

Guide To Giving Women Orgasms

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How to Give a Woman an Orgasm - Don Asterwood 2014-05-19

If you want to make your lover happy and be considered good in bed, you have to be able to give your woman an orgasm. When it comes to sex, one of the biggest obstacles men have today is their ability to consistently provide their lovers with orgasms. This book should eliminate any misconceptions you have in regards to the subject and give you the tools you need to provide your lover with satisfying orgasms. Featuring tips on how to last longer as well as ways to improve your current technique, How to Give a Woman an Orgasm: A Quick Guide to Being a Better Lover is the book for the guy who wants to do better in the bedroom.

The G-Spot, The Clitoris & A Woman's Orgasm : The Secret Connection Between All Three - T.K. Hereford 2014-02-02

To say that there is a lot of confusion about what the G-spot is, how it works and how it can be stimulated to produce powerful orgasms, would be a huge understatement. Many women have trouble finding their G-spot. Some women even doubt its existence. However, many women will tell you that they've found theirs, achieved orgasm during sex, and do so regularly. In the end, we're all, at a very minimum, curious about the G-spot and how it fits into our sex lives. Why all the confusion? Simply put, it comes from of a lack of information, frank discussion and open and honest communication. This book aims to clear all that up. In a common sense approach that includes anatomy, developmental biology, homespun wisdom, deductive reasoning and

personal experience, author T.K. Hereford will help you to understand the secret connections between the G-spot, the clitoris and a woman's orgasm. This book will offer any reader, male or female, deeper insight into a woman's body and how women orgasm. This book also goes into detail about how you and your partner can communicate and potentially achieve powerful orgasms during intercourse in your own bedroom.

How To Make Her Come First - Willow Land 2019-11-12

How can you make your partner scream out in pleasure while they are in bed with you? How can you get them to keep coming back and wanting more from you? How to communicate all of your sexual desires and preferences to your partner in the sexiest and most enticing way possible? "Who wouldn't want to know how women can have multiple orgasms in every sex session?" Nowadays most of guys' problems involved sexual insecurities and problems to manage the orgasm gap. Make the woman reach the maximum pleasure every time, became their obsession! On the other hand, women need to be reassured they are not the problem, even if they have a central role in the couple: being prepared, getting to know your partner and his psychology, will help you achieve the perfect sexual chemistry. But this is not enough... Solutions to your problems are held within this book and you will be able to find the answers to these problems and many more. You can discover among others: how the woman can help herself and how the man can help the woman in

order for both of you to experience the best sex of your lives; the female body and all of its erogenous zones as well as how best to pleasure them; all of the types of orgasms that a woman can have and how she can achieve each of them; how to talk dirty during sex and how it will help you to improve your chances of orgasm; a chapter just for men that includes the insecurities that they face, techniques that they can use to control their minds during sex and things that they can focus on in order to control their orgasms, thus making them last longer and feel better. It includes a guide to communicate with your partner about all things sex, how to use breathing techniques to make your orgasms better and how to use foreplay to make your orgasms as great as they possibly can. If you are looking for a book that will teach you everything you need to know about sex and how to make not only sex better for a male, for a woman as well with countless techniques and suggestions for how to improve your sex life whether you have a partner or are having casual sex, then this book is perfect for you! Click the Buy Now button to begin a new sexual journey of self-exploration and increased pleasure that you will be forever grateful for. This book has the capability to change your sex life forever; you will never look back at your old sex once you know the sexual secrets hidden within these pages.

Sex Positions - Riley Ashwood 2021-04-30
☐ 55% OFF for Bookstores! NOW at \$ 16.18 instead of \$ 35.97! LAST DAYS! ☐ Are you looking for a detailed guide about Kama Sutra and Sex Positions or you want to transform your sex life from routine to unpredictable? Your Customers Will Love This Amazing Guide! This powerful bundle contains everything and anything you want and need to know about taking your exploration of sex to the next level through an understanding of Kama Sutra and its many benefits. Using techniques and knowledge from The Kama Sutra, Tantric Sex, combined with Sex Toys, Sexual Fantasies, Fetishes and role play, you will impress your sexual partner. You will learn things you didn't even know you needed to know but that will make you wonder how you ever lived without! In book one, "Kama Sutra for Beginners", you will learn: How to determine sexual compatibility Specific positions

from The Kama Sutra to use in any situation you could imagine! How to develop intimacy and use this in order to have the best sex of your life How to use sex toys to your advantage and give yourself and your woman multiple orgasms How to give better oral sex with the secrets to male and female oral sex pleasure If you are the partner of a woman, or a woman yourself, this book will teach you how to achieve different types of multiple orgasms yourself or how to give this to your female partner, and will show you (or her) pleasure as you have never had before! And Much More! In book two, "Sex Positions for Couples", you will learn: How men can last longer in bed and please their woman to the fullest! Different types of intimacy and how to improve intimacy in your relationship. How best to prepare your mind and body for sex using techniques for foreplay, massage, and masturbation How to better connect to your partner on more than a physical level for more passionate lovemaking Aphrodisiacs and how to use them to their fullest potential Sex positions for maximum intimacy, for more adventure, for a challenge, and for female pleasure And So Much More! Where most sex books will only focus on missionary and doggy style, this book will teach you how to do so much more than that using the Kama Sutra and how to keep the lust and passion alive outside of the bedroom. What sets this book apart is that it gives you a well-rounded approach on how to increase intimacy, explore new sex positions, how to communicate about sex, about everything else that involves sex, and how to ensure you are giving each other the most pleasure possible. Sex Positions is waiting for you to open it up and explore all it has to offer you. Do yourself a favor, your partner a favor, and everyone that you will ever have sex with a favor by reading this book and informing yourself to the fullest extent. Give your partner the gift of informing yourself about how to please them like never before. Buy It NOW And Let Your Customers Begin Their Journey To Becoming The Best Sexual And Romantic Partner They Can Ever Be!

Extended Massive Orgasm - Steve Bodansky 2013

Hunter House has a new year's resolution you can stick to: better sex! Published just in time for the new year, the second edition of Extended

Massive Orgasm offers even more in-depth information on how to achieve great sexual pleasure, so that your goals for 2013 can include: 1. Longer and more intense orgasms 2. More pleasure 3. A deepened relationship The authors of this book reveal techniques that everyone can use to give and receive extended massive orgasms. Readers will learn how to produce an extended orgasm manually, with fingers and hands touching the genitals in a precise way. With a strong focus on how to pleasure a woman, the authors also discuss pleasing men. They describe how satisfying your partner in this way is an ecstatic experience for both parties and can enhance your relationship. New updates in this edition include: new techniques for focusing on pleasure 14 new diagrams and drawings for understanding techniques new stroking techniques for the clitoris expanded section on the male orgasm expanded section on communication and relationships Additionally, the authors have re-written some of the original material, with insights gained from the decade of teaching sexual ecstasy that has passed since the first edition was published. Rewritten parts include: Positions for optimum orgasm Detailed training techniques The nature of orgasm and the capabilities of the human nervous system The difference between sensuality and sexuality Safe sex practices Overcoming resistance to pleasure Understanding how both partners benefit from extended massive orgasm Filled with specific techniques, methods, ideas, and scientific and anatomical information phrased in an accessible and readable style, this book explores the nature of pleasure and why it is so difficult to achieve in our society. The authors discuss the differences and similarities between the sexes and how to exploit those to achieve a fantastic relationship. They also include information on how to seduce your partner, how to explore your own sexuality through learning how you enjoy being touched, and how to communicate your desires to your partner clearly and joyfully. The benefits to both partners of an extended massive orgasm are immeasurable. Women who thought they were unable to experience orgasm at all have learned to become fully orgasmic through the techniques in this book. These women experienced such pleasurable intensity and sensation in their

bodies for an extended time period that the preconceptions and limitations they had placed on themselves and their sexual potential were totally vanquished. And this is available to anyone who reads the book and applies and practices the methods described in Extended Massive Orgasm.

How to Have an Orgasm- as Often as You Want - Rachel Swift 1993

Written with style and sophistication, this sensible book is a straightforward, easy-to-follow guide that will teach women how to have as many orgasms as they want, with or without the full cooperation of their partner. Swift deals with what really happens during sex, not what is supposed to happen.

The 4-Hour Body - Timothy Ferriss 2010-12-14
#1 NEW YORK TIMES BESTSELLER • The game-changing author of *Tribe of Mentors* teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly, *Wired* Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. *The 4-Hour Body* is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It’s the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it’s all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails
- How to prevent fat gain while bingeing over the weekend or the holidays
- How to sleep 2 hours per day and feel fully rested
- How to produce 15-minute female orgasms
- How to triple testosterone and double sperm count

How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

Why Women Have Sex - Cindy M. Meston
2009-09-29

An unparalleled exploration of the mysteries underlying women's sexuality that rivals the culture-shifting Kinsey Report, from two of America's leading research psychologists Do women have sex simply to reproduce or display their affection? When University of Texas at Austin clinical psychologist Cindy M. Meston and evolutionary psychologist David M. Buss joined forces to investigate the underlying sexual motivations of women, what they found astonished them. Through the voices of real women, Meston and Buss reveal the motivations that guide women's sexual decisions and explain the deep-seated psychology and biology that often unwittingly drive women's desires—sometimes in pursuit of health or pleasure, or sometimes for darker, disturbing reasons that a woman may not fully recognize. Drawing on more than a thousand intensive interviews conducted solely for the book, as well as their pioneering research on physiological response and evolutionary emotions, Why Women Have Sex uncovers an amazingly complex and nuanced portrait of female sexuality. They delve into the use of sex as a defensive tactic against a mate's infidelity (protection), as a ploy to boost self-confidence (status), as a barter for gifts or household chores (resource acquisition), or as a cure for a migraine headache (medication). Why Women Have Sex stands as the richest and deepest psychological understanding of female sexuality yet achieved and promises to inform every woman's (and her partner's) awareness of her relationship to sex and her sexuality.

Lesbian Sex Tips and Techniques - Gabrielle Cerise 2013-12

Discover the best in Lesbian Sex Tips! Whether

you're gay or straight if you really want to satisfy a woman between the sheets - then you need to understand her mind and body. As a lesbian - I know women, I know lesbian love making and I absolutely love giving a woman incredible pleasure. This guide on lesbian lovemaking and female pleasure - will show you how to get your personal sexual confidence to a new high, how to seduce a woman, how to create incredible pleasure in her mind and body, how to build incredible arousal and maximum climax. You will even master the best lesbian sex positions to try out and when to use them. This is not your usual sex guide - as it covers new and ancient tips and techniques to female pleasure on all levels: mind, body and soul. Chapter One: Body Awareness: How to Super Charge Your Sexual Confidence Chapter Two: Care of the Soul - Spiritual and Tantric Sex Tips for Maximum Pleasure, Intimacy and Fulfilment Chapter Three: Seduce Me: How to Get Her into the Mood and Have Her Crave Your Touch Chapter Four: Arousing Mind, Body and Spirit: The Steps to Building Desire, Giving Mind Blowing Foreplay Tips and Techniques to Incredible Female Pleasure Pleasure, Maximum Arousal and Incredible Orgasms Chapter Five: Position Me Now: The Best Lesbian Sex Positions Chapter Six: Tongue Tease: How to Give Her Great Oral Pleasure: Great Cunnilingus Techniques 10 Female Oral Sex Positions to Try Tonight Chapter Seven: Sell The Sizzle: Dressing Up, Food, Location and Other Frolicks! Chapter Eight: No Not There! What Really Turns a Woman Off Chapter Nine: Sex and Health Tips Take your lovemaking to the next level! Lesbian Sex Tips - is a collection of my personal secrets to satisfying any woman between the sheets. How to Eat a Pussy - Little Red Books Little Red Books 2009

The Ultimate Guide to Orgasm for Women - Mikaya Heart 2011-08-02

From A to Z, everything you need to understand about women's orgasms - what works, what doesn't and why.

Here She Comes! - Rod Govea 2011-05

With an advanced, unrepressed, but not clinical perspective, the authors present a refreshing view of the female sexual instinct, deciphering women's deep unconscious desires and

explaining how to fulfill them.

The Big O, Orgasms - Lou Paget 2001

An informative guide to orgasms addresses various concerns, including different types of orgasms, exercises to increase the body's sensitivity, orgasm obstacles, the spiritual side of orgasms, tried-and-true positions, and humorous facts.

Orgasm Unleashed - Eyal Matsliah 2015-09-20

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

The Science of Orgasm - Barry R. Komisaruk 2006-11-26

This award-winning book "offers a thorough compilation of what modern science, from biomechanics to neurochemistry, knows about the secrets of orgasm" (Publishers Weekly). The coauthor of the international best-selling book *The G Spot and Other Discoveries about Human Sexuality*, Beverly Whipple joins neuroscientist Barry R. Komisaruk and endocrinologist Carlos Beyer-Flores to view orgasm through the lenses of behavioral neuroscience along with cognitive and physiological sciences. Covering every type of sexual peak experience in women and men from intense to phantom, this fascinating and comprehensive work illuminates the hows, whats, and wherefores of orgasm. The authors explain how and why orgasms happen, why they fail to happen, and what brain and body events are put into play at the moment of orgasm. They also describes the genital-brain connection, how the brain produces orgasms, how aging affects orgasm, and the effects of prescription medication, street drugs, hormones, disorders, and diseases. Winner of the 2007 Bonnie and Vern L. Bullough Book Award, given by the Foundation for the Scientific Study of Sexuality

Satisfaction - Kim Cattrall 2008-11-16

Kim Cattrall, best known for her depiction of Sex and the City's Samantha, slides between the sheets with readers to share her secrets on reaching the heights of pleasure. In this illustrated guidebook for women looking to improve their sex, Kim Cattrall teams up with her husband to share tips and tricks. This how-

to-sex book is based on viewer feedback from the show and designed to help couples focus on achieving the female orgasm.

Blow His Mind - Melinda Holmes 2013-04-14

Do you want to do a better job pleasing your man? Does he have trouble getting excited enough when you're "down there"? Are you leery of putting your mouth "there", and want to know more first? Those are all perfectly reasonable questions to ask, and those answers and more can be found in *Blow His Mind*, the HOT new guide by the renowned erotic author Melinda Holmes. She shares the secrets of erotic arts professionals who advise everyday women how they can incorporate the practice of fellatio into their love lives and tease heightened interest from their love partners. In a dramatic and sexy format, Melinda Holmes reveals to the reader the easy to follow practices that can lead to a better, more enduring love affair with a long term amour or a new guy in their life. SEXY, FUN and UNABASHEDLY HOT, this helpful guide blows all others off the book racks!

Millions of women long to freshen their relationship, to add a spark of excitement to the 'same old same old,' or bring something new to a new relationship. We all feel the need, and Melinda Holmes satisfies it for us in this guide for happiness-seekers. This book will be a lifeline to a long-term, lasting relationship for countless women, a path to a satisfying love life, and help you to develop a bursting-with-happiness partnership with your man (or men!) Melinda Holmes is the pseudonym of a best selling authoress with numerous awards and popular acclaim for the quality and popularity of her erotic fiction and non-fiction. In this guide, this bestselling women's fiction author teaches you to: Rewardingly navigate the amazing complexity of what looks like a simple part of a man's body. Make your man a better lover by extending his ability to orgasm and even achieve multiple orgasms - with just your mouth! Discover the many little moves that can bring him pleasure - with hardly any effort on your part - and the gratitude that you'll reap. Be so good at fellatio that he'll beg you for it - and how that benefits you sexually! Understand numerous techniques of "giving head" that won't make you gag, but WILL make him think that you're amazing. Discover that, to a man, WHERE

you give a blow job is often as exciting as how you do it! - and where those places are. And much, MUCH more - the exciting lessons in the techniques and methods of an intimate oral experience for you and your lover are brought to life through the real life experiences of Melinda Holmes' many readers. Join her in this exciting and informative guide! SPECIAL BONUS: 101 Steps To A Happy Relationship This is an exclusive publisher bonus available for our readers only, in this handy guide you'll learn: How to take your relationship to the right direction Things you can do to a better relationship. Steps to a happy relationship.

Autobiography of an Orgasm - Betsy Blankenbaker 2014-10-30

What do we think we know about the female orgasm? It's that peak experience, an ultimate moment of climax and release that nevertheless eludes so many. Some women live for it, some have multiple orgasms, some fake it while others simply learn to do without. "Autobiography of an Orgasm" (November, 2014) is a sexy-spiritual memoir that's part steamy erotica and part straight-talking advice. It's the result of Betsy Blankenbaker's tireless journey to learn everything she could about the female orgasm in a personal quest to feel as much as possible after too many years of feeling nothing at all. To solve the mystery of why she spent much of her life disconnected from her sensuality, struggling to overcome the shame of childhood sexual assault, Blankenbaker set out at age 45 to thoroughly research women's orgasm. Along the way, she spent time in bed with orgasm experts, strolled down New York's tony Fifth Avenue with a healing jade egg in her vagina, had a spiritual awakening through orgasm in Africa, and received sacred "Womb Rites" from a shaman in the Peruvian Amazon. Through lively storytelling and a delicious sense of humor, Betsy shares why she was never able to find fulfillment in life, love or sex prior to her pilgrimage to healing and pleasure. Her findings resulted in this unprecedented book, "Autobiography of an Orgasm." "Autobiography of an Orgasm" seeks to answer the questions women have but don't know how (or whom) to ask. It is the author's fervent prayer that it will inspire women everywhere to burn their dysfunctional bridges and step into healing by learning to love their

bodies and themselves.

Awakening Women's Orgasm - Pala Copeland 2013-05

Women have a capacity for orgasm that is truly awesome. It is a power of pleasure that ranges from sweet to sublime to superlative and it is one that almost every woman can unleash. You simply need to learn a few new things and unlearn a few old ones. In this eBook you will learn about the many different types of orgasm a woman's body is waiting to give her. You will understand that sex is more than physical, it is also an emotional and energetic experience. Exercises for mind, heart and body help women open up to their sexual selves, on their own and with their partners. For example... * Identify and Shift Your Sex-limiting Messages * Getting to Know your Body and How it Responds * Pelvic Lifts and Bounces: for flexibility and increased sensation * The Big Draw: for powerful orgasms There are explicit tips for lovers on how to make love to a woman. For example... * What are the "hot spots" and when and how can you find them? * How to give an extraordinary genital massage for pleasure and healing. * What are the best intercourse techniques for maximum pleasure? Table of Contents Introduction A Cornucopia of Orgasms! Personal Responsibility Permission Becoming Sex Positive in a Sex Negative World Cultivate a Pleasure Attitude Body Image: Learning to Love Your Body Female Sexual Anatomy Yoni Empowerment Yoni Power: Vaginal Exercisers Letting Go Of Control Grounding: Becoming Connected & Feeling Safe Following and Initiating: Taking Receptive and Active Roles The Importance of Love Sexual Abuse Partner's Role Time Kindling Desire Sex Is More Than Intercourse "Foreplay" - Moving from the Outside-In Being Present: Breath, Breasts & Focus Building Desire & Moving Energy: Sexual Fire Breath, Passion Pump and other Secrets Self-Pleasuring: Masturbation More Tips for Partners Intercourse: Thrusting Techniques & Positions for Pleasure Yoni Massage Permission & Time Summary Sex Toys and Lubricants Stimulants and Aphrodisiacs A Note on Safer Sex Resources Books about Body Image, Female Anatomy and Women's Health Body Movement Breathing G-Spot Orgasm Info More Orgasm Books Tantric and Taoist Approaches Inspirers and Trailblazers: Betty

Dodson, Annie Sprinkle, Mama Gena & Nina Hartley Aphrodisiacs Resources for Sexual Abuse

More Orgasms Please - The Hotbed Collective 2019-07-04

A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a mission 'to make life better one orgasm at a time'. Their debut book, *More Orgasms Please* is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, *More Orgasms Please* is like the best sort of chat between friends: punchy and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.

The Good Orgasm Guide - Kate Taylor 2003

Yes, it's true--girls just wanna have fun. And there's plenty of sexy fun to be had with the straight talk and practical advice offered here. With wit, warmth, and good humor, the pathway to great sex is revealed, including the best positions for achieving multiple orgasms, stimulating your sexual confidence, and teaching your partner how to please you. You'll find out how to train your sexual muscles and hit the G-spot, A-spot, and other erogenous zones, get tips for keeping your sex life fresh and exciting, and read sensual tales from real women who have learned the secrets of sizzling sex. For those women who have never experienced an orgasm, help is on the way with expert guidance on breaking through the physical and psychological barriers that hold you back, as well as help in choosing and using vibrators and other toys and making your sexual fantasies come true.

She Comes First - Ian Kerner 2010-01-05

As women everywhere will attest, men are "ill-cliterate." Most guys know more about what's under the hood of a car than under the hood of a clitoris. But in the world of *She Comes First*, the mystery of female satisfaction is solved and the tongue is proven mightier than the sword.

According to sex therapist (and evangelist of the female orgasm) Ian Kerner, oral sex isn't just foreplay, it's coreplay: simply the best way to lead a woman through the entire process of arousal time and time again. Can you say "viva la vulva"? Fun and informative, *She Comes First* is a virtual encyclopedia of female pleasure, detailing dozens of tried-and-true techniques for consistently satisfying a woman and ensuring that sexual fulfillment is mutual.

Slow Sex - Nicole Daedone 2014-07-02

Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

Sex; Woman First - Jean-Claude Carvill 2015-07-19

From the One Who Made Squirt Hundred of Hollywood Goddesses. Prepare to become a Sexual Goddess Forever. Don't try to understand my advices but follow them. I promise you will reach your sexual nirvana. You will discover your most secret erogenous zones. You will learn to let go and have the best Orgasm ever. This book will teach you to have your first vaginal orgasm. If you are a Man, this book will teach you how to never miss her G-spot, make her squirt and soak the bed every time you have sex. It will teach you the perfect oral Sex technique. She will always wonder how you learn about "analingus" her biggest secret pleasure. She will know that you are the one even before you enter in the bedroom. It will teach you how to Penetrate her and drive her crazy. She will wonder how you discover the ultimate sexual power of her A spot or U spot. You will learn about the two vibrators that you absolutely need to drive her insane and how to use them. If you are a Woman it will give you the secret to welcome Sex anytime. It will teach you how to talk about sex and your desire before to enter in the bedroom. This is the only sex book you will ever need. To men and women those secrets will change your entire sex life forever. From the same author: *Confessions of a Hollywood Tantra Masseur: The Untold Secret of the G-Spot Power*.

Unleashing Her G-Spot Orgasm - Donald L. Hicks 2010-09

Clear, straightforward and to the point, *Unleashing Her G-Spot Orgasm* helps couples take their sex life to a higher level. This slim

volume explains the truth about the G-spot, female ejaculations and blended orgasms. But more importantly, it presents a fail-proof plan for achieving G-spot orgasms. The author's carefully detailed steps teach a woman's partner how to arouse the G-spot's awesome power in order to give her the ultimate in female pleasure. These proven techniques are amazingly simple and presented in a manner anyone can understand. Drawing on the latest findings of world-renowned sex researchers, *Unleashing Her G-Spot Orgasm* offers a unique combination of clinical fact and everyday application. It answers all the reader's questions about the G-spot, from why the G-Spot exists to how to self-stimulate it.

The Everything Orgasm Book - Amy Cooper
2009-11-18

Giving great orgasms, receiving really great orgasms, and everything in between: You will find all the pleasure tips you need in this guide. Clinical sexologist Amy Cooper shows you how to: Achieve multiple orgasms Self-pleasure with more satisfaction Harmonize with your lover Find erogenous zones Sustain longer-lasting orgasms Talk dirty, give lap dances, and perform stripteases Use sex toys, props, aphrodisiacs, and erotica With something for everyone, this book is the definitive guide to extreme pleasure between the sheets. This book will have you experiencing the "Big O" as you never have before.

The Art of Intimate Marriage - Tim and Dr. Jennifer Konzen
2019-01-08

From a two-time nationally award winning sexuality researcher - *The Art of Intimate Marriage*. God's plan for sexual intimacy in marriage is the work of a Master artist and genuine intimacy is like a beautiful masterpiece. Your marriage is going well but you want to make your sex life better and you're looking for help on how to do that. You want to know what God has to say about how to build a fulfilling sexual intimacy in your marriage. Your sexual relationship has been full of pain, discouragement, and frustration and you need some answers. You have some medical issues that are making sex difficult and you would like to rekindle experiencing mutually pleasurable sex. For these issues and more, *The Art of Intimate Marriage* provides direction and guidance on how to get there. Creating that

masterpiece may mean learning God's view of sex, gaining life-giving intimacy skills, and figuring out how to work through conflict in a way that creates deeper connection. It may also mean overcoming things in your background, healing things in your marriage, or dealing with those medical challenges. We have the opportunity to have a deeper understanding of God's loving heart through being deeply known and erotically bonded with our spouse. *The Art of Intimate Marriage* gives us a road map to experience growth toward a more rewarding, spiritual sexual relationship.

She Comes First - Ian Kerner
2019-10-10

Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you've wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kerner argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophy, technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers. 'It's time to close the sex gap and create a level playing field in the exchange of pleasure, and cunnilingus is far more than just a means for achieving this noble end; it's the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure, intimacy, respect and contentment. It's also one of the greatest gifts of love a man can bestow upon a woman.' Ian Kerner

The Coregasm Workout - Debby Herbenick
2015-06-09

The Coregasm Workout is a revolutionary new book that provides natural, safe, and effective techniques for enhancing sex through fitness. Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, *The Coregasm Workout* introduces simple, science-backed exercises to make working out more fun and sex lives more satisfying. Debby has developed *The Coregasm Workout* based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real

women, for women. The Coregasm Workout will help improve your sex life—and help you enjoy exercising more often—through four C.O.R.E. principles: Challenge yourself through cardio, reps, and resistance Order matters: it's not just the kind of exercises you do, but the order in which you do them Relax and receive: be open to the experience of coregasm Engage your lower abs, muscles often strongly linked to coregasm Fun, fascinating, and useful, The Coregasm Workout offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the bedroom.

Sex Guide For Men - More Sex More Fun Book Club 2020-11-26

Do you know what makes you stand out from all other guys? If you can give her multiple screaming orgasms. Sometimes girls joke with each other about how bad guys are in bed, and the reason is simple: men don't fully understand how to satisfy a woman. If YOU learn how to satisfy your girlfriend, wife, or hook-up sexually, well, all she will be thinking about is YOU. How would it feel to be super confident in your abilities to take your women on a sexual ride from sensual massage to full-blown squirting orgasms? In this book, you'll learn: The important history of female sexuality How to improve romance today Why foreplay is so important Understanding women sexuality And much more..! Are you ready to take her on a ride?

Vitamin O - Natasha Janina Valdez 2015-05-19

They're free, fun, and with this book, easy to achieve. And just look what a woman stands to gain from her orgasmic life: •

Oxytocin—nature's Ecstasy—in her bloodstream • Relaxation—less stress and tension • Falling asleep and staying asleep better • More supple skin (really!) • Lower risk of heart disease • Immunity boost • Reduced hunger and cravings for junk food Far too many women aren't enjoying the benefits of this delicious activity, and Dr. Natasha wants to change that. In Vitamin O, she explores manual techniques, oral methods, and crazy-fun sex positions that maximize a woman's pleasure. She covers the basics in orgasmic foreplay, orgasmic positions, exercises to improve orgasms, orgasm-enhancing yoga, breathing techniques, and

more. Here is the 411 on more advanced climaxing—multiples and simultaneous orgasms. And she breaks out lots of quick fixes for getting a daily dose without any fuss. By the time she's through, having orgasms will become as natural and pleasantly habitual as drinking a morning coffee (which you'll be drinking less and less of, as you'll have increased energy from better sleep.) Vitamin O's benefits are layered and far-reaching, without any worry of toxicity or build-up—because Vitamin O is all about release. Regular doses will benefit every reader for life. Becoming Cliterate - Dr. Laurie Mintz 2018-05-15

We've been thinking about sex all wrong. Mainstream media, movies, and porn have taught us that sex = penis + vagina, and everything else is just secondary. Standard penetration is how men most reliably achieve orgasm. The problem is, women don't orgasm this way. We've separated our most reliable route to orgasm—clitoral stimulation—from how we feel we should orgasm—penetration. As a result, we've created a pleasure gap between women and men: 50% of 18-35-year-old women say they have trouble reaching orgasm with a partner 64% of women vs 91% of men said they had an orgasm at their last sexual encounter 55% of men vs. 4% of women say they usually reach orgasm during first-time hookup sex In Becoming Cliterate, psychology professor and human sexuality expert Dr. Laurie Mintz exposes the broader cultural problem that's perpetuating this gap, and what we can do about it. Pulling together evidence from biology, sociology, linguistics, and sex therapy into one comprehensive, accessible, and prescriptive book, Becoming Cliterate features: Cultural & historical analysis of female orgasm (spoiler: the problem's been going on for ages) An anatomy section (it's all custom under the hood) Proven techniques for cliterate sex (it starts with training the sex organ between your ears) A comprehensive final chapter for men (because you don't have to have a clitoris to be cliterate) By dispelling the lies, misunderstandings, and myths that have been holding us back, Becoming Cliterate tackles both personal and political problems and replaces them with updated outlooks and practical skills needed to change our collective perspective on sex. It's time to

finally inform women and men on how to have satisfying experiences in bed that benefit both parties. The revolution is cuming—and Becoming Cliterate offers a radical, simple solution to progress and pleasure for all.

[Female Oral Stimulation](#) - Efrain Stpeter
2021-05-21

If you want to learn how to give a woman oral sex for her pleasure, for her orgasms, then you've found the right book. In this book, you will discover: - Why Women Love Oral Sex - Benefits Of Oral Sex For Men And Woman - 6 Things You Need To Know Before Oral Sex - What Your Girlfriend/ Wife Loves About Oral Sex - Quick Oral Sex Tips For Men - 11 Secrets On How To Eat Her Pussy - The Magical Guide For Men! - The Top 6 Oral Sex Tips - How To Give The Best Oral Sex To A Woman And so much more! Simply scroll to the top of the page and click the "Buy now with 1-Click" button for an immediate download!

How To Give Your Woman Multiple Orgasms
- Bunmi Akintilo 2014-05-13

This book reveals how to be skilled at giving women multiple orgasm. By reading this book, you will discover: Various types of sex through which women can have orgasms. Phases/stages of sex. Pre-requisites to giving women orgasms. 3Cs of orgasm. How to activate the excitement membrane in your penis and shorten your refractory period. How to increase your penis size without drugs or stress. The principle behind your early morning erection and how to apply the principle to your sex life. How to activate over 50,000 sexual nerves in a woman's body. Read this book and increase the percentage of women that derive orgasm from sex.

[I Love Female Orgasm](#) - Dorian Solot 2008-03-03

Whether you're celebrating your thousandth female orgasm, searching for your first, or cheering on your girlfriend or wife, women and men across the country agree: I Love Female Orgasm! I Love Female Orgasm is crammed with everything you want to know about the big O, including: How to have an orgasm during intercourse--and why most women don't
Directions on finding your way to the G-spot
Detailed advice on how to have your first orgasm
Advice for better oral sex
Tips on surfing waves of multiple orgasms (even if you usually have

just one) The truth about female ejaculation (yes, it exists!) Answers to your questions about vibrators, sex toys, piercings, and more The real deal on orgasms for lesbian, bisexual, and queer women An entire chapter for men on how to turn her on and get her off Plus tips for partners in every chapter Solot and Miller have spoken to thousands of men and women and surveyed thousands more about their experiences with female orgasm. Here they share all that they've learned--plus give you a sneak peek behind bedroom doors as women and men share their favorite moves, mistakes to avoid, and best "oh, yeah!" moments. span

Female Orgasm - Shalkal Carty 2021-12-13
Most men don't know how to give their women orgasms, and the statistics confirm it! Surveys say that approximately 75% of women have never experienced a vaginal orgasm! so the few women who usually receive orgasms almost always receive them thanks to the CLITORIS. Do you know how to stimulate the clitoris to give orgasms? If the answer is "NO", then most likely you are among the vast majority who do not know how to generate orgasms. This little book is a guide with basic techniques that will make you achieve orgasms and please women about 100% of your sexual relations! If you are a man, this book will help you to be the king of orgasms! And if you are a woman, it can also help you feel them more often. How? Well, giving it to your partner or reading it. Orgasms for Beginners and For Experts!

How to Get an Orgasm - Juliette Lane
2014-10-03

If you want to learn how to get an orgasm - with or without a partner, then this book is for you! Have you ever experienced a mind-blowing orgasm? That blinding moment of ecstasy during sex, when all your muscles tense up and incredible waves and waves of pleasure wrack your entire body? The sensations are so intense, you're prepared to die and ascend to the heavens at that very moment. The orgasmic experience varies from one person to another, but if you have never experienced these gratifying orgasms, you're missing out on life. Big time. Believe it or not, a large number of women haven't truly experienced orgasm or the "Big O." Many of them will deny it though, because of embarrassment and the thought that

maybe it's because their partners don't find them sexy enough. They'll fake orgasm with moans and cries of pleasure and their partners won't even know the difference. If you're one of these women, then you've got to know that you can do something about it! Having a sex life without experiencing orgasm is like living in a state of incompleteness, simply due to apathy and fear. Don't let this be the story of your sex life. Now is your chance to learn how to make yourself orgasm, with or without a partner. This book provides detailed steps on exactly how to do just that. Let's get started, shall we?

Oral Sex That'll Blow Her Mind - Shanna Katz
2012-07-10

BECOME AN ORAL SEX AFICIONADO You can't be a superstar sex partner until you've mastered the subtle art of cunnilingus. For starters, you need to get your timing down, learn what licks feel good and how to be sure your partner is truly enjoying your efforts. Luckily, Oral Sex That'll Blow Her Mind teaches all this and a whole lot more. Whether you're just getting started or are practically an oral expert, this book has just what you need. It's packed with tips and techniques to improve those tingling tongue moves and features tastefully erotic photos of positions perfect for oral pleasuring. Oral Sex That'll Blow Her Mind is far more than a set of skills. It explains how cunnilingus helps you feel connected with your partner (whether you are the giver or the receiver) and how to enrich that experience.

Make Her Orgasm Again and Again - Elizabeth Cramer
2015-03-07

You've been thinking about her all day. Over and over in your mind you've been imagining the two of you making love tonight. You don't just want the evening to be a good experience. It needs to be a great experience for both of you. Searching your thoughts for the best wine to select or the right words to say, it dawns on you that the way

to make the night memorable for you both is to ensure it ends with her having an explosive orgasm that rocks her world and shows you are an attentive and amazing lover. If that's the case, this book is for you. Mysterious, explosive, transcendent, hot, joyous, pulsing, out-of-control release; no matter how you describe it, orgasm is a one-of-a-kind experience. Every woman is a little different in how she feels it, and how she feels about it. Yet, this unique and supremely pleasurable moment is one of the most sought-after and misunderstood in our sexual lives.

"Make Her Orgasm Again and Again" takes you through the experience of female orgasm. You will know what to say to your lover to heat up her mood. You will learn foreplay tricks that put your woman on her toes and ready for what's to come next. It shows you different types of orgasms and the techniques to achieve them. You will know the real truth about female ejaculation, the G-spot and how to stimulate it, and simple techniques to give her multiple mind-blowing, squirting orgasms all in the same night.

The Good Orgasm Guide - Kate Taylor
2002-01-01

Earth-shattering orgasms, unending ripples of pleasure, hours of rapture broken only for a quick drink or shower...We've all heard about it, but how many of us actually achieve it? Help yourself to amazing orgasms with the definitive guide to reaching your orgasmic potential. It's packed with practical information and hot tips and quotes from real women. From the dedicated beginner to the experienced orgasmee, the book takes you on a journey of discovery - learn about the health giving benefits of orgasms, the ins and outs of orgasming with your partner, the joys of tantric sex and the piece de resistance THE SIMULTANEOUS ORGASM. Witty, warm, titillating and informative, it's a must read for women of the new millennium who like to please themselves.