first could give her the confidence to later experience that orgasm with you.

If she objects to masturbating then just re-assure her that it's perfectly normal and tons of women do it. Also tell her you find it sexy so she builds up a positive association to it and no shame (see Orgasm Strategy #2 for more on positive encouragement).

Now if she's able to experience a clitoral orgasm, but not a vaginal orgasm, which is the case for a number of women, then make sure that when she masturbates she focuses on giving herself a vaginal orgasm and not just a clitoral orgasm.

You may want to consider getting her a sex toy that stimulates her G-spot to help her experience her first G-spot orgasm when she feels comfortable by herself.

The second thing I suggest you get her to do is exercise her PC muscle.

By strengthening her PC muscle a woman makes orgasming significantly easier as it's a key component of the orgasm process in a woman.

The easiest way for a woman to identify her PC muscle is as the muscle she uses to stop the urine flow while urinating.

Recommend to her that she practice exercising this muscle (not whilst urinating) once a day, 6 days a week.

One very simple exercise is to get her to contract the muscle as tight as possible and hold it for as long as possible, then relax for 30 seconds, then hold for as long as possible, and repeat this several times as she feels comfortable.

Her making these small changes could be lead to the breakthrough you're looking for.

Advanced Orgasm Technique #1: The Mixed Orgasm

You're at the stage now where you understand all the fundamental orgasm types and you understand the key mindsets and strategies it takes to deliver incredible pleasure...

It's now time to take everything you've learned to the next level by combining and building on it.

Now the mixed orgasm is a very pleasurable type of orgasm for a woman.

It involves combining two different orgasms and having your woman experience them at the same time.

As you can imagine, women love this.

The two particular orgasms you want to mix for this technique are the clitoral and G-spot orgasms.

And there are several ways to go about doing it.

As usual I recommend you test out the different methods and find which one of the different methods your woman most prefers.

The first way to do this is during oral sex.

During oral sex you'll want to use your tongue and mouth to give her a clitoral orgasm and your fingers to give her a G-spot orgasm.

If you're not sure how to do either of these then refer back to the specific chapters explaining how to give these types of orgasms.

By giving her these two different orgasm types at the same time you seriously increase the pleasure she experiences.

The second way to do it is to have sex in a G-spot position (see the chapter called "The G-Spot Orgasm And 4 Sex Positions For Maximum G-Spot Pleasure" for specifics) where you can stimulate her clitoris with your hands.

One way for example is in the doggy style position.

In the doggy style position you can reach around and stimulate her clitoris while also thrusting against her G-spot with your penis.

The third way is to have sex in a G-spot position where she can stimulate her clitoris.

Great positions for this include the modified Missionary position and the modified Asian Cowgirl position.

If she's not comfortable with pleasuring her clitoris in front of you then you will have to give her permission to do so by positively encouraging her and making her feel confident that it's nothing feel embarrassed about (see Orgasm Strategy #2 for more info).

Now as I said earlier, for this mixed orgasm to work you need both orgasms to happen at the same time, but this isn't always the easiest thing to pull off.

What I will say though, is... don't put any pressure on yourself, because if you don't manage to align the timing of both orgasms perfectly then don't worry, she'll no doubt hugely enjoy the process anyway!

But if you really want to get your timing spot on the best way to do it is with the oral sex method or the method where she stimulates her own clitoris.

In the oral sex method you have the opportunity to very closely read her pleasure signals and interpret how close to orgasm she is.

If you find for example that she starts getting close to one particular orgasm because she's thrusting towards you then stop the stimulation for that particular orgasm and focus your attention on the other and bring that one close to orgasm.

Once you've brought the other orgasm type close to orgasm stimulate the original orgasm type again and bring both to orgasm together at the same time.

It's not a perfect science, because it can be difficult to read between different orgasm types, but when you get it right you'll know it!

If you've got a sexual relationship where you're open to talking to each other about pleasure during sex then use that to your advantage in finding out where she's at and adjust accordingly.

With the method where she stimulates her own clitoris it's really up to her to master the timing, especially in the modified Asian Cowgirl, because she's in charge of both sources of stimulation.

To really get this right encourage your partner to practice this in her own time.

To perform this on her own I recommend she gets a sex toy for pleasuring her G-spot and then uses that and her other hand to stimulate her clitoris at the same time.

If she practices this alone it'll get her used to the feeling of this mixed orgasm and make it much easier for her to make it happen during sex and her timings will more naturally align during sex if you're in charge of the pleasure.

Advanced Orgasm Technique #2: Multiple Orgasms

There are two secrets to giving a woman multiple orgasms...

Being a great lover and stamina.

Multiple orgasms basically means when a woman orgasms multiple times during one sex session.

As you start applying the principles taught in this book you'll probably notice just how easy it is to get a woman to orgasm.

And as it gets easier to make a woman orgasm, the potential to have her orgasm multiple times during sex becomes more than possible...

Once you've got your orgasm strategies handled, it really just becomes a question of stamina.

Because if you're using things like building sexual tension in your foreplay, the chances are your woman will orgasm within a few minutes of having sex.

To get her to orgasm again in the same sex session is really a question of can you last long enough to bring her to orgasm again.

Because all you really need to do is keep having sex using all the strategies and techniques found in this book and it's inevitable that she'll orgasm again.

If you've ever had doubts about "is it possible" or wondered how to give a woman multiple orgasms in one sex session then you now know that it definitely is possible and all it takes is sticking with the principles in this book and having the stamina to last for long enough to give her that second, third, fourth or more orgasm.

Now if stamina is an issue for you then I recommend you check out the free bonus that came with this book called "The Long Lasting Sex Formula".

It'll help you blast through that problem, because if you follow the principles in this book, stamina is the only thing that will hold you back from delivering multiple sequential orgasms.

Advanced Orgasm Technique #3: The Perpetual Orgasm

This is where we start getting really advanced.

Giving your woman this level of orgasm will undoubtedly raise you to permanent status of “sex god” in her eyes.

And unless your woman’s the silent type, to cope with the screams of satisfaction you may want to wear earplugs when you unleash this onto her body...

Now the perpetual orgasm is when you take the concept of multiple orgasms to the next level.

When giving a woman multiple orgasms all you’re really doing is having great sex for long enough so she has the time to orgasm multiple times.

What makes the perpetual orgasm different is that you won’t allow your woman’s pleasure levels to drop too low.

In other words you’re going to keep your woman highly stimulated and make sure that after her first orgasm she doesn’t fall back into a mediocre state of arousal.

A regular orgasm for her becomes a perpetual orgasm when she remains in a state of intense pleasure for an extended period of time during which she keeps bouncing in and out of orgasm.

And as you can imagine, doing this will whip her into a frenzy of pleasure and another state of consciousness altogether.

This is huge.

Just imagine it being like experiencing one very intense orgasm for up to 20 minutes or even more.

Now to pull this off you'll want the stimulation you're giving her to be continuous and consistent, so avoid anything that will too heavily interrupt that, like unnecessarily frequent position changes.

This also means not messing around with any fancy tricks, gadgets or difficult sex positions as it's likely this will only break the flow between the two of you.

Once you realize that giving a woman a perpetual orgasm is about continuous pleasure the next key ingredient is living and breathing the 5 Orgasm Strategies during sex.

If you're anything less than fully embracing and acting out the 5 Orgasm Strategies you won't be able to sustain the intense pleasure levels of the perpetual orgasm in your woman.

To experience this level of pleasure your woman has to have 100% trust in you.

Experiencing pleasure this intense is a huge act of submission and if she has even the slightest fear of you

judging her she will lock up and prevent the pleasure from happening.

You've got to be there as a trustworthy man to encourage this level of pleasure out of her that she has never experienced before.

Constantly encourage and praise her expressing her pleasure and make her feel incredible for feeling this intense level of pleasure.

And all the time you've got to clearly display yourself as the dominant leader.

A woman will not allow herself to reach perpetual orgasm with a man she doesn't believe is a dominant leader, it's just how they're wired psychologically.

And of course you've got to be totally present with her.

Her psychological arousal is just as important (if not more) as her physical stimulation.

Only by being 100% present and engaged with her will she reciprocate and feel comfortable doing the same with you.

If you can do all the above with the key addition of never allowing her pleasure levels to drop too low (by providing continuous stimulation and constantly rewarding her and making her feel 100% comfortable with experiencing this

heightened level of pleasure), then making the perpetual orgasm a reality is well within your grasp.

The Double Orgasm

Now if you want to get extra advanced this is a great way to enhance the perpetual orgasm...

Read this diligently, because timing for this is essential.

As you're having sex with your woman pay careful attention to how close she is to orgasm.

As she gets very close to orgasm start thrusting faster to increase the stimulation, then just as she is about to orgasm, slow down your thrusting to your normal speed.

Then just before her orgasm finishes, raise your thrusting speed again.

This will kick her back into orgasm and give her a double orgasm.

This is a very powerful way to keep your woman's stimulation levels high and enhance the pleasure your woman experiences during a perpetual orgasm.

Advanced Orgasm Technique #4: Shared Orgasm

A shared orgasm is when you climax sex with an orgasm at the same time as your partner.

And what's great about this type of orgasm is that it deepens the connection between the two of you and ends sex with the mutual fulfillment that you've satisfied both yourselves and each other.

It's also like a final confirmation of your sexual skills that will make it impossible to forget you...

Because think about it, how many men can orgasm at the exact same time as their woman to leave each other fully satisfied?

Not many.

Now, your ability to perform this type of orgasm comes down to two things, your orgasm control and your ability to read your woman's pleasure signals.

For your orgasm control you'll want to check out the bonus that came with this book called "The Long Lasting Sex Formula", because if she's nowhere near to orgasm and you're about to blow then the chances of you pulling off a shared orgasm are pretty slim.

Now when it comes to reading your woman's pleasure signals it's a similar situation.

If you're nowhere near to orgasm, but your woman is ready to blow then you need to fix that.

In this case you want to use a position that will get you to orgasm quickly.

Every man has their own particular position that helps them orgasm fast, but one great one is a modified version of the missionary position.

For this position you want to place your legs outside of hers, so her legs are together in the middle.

What this does is it makes her vagina much tighter and greatly increases the stimulation to your penis so it's much easier to orgasm fast.

Of course, being able to do all of what I've just mentioned effectively depends entirely on your ability to read your woman's pleasure signals in the first place.

So if you can't yet do that, focus your time on that first and review the chapter called "How To Read A Woman's Mind" for more info.

I'll also say that the shared orgasm isn't something you should feel the need to pull off every time.

If your woman is ready to orgasm, but you're not it doesn't mean that every time you should switch position and try and orgasm yourself as soon as possible.

There will be times when it's best to just let her orgasm. You may be able to experience a shared orgasm on her second or third orgasm, but if it turns out that the timing doesn't come together it's not worth worrying about.

I'm sure she won't complain about you orgasming at a different time to her if it's after she's experienced three mind-blowing orgasms already!

It's just a cool type of orgasm to use every now and again.

Plus you may also find that if you're with a woman with some sexual skills she will align orgasm times for you.

A woman with a lot of talent and a strong PC muscle (see the end of the chapter called "For Women Who Say They Can't Or Never Have Orgasmed") may have the ability to speed up or slow down her time her orgasm with yours.

So if you're with a woman like this make sure to make it easy for her to read your pleasure signals so she knows when to speed things up herself.

Advanced Orgasm Technique #5: Squirting Orgasms

Squirting orgasms are a completely unique type of orgasm.

Sometimes squirting will happen naturally during other types of orgasm, but the technique I will share with you in this chapter is designed specifically to result in squirting in quantities much greater than what happens during other types of orgasm.

The technique for this orgasm type is a hands only technique.

You won't be able to perform this particular method during sex.

Although by practicing this method with your hands you may unlock your woman's ability to experience this type of squirting orgasm during sex, especially when giving her a G-spot orgasm.

Naturally, before getting started in performing the stimulation necessary for this orgasm I recommend the usual dose of foreplay.

If you approach this type of orgasm from a technical mindset instead of a fun sexual one your woman is likely to be much more uptight and not as relaxed, which is essential for this orgasm to be performed well.

To create this orgasm you should have your woman lie on her back with her legs apart and her feet planted so her legs are bent.

It is then best that you lie next her on your side and position yourself comfortably so you can place your dominant hand on her vagina, coming from her stomach area.

Now it's important you perform the following technique exactly as described, so pay close attention to the explanation...

Enter your middle and ring fingers into her vagina about two knuckles deep and have your index and pinky fingers laying either side of her anus.

Note: For this technique it's recommended you use a good amount of lubrication (I recommend Astroglide) and trim and file your finger nails.

Have your palm placed against her clitoris.

You should just be able to feel her G-spot with your middle and ring fingers.

Now curl these fingers slightly upwards, while still touching the G-spot.

You are now "in position".

Now begin stimulation by moving your hands in an up and down motion.

This is not an in and out motion, but an up and down motion.

You should be slightly firmer than comes naturally, but of course if it hurts her in any way at all stop immediately.

As you begin this stimulation, if you've done a good job during foreplay, you will soon bring your woman to orgasm.

If you've embodied the 5 Orgasm Strategies, given her enough reason to trust you and permission to experience wild passionate orgasms then she should squirt all over your hand.

If she doesn't squirt, then you've probably got one or more of three common problems.

1. She mistakes the sensation of a desire to squirt for a desire to pee and therefore stops the squirting from happening. If this is the case, re-assure her that it is not pee but cum and re-assure her that you can't wait for her to cum all over you.
2. You haven't fully used the 5 Orgasm Strategies and for that reason she's not ready to experience this heightened level of pleasure with you yet. If this is the case, go back and master the 5 Orgasm Strategies.
3. You are performing the technique incorrectly. If this is the case then go back and review the technique

again. Perhaps you need to be more firm in your up and down motion? Of course, stop if any discomfort or pain occurs.

Becoming An All-Round Sex God: Essential **Extras**

Must Know Oral Sex Tips

90% of becoming a master at oral lies in everything you've already read.

The biggest mistakes men make when it comes to oral sex are all the same mistakes when it comes to sex in general...

- They rush into oral sex, without taking the time create sexual tension
- They don't truly understand a woman's pleasure signals and end up misreading their woman and walking away thinking they've done a good job, when in fact they've done the opposite
- They put their focus on worrying about themselves instead of on how to make her feel incredible

To be great at giving oral sex you need to take on board everything you've already read, from the Orgasm Strategies to the specific Orgasm Techniques.

In particular, the clitoris is your greatest asset when it comes to oral sex.

So I recommend you re-read the chapter called "The Clitoral Orgasm And The Laser Targeting Method " if you have any doubts on how best to stimulate it.

When it comes to oral sex there are 3 different methods you should know.

Oral Sex Method #1

The first oral sex method involves focusing all your attention on her clitoris.

This means using your tongue and lips to provide as much pleasure as possible.

By focusing only on her clitoris you can give her an incredible clitoral orgasm very quickly.

Here are some different styles of stimulation you may want to consider...

- Move your tongue in a circular motion around it
- Move your tongue in an up and down motion on it
- Suck on it lightly
- Flick your tongue from side to side
- Lick right up from underneath it
- Or a combination of the above

Oral Sex Method #2

This oral sex method builds on number 1, by adding the use of a finger or two to stimulate the inside of her vagina at the same time as her clitoris.

This same technique is what is used to give a woman a mixed orgasm, which I explain in detail in the chapter

called “Advanced Orgasm Technique #1: The Mixed Orgasm”.

While using the combination of your tongue on her clitoris and finger(s) in her vagina try mixing the previously mentioned tongue stimulation styles with the following finger stimulation styles...

- Thrust in and out simulating penetration with your penis
- Move it up and down inside her
- Move it in a circular motion
- Reach to stimulate her G-Spot as described in “The G-Spot Orgasm And 4 Sex Positions For Maximum G-Spot Pleasure”

Oral Sex Method #3

This involves using your tongue and mouth to stimulate the whole of her vagina, not just her clitoris.

This works great if you have a big tongue, but is still very effective if you don't (my tongue is small to average size and still works wonders).

Try sticking your tongue as deep as you can into her vagina.

Lick around and use any of the combinations described in Pleasure Method 1, except you're now using them to stimulate the inside of her vagina.

You may also want to experiment with putting some pressure on her clitoris with your face or nose.

Now this third oral sex method may not be the most efficient for delivering an orgasm, but is a great way to add passion and get her really horny for sex.

The above oral sex methods should give you plenty of "techniques" to play around with for great oral sex, just be aware never to forget the more important point, which is to treat oral sex just like intercourse and apply all the usual orgasm strategies and carefully observe your woman's pleasure signals so you can respond and react intelligently to the stimulation you're giving her.

Ways To Add Variety

The first few times you have sex with a woman the sheer novelty of being with a new woman provides a ton of variety in itself, but if you ever plan on having sex with same woman more than just a few times, it's essential you add variety.

And you must view it as your responsibility to do this.

If the woman you're with does loads of cool new things to keep up the variety that's fantastic, but as someone who is a great lover it's up to you to assume this responsibility.

And adding variety is easy.

It's just a matter of being creative and at all costs avoiding routine.

Routine is like the death-rattle to fulfilling sex.

It's your responsibility to break that routine with playfulness and creativity.

Now if you've been in a routine for a while this may mean facing some resistance as you try and introduce this change.

And this is when your leadership skills are more important than ever in overcoming this resistance.

Review Orgasm Strategy #4 again to see exactly how to handle resistance and challenges / tests from your woman when you try and make a change.

So what are some examples of ways to break routine?

Well the list is endless and really up to your personal preferences, but here are a few ideas to get you started...

Blindfold Her

Women value senses beside sight much more than men, so by blindfolding her you only enhance these senses in her.

It's a very powerful way to spice things up and can also help enhance the sexual tension you create.

Use Sex Toys

Bring some sex toys into the bedroom.

Start having some fun in pleasuring each other with them.

This can be great fun and give her types of stimulation she hasn't had before.

Just make sure you remain the source of her most intense amount of pleasure!

Do Roleplay

Roleplay is an incredible amount of fun and it's also a great excuse for shy people to come out of their shell.

She may be willing to do things she wouldn't normally do and feel pleasure she wouldn't normally feel when she's "acting".

Get some cool costumes to enhance the pleasure too.

Take Risks

Having sex in places you "shouldn't" is a great way to break routine.

It's up to you what you consider where you shouldn't and of course you're responsible for your own actions, but where possible (and legal!) push yourself out of your comfort zone to have sex and add an adrenaline rush to your orgasms.

Have Anal Sex

If anal sex is new to you, explore that.

In a later chapter I'll explain ways to make a woman more open to the idea, but pushing the boundary with things you consider "taboo" really helps.

Add Other People

This is potentially a controversial suggestion and of course you'll have to consider the safety precautions

yourself, but many people do explore adding another person (or more).

If you're both comfortable with it, why not explore a threesome or swinging?

If You Don't Like Foreplay

A lot of the techniques I've talked about in this book expect a decent amount of foreplay.

But what if you're one of those guys who just wants to have sex and doesn't have time for foreplay?

Well, the first recommendation I would make, which you probably don't want to hear, is to start enjoying foreplay.

If you don't enjoy foreplay, then it's probably because you're focussing on the wrong things.

You're probably focussing on the challenges and what you don't like about it, instead of being present and enjoying giving pleasure to her.

So if you're serious about becoming a truly unforgettable lover, it's a shift you're eventually going to have to make.

And although the process of making the shift may seem difficult, when you actually make it you'll thank yourself, because it will open up a whole new world of pleasure for her and you in the bedroom.

But assuming you haven't made that shift yet, or you normally like foreplay, but would like now and again to not have to engage in it, then here's a great method to by-pass the necessity of foreplay...

Firstly, you've got to accept the fact that turning on a woman doesn't happen instantly.

Men can be aroused in a matter of seconds, but for women this just isn't the case.

So the trick here is to be wise about how and when you arouse your women.

If when you get to the bedroom you want to have sex almost instantly then you've got to arouse your woman throughout the day.

Like you learned in Orgasm Strategy #1, women love sexual tension.

And time is going to pass during your day no matter what so why not spend a small amount of that time sexually teasing your woman?

Whenever you interact with your woman during the day, whether it be via text, phone, e-mail or in person – start turning her on.

Be sexual.

And just like you would in “traditional” foreplay slowly raise the intensity and intimacy of the stimulation.

So start by talking about stroking her hair and kissing her neck first, and then later move on to talking about her more intimate areas and what you're going to do to them.

If you sprinkle this kind of interaction throughout the day with your woman, then by the time it comes to sex she will so horny you won't believe it.

Remember a woman's mind is incredibly active and she'll be fantasising all day about you if you stimulate her well with your conversation.

And what you'll find is that all this conversation becomes your foreplay.

The purpose of foreplay is to turn a woman on and to prepare her for sex... And this is exactly what you're doing by communicating with her sexually and teasing her all day long.

So when you finally meet in person she'll be so horny that you won't need the "traditional" foreplay before having sex... She'll be ready for it.

It's a very powerful approach for skipping foreplay if you're not a "foreplay kinda guy".

But I've got to say in all honesty, if you're truly committed to becoming an outstanding lover then it's worth making the shift of learning to love foreplay.

Just using the power of sexual tension alone is enough to turn an average lover into a great lover and without a passion for foreplay you're missing out on a huge chunk of what it takes to be an outstanding lover.

Getting Her To Experiment More In Bed (Sexual Persuasion)

This could potentially be a very controversial chapter, so I want to make some things clear...

With this chapter I want to give you the knowledge to give your woman the confidence to do things she previously didn't have the confidence to do that will enhance her sex life.

Whenever it comes to persuasion it is absolutely essential that you have nothing but the best intentions in mind for the other person.

The aim here is not to convince a woman to do something against her will.

I am 100% against that.

I only want to show you how to give a woman the confidence to explore her sexuality in ways she didn't have the confidence to before.

Now, depending on the type of woman you're with it could mean convincing her to give oral sex, swallow your cum, want anal sex, engage in roleplay or get other people involved (e.g. threesomes).

Of course if a woman is 100% certain she doesn't want to do something then that is her decision and it's not your position to convince her against that.

Your aim is not to get a woman to do something against her will.

Your aim should be to lead her to try something you know she will enjoy, but doesn't have the full confidence to explore without some positively intended persuasion.

If you leading her results her in exploring a new part of her sexuality with you then great, but if she decides that she doesn't want to then that's OK too.

Remember this is all about her.

Once she's happy, we can be happy.

So how do you actually go about convincing a woman to try something new?

It involves two steps...

Building a pleasurable association and patience.

There's only one real reason why a woman won't want to do something, whether that be give oral sex, try anal sex or anything else...

And that is because on some level she doesn't think it will be pleasurable.

Now I'm not saying it's because she thinks it will be physically painful, 99% of the time the problem is that she just doesn't think the activity will be pleasurable enough

to make it worth her while to step out of her comfort zone and try something she hasn't tried before.

Take trying anal sex as an example.

Most women who don't want to try it, simply don't want to try it because they don't think it will be pleasurable, not because they think it will be painful.

It's a subtle but important difference.

Their objections to it typically exist just because they don't think it will be pleasurable.

Excuses like...

"Things are meant to only go one way down there"

"It's dirty"

"It's not feminine"

Etc.

They're all very weak reasons.

Of course a woman has a right to do not perform anal sex for whatever reason she wishes...

But what I'm saying is that if such a woman knew with 100% certainty that having anal sex would be as pleasurable as an intense vaginal orgasm I have no doubt that most women would give up their reasons instantly to try it out.

Now if your woman falls into the small percentage of women that genuinely just doesn't want to do it then it's your job to accept that fully, but if she's not one those few women, then it's your job to show her the potential pleasure she is missing out on so she can make a more informed decision of whether to try it or not.

And the way to show her that potential pleasure is through building a positive association.

To build a positive association you've got to get her to link pleasure to the thing you want her to try.

Now this isn't a book on persuasion, and you could get really in depth in this, but the basic premise is simple...

Make her feel great about the idea of doing what you want her to do.

The next time she's in the peak of orgasm say something like "you're so sexy, I'd love to f*** you in the ass" or if she likes being called dirty "you're so dirty, I'd love to f*** you in the ass"... and then just leave it at that.

Don't go any further.

Just drop a hint.

Drop the small positive association of reward and appreciation from you to that thing you want her to do.

(Side note: It's best to keep your desired outcome to yourself for the moment as being too forward with what

you'd like her to do could raise objections, which she would then feel committed to stand by.)

Find whatever way possible to make her feel like doing the thing you want her to do would be incredibly pleasurable.

If she loves to be appreciated by you then drop hints like "I'd love to see you suck my d#&%" or "I'd love to watch you lick another girl out".

You're not forcing her to raise an objection; you're just building a positive association.

Another way to do it is by linking physical pleasure to it.

For example with anal sex you could touch around her anus when she orgasms, creating a positive association to that area.

And as you gradually develop her positive association over time you could insert your pinky into her anus at her point of orgasm.

Like I said earlier, the other key ingredient is patience.

Persuading someone to do something they're not sure about can take some time and they need to know and trust in you to support them along the way.

As usual all the classic orgasm strategies still apply.

It's a lot easier to convince a woman to do something sexually if she trusts in you, sees you as the leader and has permission from you to do so.

And that's really all it takes.

You have to create that positive association inside of her to the thing you think she would enjoy trying.

In many ways it's like helping a woman achieve her first orgasm (see the chapter "For Women Who Say They Can't Or Never Have Orgasmed") because you need to nurture her to feel good about something she previously had reservations about, but let me tell you now that it's more than possible and well worth the patience and effort.

Helping your woman reach a new level of sexuality is a transformational experience for the both of you and will only deepen the connection between you.

To Your Success

You now know everything it takes to become truly outstanding in bed.

You've learned multiple techniques for giving a woman many different kinds of orgasms.

And on top of that you've learned the mindset shift and the strategies of the lover who women never forget.

The key now lies in application.

It's one thing to read a book like this, and to make it all the way to the end shows you are serious about making changes in this area of your life...

But reading is just the beginning.

To walk away from this book without taking action would be a travesty.

The next steps that I recommend for you now are to take some time to analyze where your sexual skills really are now.

What have you been doing in bed up until you read this book?

What mistakes were you making?

And then get crystal clear about the changes you're going to make.

Define specifically the actions you are going to take and the things you are going to do differently.

Exactly how are you going to act out the 5 Orgasm Strategies?

Which orgasm technique are you going to practice first?

What are you going to do to make sure you don't fall off track in making this dramatic change in your life?

Only by getting clear are you setting yourself up for success.

I sincerely hope this book will make a difference in your life and help you give the woman you're with more pleasure than she ever imagined.

I'd also love to hear what you thought about this book, whether it be criticisms, questions or success stories.

Please drop me an e-mail at...

jack@femalepleasureguru.com

And good luck!

Jack Grave

Jack Grave

www.FemalePleasureGuru.com