

Inspire Your Lover

Get Him To Make Love To You Right



Nadine Piat presenting Jonathan Green

Inspire Your Lover

-Get him to make love to you right-

By

Nadine Piat



HEALTHY YOU
HEALTHY
LOVE

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Nadine is a certified Professional Personal Coach and Behavioral Change Coach and she shares her knowledge, learning's, tips and advice as guidance and as entertainment only. We encourage you to make informed decisions in your life and to seek professional support as necessary.

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♥♥ Foreward ♥♥

by Nadine Piat

In today's world couples are dying for more intimacy and connection. Humans love to connect, to be understood, to be loved and to develop strong bonds. And irrespective of gender we want to LOVE and experience this love through the magnificence and beauty of a passionate and sensual sexual union.

Communication is the pathway to conscious loving and conscious sexuality, how we relate to ourselves and another is hugely important if we desire to engage with a man in a way that's free, open, committed and healthy...

Many find themselves coupled up, yet not necessarily happy or fulfilled and they seem to have little to no idea how to improve their relationship or know how to attract the kind of mate or lover they truly desire.

This is not to say that the man you're dating, your partner, lover or spouse are clueless or have no communication or relating

skills. Perhaps the male counterpart of your relationship is more open and in touch with his feelings and emotions than you are...

Whatever your relationship dynamic is – the way we make love and the way we view sex as an individual and as a couple will either; strengthen the bond between two people, have you in no-man's-land, or it will divide you.

I have a lovely friend who's in her 60's and she been in a relationship with a man who can only get aroused when he watches pornography or when he's thinking about wild or dominatrix style sex. He likes it dirty and vigorous, he loves to express his fantasies, which often involve her with other men and/or women... and he's rarely, if ever, present with her. This is not working for her at all.

She avoids sex with him and as much as he's so loving and sweet in other ways – the way he is sexually has started to move the relationship towards a fast and steady downward spiral.

He's openly admitted that he has a real problem and they've decided to work through it – whatever happens is yet to be revealed, yet the bottom line is, sex can make or break a relationship.

So this is why I asked Jonathan Green to share what really happens in a man's world. Understanding how men think and

what “things” mean sexually to a man is valuable to any woman...

Of course, not one person is the same. Please do not assume that what Jonathan shares applies to every living and breathing male on the planet. That’s unrealistic! This is a guide providing greater understanding, allowing you to experience sex with new eyes and new possibility.

Jonathan openly and candidly answers many of women’s niggling and burning questions...

♥ *How do men really think?*

♥ *What do men go through on a deeper level when it comes to physical intimacy?*

♥ *What don’t woman know about the more delicate aspects of the male psyche?*

♥ *What do they really want from a lover and partner?*

Inspire Your Lover offers great insight that you can use to help you to develop an incredibly powerful bond with your man (or a new man). All you need to do is apply what I shared with you in SOS along side Jonathan’s information and there should be no reason why you can’t experience the greatest sex of your life.

You may come to see that forming a more intimate and pleasure filled sexual connection is much easier than you thought.

I'll now leave you with Jonathan Green... enjoy his insight to *men's secret business*.

Nadine Piat xo

♥♥ Introduction ♥♥

Few males achieve any real freedom in their sexual relations even with their wives. Few males realize how badly inhibited they are on these matters.

— Alfred Charles Kinsey

If you have read the main SOS training you've already taken steps down the path to sexual fulfillment. Now that you know what brings you the greatest sexual satisfaction, we want to take your knowledge to the next level. How can you open your partner's eyes to the acts, positions and emotions that bring you the to highest levels of sexual satisfaction?

In this companion guide, written by a man, we will delve into the mind's of men, albeit the general male, and show you how to communicate with your man in a way that will make him DESIRE to improve as a partner and a lover.

We will unlock the deepest desires of his heart to bring the intimacy in your relationship to the next level.

By connecting with your man on a deeper physical level, you will open the doors to deeper emotional intimacy as well. The more physically connected to you he feels, the more comfortable he will become about revealing his true inner self.

Connecting on a deeper level is how you keep his eyes on you, right where they belong, and keep other women out of his mind. This is one of the keys to building a relationship that lasts in our modern society.

It's time to overcome one of the biggest barriers to increased sexual connection and pleasure – the idea that you *can't tell a man what you like*.

If you focus all your energy on protecting your man's ego, rather than telling him the truth, you are planting the seed of dishonesty in your relationship. It can start with one little white lie to protect his ego. From there the lies grow and grow.... First, you don't tell him a certain position you like, then you don't tell him that you don't like the way he uses his mouth, then you start faking orgasms.

There are a host of recent studies that show as many as eighty percent of women have faked an orgasm and twenty-five percent of women fake their orgasms ninety percent of the time. That means that one out of four women have one orgasm for every nine they fake. Those statistics are very daunting for men. Men are very aware of the fake orgasm and constantly live in fear of it.

When I was in college I used to ask all my partners if they had an orgasm. I quickly realized that no matter how I asked my questions and expressed a desire to improve our sexual connection, they would never tell me the truth. We have a society where the majority of orgasms are fake. My partners quickly trained me to stop asking. Then they trained me to stop caring.

If a woman isn't going to tell me whether she had an orgasm or not and refuses to tell me how I can increase her pleasure, all because she imagines she is protecting my weak ego, why should I bother trying?

That's a very important question that I want you to answer before we move on. If a man gets the same results whether he tries or not, why would he try? Lying to him about your orgasms removes any motivation he might have to work harder in the bedroom.

Once you understand how a man feels when he's with a woman who's faking her orgasms, you can understand the importance of honesty in the bedroom.

You can protect your man's ego from a tiny amount of bruising by faking your orgasms, but the punishment you suffer for this decision is a lifetime of bad or mediocre sex.

One of the reasons men start to stray later in life is that they encounter a younger woman who is more sexually liberated and takes the time to teach him and show him how wonderful and amazing sex can actually be. You could spend ten years having inferior sex with your man in order to protect his ego and that protection can be the very reason he leaves your arms.

Refusing to tell your partner the truth because you think he can't handle it is actually quite condescending. You are assuming that his ego is weak. That he responds to constructive criticism like a baby. And you are also assuming that he cares almost nothing about your sexual pleasure.

How would you feel if your man made those three accusations about you?

It wouldn't feel very good, would it?

This book is about how to communicate with your man in a way that makes it EASY to tell him what makes you feel better. You can create a relationship where his pleasure is built in tandem with your pleasure. The more you enjoy sex, the more he will feed off that enjoyment and you will both soar to higher levels of climax.

There are two major benefits to being honest with your partner in the bedroom – sexual satisfaction and a strong relationship.

The first of these benefits is obvious. If he starts doing what you like in the bedroom you're going to enjoy it more.

The second benefit is by far the more powerful and long lasting. Being honest in the bedroom will actually strengthen your relationship with your partner. You will remove those layers of dishonesty and replace them with layers of trust.

You might be thinking that he'll pull back when you tell him he's not the ultimate lover yet. But let's take a closer look. Whose compliments do you trust more – a man who always compliments you whether you look good or bad – or a man who compliments you when you look great and is honest when you just left the gym and are not looking your best? Honesty turbo charges compliments and gives them a lot more value.

When your man knows that you're not a liar in the bedroom, everything changes. When you tell him he's doing something great, he'll actually believe you. And that is very powerful.

♥♥ Importance of Sex in a Relationship ♥♥

Introduction

Sex is a crucial part of a healthy relationship.

But.

When sex becomes the primary component of the relationship, what you have is an unhealthy relationship. I have seen many relationships where the ONLY thing holding them together is the sex. A man will keep seeing a woman even if he has zero feelings for her, if the sex is amazing.

Is that the kind of relationship you want?

These relationships simply cannot last. Sex is a pillar of a great relationship...but it can't be the only pillar.

Wouldn't you rather have amazing sex with a man who actually adores you?

The idea here is that sex is important, but it can't be the ONLY thing in a relationship. Healthy sex is a way of communicating with you partner.

When you have a good sex life, it can be the canary in your relationship. Sex is one of the first places that a relationship changes when your partner starts shifting. Long before your partner tells you they want to leave, the sex will change. It's an amazing early warning system if you are paying attention.

A study published in *Nature* in 2005 showed that emotional problems in relationships lead to sexual problems. At first only one person in the relationship is feeling those emotional problems and it can take their partner a long time to catch on. But sex is a two person sport. So the noticeable changes appear in the bedroom much sooner.

When there is a change in the relationship, the first thing that gets affected is your sexual connection. If your man starts to be less attracted to you, the sex will decline. If he starts bringing new tricks into the bedroom, he may be learning them from someone else. If his sexual appetite increases, this could be caused by a promotion at work.

Changes in the bedroom don't always signify something is wrong, but it's important to respect your sexual communication.

Many relationships slowly drift apart until the partners realize they haven't had sex for years.

They ignored all the early warning signs. They are in a house littered with dead canaries. Rather than take action or discuss their sex life, they chose to become embittered roommates who are just "staying together for the kids", for financial security, or because it's familiar, the relationship provides a perceived "comfort zone", albeit an uncomfortable one at that (funny that).

This is not a relationship that anyone aspires to and you can avoid this by paying attention to the lines of communication with your partner in the bedroom.

There are a lot of misconceptions that men and women have about sex. The more you can get past those, the clearer the lines of communication will be. One of the biggest misconceptions men have is that women don't enjoy sex. How many times have you seen on television where the wife cuts off sex as a way of punishing the husband? We are taught this paradigm that men like sex and women give us sex if they like us.

As you know, women enjoy sex.

If you didn't, you wouldn't be reading this book. But there is a very good chance your partner has this thought in the back of his head. He might see that you really like sex. But he's been told thousands of times that men like sex way more than women. If

you just broach the subject with your partner. You can make a huge difference.

Just ask him if he thinks women like sex as much as men... and if he says that he thinks that that's true, your response shall certainly get him warm and excited and his blood pumping!

Let's start this book off with a little experiment. I want you to experience this book as more than just words on a page. Ask your friends or relatives who are divorced about the sex before the relationship finally ended. Find out if there were changes and how long between those changes and when the relationship ended.

You'll find that most divorced couples the sex dropped through the floor long before they finally called it quits.

This is important information because now you know that if the sex changes you should be paying attention. This gives your relationship MUCH higher odds of success. And I want you to go the distance.

♥♥ Power of Communication ♥♥

It's strange when you think about it, but most of us find it easier to have unprotected sex with a stranger than to talk about our deepest sexual desires with a long term partner.

Our society has created so many unhealthy sexual taboos that we have spent the last thirty years focusing on all the wrong ones.

People freely express extreme fetishes in public, but they can't tell their partner what they really like for fear of rejection.

It's very common for kids in college to lose the condom. It's definitely happened to me once. The condom is lost inside the girl and both of you are freaking out. Most girls go to the emergency room. They would rather have a strange doctor help them than the man they were just so intimate with.

We are very comfortable with some parts of our sexuality but in other areas we as a culture are very inhibited.

If you can overcome your fear of being open and vulnerable with your partner you can start to take your connection to the

next level. In SOS, you learned about connecting with yourself and learning to understand your body on a deeper level.

You have learned how to communicate with yourself in a deeper and more meaningful way. How wonderful would it be to have this deep level of communication with your partner?

Sex at its deepest level is about trust. You are naked and completely vulnerable. You are opening yourself up in the most intimate way possible. Many of us can't deal with being so vulnerable, so we create barriers to protect our minds. Sometimes these barriers are fueled by alcohol and sometimes they are mental or emotional. Some men even have sex wearing all of their clothes.

As long as there are barriers in between you and your partner, the intimacy will always be limited. You want to achieve deeper and longer orgasms. This comes from having a partner who can play your body like a violin.

Nobody is born a master violinist.

They learn by studying and practicing extensively.

Before you try to talk to your partner about their performance in the bedroom, try to just open the lines of communication. Find out where he learned his different moves. Most men learn sex when they are teenagers and then nobody ever teaches them

anything new. So they never change or grow. If you just talk to your partner and learn about his assumptions and misconceptions, you can start to open up all those lines of communication.

The safer he feels talking to you, the better the sex will become.

It's quite easy for two people to have sex and yet feel completely distant. Each partner can be lying there imagining they are with someone else. Or thinking about errands or work the next day. A physical connection does not guarantee the emotional or mental connection. Plenty of people have one night stands without even knowing the other person's name. They get a physical need met, but nothing beyond that.

We want to develop a relationship where you can achieve the highest levels of orgasm with your partner. And that demands high levels of intimacy.

Strong communication leads to intimacy.

♥♥ Danger of Ego ♥♥

Humans are creatures of ego. And there is no time when ego is more dominant, then when we are completely naked and totally vulnerable.

Standing in front of a woman wearing nothing I feel completely vulnerable. I realize intellectually that she is having the same thoughts about her nude body. But really men just don't fully believe that. A woman's naked form is so beautiful. A man's body is at best utilitarian. With no clothing to protect a man, his only defense is his ego.

When you are completely defenseless, every single attack can be brutal.

Every man harbors a secret fear that a woman will laugh at his penis. It has nothing to do with his actual size or how pretty it is. It's just this deep-seated fear that men have deep within them.

I know that it can feel very dangerous to let a man know that he's failing to please you. As a man, I can tell you that I've had multiple women give me long talks about changing my techniques and rhythms.

Nobody is a natural. Everyone has a teacher.

And if he was taught by a woman with a completely different set of passion triggers....well, he will be playing you like a fiddle when really you're a violin. He has great technique, but it doesn't work for you.

If you can find a way to let him know that you are unique and create an environment where he feels safe expressing himself, then you will be able to train him to play you correctly.

As much as a man is ego-driven, a huge part of that ego is attached to his performance in bed. Women are inundated with images of models and perfect bodies constantly. What you may not have noticed is how the same curse has now fallen on men too. When was the last time you saw a man in a movie with anything less than a six pack. I can count one one hand the number of actors who don't have rocking bodies these days.

When I was a child, muscular heroes were the exception. Superman was chubby and so was John Wayne. I don't think Charles Bronson ever took his shirt off in a movie.

But those days are long gone. Recent health studies have shown that over fifty percent of men dislike their bodies. That number is growing and it's a sign that men are catching all the same psychological stress from magazines and media that women

have for the past few decades. More and more men feel inadequate. It's even worse with the younger generation. Eighty-four percent of men in college want to be more muscular. These men are at the peak of their physical condition and they still feel inadequate.

Those same studies have shown that women sleep with muscular men faster and more frequently than they do average men. So not only is the media pushing men to alter their bodies more and more. They see women around them rewarding those men with more and more short term relationships. That seed is planted in the back of your man's mind and we want to be sure we remove that weed from your garden.

Your man needs to feel safe and attractive when he is with you.

The entertainment industry is constantly pushing the envelope when it comes to superficiality and the perfect body.

And unfortunately, it's not reality.

It takes six to ten hours to photoshop a single picture of a model. Think about that for a moment. Those women you see in magazines don't even look like that. They go through hours of hair and makeup and they still aren't pretty enough to have their picture published. It has to go through the hands of an "artist" who spends hours shaping the cheekbones, lengthening the neck

and doing about a thousand other things just to make her pretty enough for public consumption.

Have you noticed that in movies recently every man and woman has perfect, piercing blue eyes? That's not actually natural. That's a new computer effect recently developed.

So men are pumped full of all this false information. It doesn't exist anywhere in reality. We have been trained to look for imaginary women and to hold ourselves to imaginary standards.

So when a man is standing there naked in front of you, he's going through all of the same mental calculations you are. He's wondering if he's as good as you expected.

He's terrified that you'll say something brutal.

Men's egos can be so fragile. Especially at a time like this.

As someone who's been around the block a few times, I can tell you that men experience the full spectrum of treatment from women. I have had women compliment my penis in different ways and I have had a woman give me a score after sex. She was nice enough to break it down into categories like kissing, hands, oral etc.

She wanted to alter my behavior in the bedroom and hopefully you can tell she did it the wrong way. It really hurt my feelings.

Men also attach ego to their performance.

So there is a dichotomy. We want to improve, but we don't want to feel like we failed. This is the challenge of communicating in the bedroom. If you can find a way to let your man know how to get better without bruising his ego, it's a win-win situation.

That woman who gave me a score accomplished two different things with her brutal tactic. I tried a lot harder the next time we were together and I started to hate her.

You can communicate your desires to your partner without being cruel.

That's very important.

You want to start from a place of love and a desire for good things to happen to him. You want to balance the long term against the short term. As humans we are very bad at sacrificing short term pleasure for long term gain. It's why people are overweight, smoke, cheat on each other etc. All of those things have serious long term consequences and yet in the moment...we ignore them.

What your struggling with is the thought of that awkward conversation. Where his feelings are hurt because you've shattered his illusion that he's a master lover. Now, in this guide

you are going to find out how to avoid this awkward moment. But even if it happens, let's weigh the results logically. A fifteen minute awkward conversation weighed against decades of mediocre sex. Which one is really worse?

As we dig deeper we will show you exactly how you can create the safe place for your partner where you can both express what you really want. That safe place will ensure that his ego is protected and that you get to enjoy a lifetime of amazing sex.

♥♥Unlocking Your Desires♥♥

Pornography v Erotica

Women express their sexual desires in ways different to men.

Men enjoy imagery. Which we call pornography.

Women enjoy words. Which we call romance novels or erotica.

There are tons of studies that show this split, but I'm sure you already knew that.

There is a much higher stigma attached to pornography than there is to romance novels. Just think about how differently you react to the terms.

Men express their fantasies and explore their sexuality first through the medium of pornography. It's so prevalent in our society. And it has caused a dramatic shift in how we perceive sexuality.

The first time I saw a naked women, post puberty, was when some friends and I stole a dirty video from the mall. We were so

excited because it was something elicited. I remember it vividly because it was so unexpected. It was naked women washing and rolling around on expensive cars.

I've never been a car guy, so that part didn't interest me. And I just thought it was weird that these women were naked and rolling around on the cars.

Compared to the images people face nowadays, my experience seems almost innocent.

I was in a room with several other guys and we were all scratching our heads and wondering what was so great about this stuff. It was interesting, but that's all. I don't think we even watched the movie a second time.

The generation before mine didn't even have dirty videos. They had to go to theaters to see anything like that.

This isn't to point out the history of pornography. But more to show how readily available things have become and how this has caused a shift in the minds of men.

Teenagers now can see full penetration at the click of a mouse. That's something that I never had to face. I'm sure that now I've been dramatically affected by this as well, but the generation younger than me really has some challenges. Their entire perception of sex is based on what they see in pornography...

The sounds they make, the weird camera angles, the bright lighting, the lack of kissing, and no hair anywhere. They see this and assume that this is how sex between two people who actually have an emotional connection should be.

One of my female students in her early 20s recently told me that she'd never been with a man who wasn't hairless downstairs and that no man had ever kissed her during sex.

That's something guys are definitely learning from pornography.

As we'll talk about shortly for men there is a big distance between pornography and reality. What we watch and what we actually want to do are very different.

But for women, fantasies, erotica and reality and much more closely aligned.

Erotica has become almost as powerful as pornography in our society. The same people that complain about dirty movies completely ignore dirty literature. If you take a look at Amazon – out of the top fifty books, at least forty-five are ALWAYS erotica. They call them romance novels, but they are just the female version of pornography.

How many women have you seen in public reading Fifty Shades of Grey?

So these books are affecting more and more women's ideas of sexuality. I'm pretty open-minded but even I'm shocked by some of the stuff in those books. I used to think I had a really great imagination...

M v F Fantasy

Why are we talking about pornography and erotica when this is a book about connecting with your partner?

Because we want to understand sexual foundations. We need to understand where we've come from to see where we are going.

This leads us to something very important.

Men have very distinct barriers between our sexual fantasies and our real desires.

Because there is such an abundance of pornography available, men tend to sample everything to figure out what we like. Most of it is stuff we would never tell the women in our lives about.

So we get motivated by curiosity as we try to discover our sexuality.

There is this false assumption that if a man watches something in a dirty video he immediately wants to try it with his girlfriend. Or that he's watching the video because she isn't meeting his needs.

That's a massive miscommunication.

There are a lot of things that I'll enjoy in a dirty movie that I have zero desire to try in real life.

In fact, recent research shows that males are thinking more about past experiences and current behavior, while females are thinking more of imaginary experiences.

Most men when in their pure fantasy world alone are only thinking about things they have already tried. They are rarely thinking about new ideas. Men just aren't as creative as women in their fantasies.

Men aren't really connecting fantasy with reality, so when a woman brings fantasy into our world, you want to do it in the RIGHT way...

One time I was in bed with a woman who asked me to go get my belt.

I couldn't think of a single reason that would be a good idea.

So many scary thoughts were running through my head. Did she want me to whip her? Did she want to whip me? Was she going to tie me up? Were we about to go through some horrible attack about my weight as she measured my belt and said it was too long?

No. She just wanted me to wrap it around her neck and choke her until she blacked out while we were having sex.

I was terrified.

Like every other guy on the planet I've seen some choking in pornography and in regular movies. But I really didn't want to try it in real life.

So I said no. It just wasn't for me.

I started thinking about reality. I've never choked anyone before. So I have no idea what's too soft and what's too hard. What if I hurt this girl? What if she doesn't wake up? How do I explain that one to the police. Because it sure doesn't sound like an accident when I say it in my head.

What happens if I do it perfectly? And we're riding in the elevator, holding hands and her neck is covered in bruises. Is anyone going to think that she's kinky? No, people would assume that I'm a monster who beats up his girlfriend.

As much as I wanted to bring her to the next level, her fantasy and my reality were completely incompatible. This was our first time in bed together. I wasn't ready for it.

Her fantasy and reality were completely aligned, whereas mine were not.

She assumed that because I'd watch something in a video with her that I'd actually want to do it.

But that is not correct.

Pornography is super artificial. The men and women don't look like real people. I've been to an adult convention where all the people in that industry gather. I wouldn't want one of those dudes in my house. I want to keep a lot of distance between me and that. I don't want my fantasy to meet THAT reality.

In men's fantasy, the story doesn't matter. There is no adult movie with a good plot. Or good acting. Every guy I know fast forwards through all that awful dialog. It's unbearable.

But romance novels are all about the story and the journey. They are much more focused on realism and anchoring their stories in real life. If the romance novels were just about the sex, there would be a LOT more books about aliens and other worlds. But there aren't. They are all anchored in the real world.

Because for women, there is a connection between fantasy and reality. For most men it's quite distant.

Men do learn terrible behaviors from dirty movies. They stop kissing, they want weird positions, they shave everything...but that's because of ignorance. They don't know any better. It's not men in their thirties doing that. Real men who have developed fully into adults, see a clear delineation between fantasy and reality.

In fact, as some men mature, they no longer desire to watch pornography, it no longer goes anything for them because it's empty, robotic and unemotional.

Irrespective of where a man is on this journey, if you want to experience good sex, then it's important to know this and know how to work with making him your Don Juan. Your ultimate lover in the real world.

Expressing your Fantasies

Now I have been with women who got me to try out their fantasies in the right way. But how do you tell someone when they are doing something terrible?

It's not that the girl who wanted to be chocked expressed herself and I rejected her. It's that her fantasy was extremely violent and I wasn't ready for it. The first time together is a little too soon to take someone to the edge. She didn't try to ease me into anything or talk to me about her fantasy. She just asked me to do it. It was just too much for me.

You want your partner to tell you his fantasies without you reacting in a negative way. And then you can tell him your desires and experience the same trust and connection.

It's very important to be open to everything he has to say. If you respond negatively when he first opens up, he'll start to shut down. This is how men start to bottle up their fantasies and desires.

Even though there are many things he might be interested in that you would never want to actually do, it's important to provide a safe place for him to express himself. Later on we'll show you can help him express those ideas and meet those needs without you having to cross any of your own sexual boundaries.

When I was younger I dated a woman in her mid thirties who was stunning. I couldn't believe she wasn't married. That was my very first thought when I met her. She had a powerful sexual energy and a great personality.

She seemed perfect.

Until we got into the bedroom. Where I discovered that she had two massive flaws and wasn't interested in communicating about them.

The first was that she's the worst kisser I've experienced in my entire life. Now there are good kissers and there are bad kissers. And the truth is that everyone has a unique style that they like.

Unfortunately, I was a terrible kisser for most of my life.

Finally, in my early 20s a girl grabbed me by the cheeks and asked me what I was doing. She then retrained me from the ground up. I used to kiss like a boa constrictor. Open your mouth as wide as you can, attempting to unhinge the jaw. Clamp shut. And repeat. That was my original kissing style.

A lot of women ended up with their noses in my mouth. I can't believe how many women didn't tell me what I was doing wrong. I wish someone had taken the time to be honest with me a lot sooner. Looking back I'm sure that a lot of girls decided to never see me again, rather than retrain me.

Somehow this woman had developed a kissing technique where she only used her teeth and not her lips. It was like kissing a velociraptor – you know those scary dinosaurs from Jurassic Park. There is no other way to describe it. Everything my lips touched was either hard or sharp.

I tried to ask her what was going on and she got pretty upset.

She told me that no one's ever complained before.

Most men won't tell a woman when she's doing something wrong in bed either. Women are nicer than men. You don't tell us because you don't want to hurt our feelings. Men don't tell women, because we don't want to lose sex.

I said something because kissing her actually hurt. It was uncomfortable and not even a little bit nice. Who wants to kiss teeth?

Unfortunately, this woman had marched all the way into her thirties as a terrible kisser.

And nobody was kind enough to tell her.

So I adapted. It turned into a wrestling match. She would come in to kiss me and I would do everything I could to keep her mouth from reaching mine. I would move my head out the way.

Pretend I wanted her to nibble on my ears.

Pretend I wanted her to "kiss" my neck etc.

It was a total battle. Because we couldn't communicate.

And then she told me that she doesn't go down.

I was of two minds. One I didn't know that actually existed anymore. And two, did I really want a velociraptor going down near my special place?

She told me that she was so good at sex that she didn't need to go down on the men she dated. The thing is. She wasn't able to keep a relationship going. Every relationship she ever had – had failed. I can understand her developing a way to justify not doing something she doesn't like. But when pretty much everyone else is doing something and it's become normal; she made herself the exception.

Even if she does eventually find a great guy to spend a long time with. Eventually that desire is going to overwhelm him and he's going to go outside the relationship seeking that release.

This might seem like a negative story, but it is actually a good thing. By being honest with each other early on, we realized that we were not sexually compatible.

Do you want to invest months or years of your life with the wrong person? The perfect partner could be just around the corner and the only thing keeping you from finding him is playing games with your current partners ego.

It's not necessary.

I communicated both of the things that weren't working for me. So she was in a position to make a decision. She decided that she was not going to use her lips to kiss and she certainly was never going to go down on any man.

One or the other I could probably forgive. But both of them together made it pretty clear we weren't going to work out.

It's really unfortunate that she had no interest in improving. But she was set in her ways.

One of the problems with so many people lying to each other in bed is that we can become locked into believing a falsehood.

She believed that she was a great kisser because nobody had ever told her otherwise. But she was a stunning woman in London who couldn't get a serious relationship in her mid thirties. She didn't connect the two together.

So all these men had pretended her awful technique was acceptable because they had decided it was only going to be a short relationship and they wanted to have sex with her. If I'd kept my mouth shut, I would have had the exact same relationship. I could have endured her raptor kisses for a few sexual encounters.

We'll talk about this more later, but sometimes a man decides to sleep with a woman when he's already decided he never wants to see her again. He might even sleep with her for a few weeks, but the entire time he's planning his exit strategy.

It's possible that when you first try to talk to your partner he won't be accepting. If you have built a relationship, then you can help him grow and modify his behavior. But if it's your first date and your first night in bed together, his defenses may still be up.

You might not be able to just tell him that he has bad breath and needs to deal with it. You might just have to start messing with his diet and fix it on the sly for him. If he's a bad kisser, you may have to talk to him about different kissing styles and how you want to try different things. Easing into it can help a lot.

Don't worry, we are just getting started!

Positive Expression

Men figure out their desires three ways – mental fantasy, pornography and real world experience.

Because there are so many forces swirling in a man's mind, it can take him a while to develop his sexual identity.

My concepts of my sexuality have changed dramatically throughout my life. What I wanted at 16 is NOT what I wanted at 25 and it's definitely not what I want in my thirties. We live in a society that makes it difficult for men and women to express themselves sexually, so it takes longer for our sexual maturity to develop.

The only way to really figure out what you want is to experiment. As we'll talk about later, a safe place is the key to that unlocking. But first you want to see that there ARE positive ways to express your desires to your partner.

You can convince your partner to try out your fantasies, even if he's never even considered the idea before.

I once dated a woman who was obsessed with vampires. And not the boring, teenage-angst vegetarian vampires that are so popular right now. She was into the gothic sexual vampire fantasy.

Her fantasy was very specific and involved being chased through a garden at night. She would be wearing all white and there is a fog so she can't see very far. The vampire chases her and then there is a sexual conquest.

We didn't have a garden and I certainly can't call fog on command. But we did experiment with biting, something that

wasn't part of my fantasy or desire at all. She brought me into her fantasy world. She made it excited and I wanted to try it.

We didn't bite hard enough to break the skin or draw blood. I don't think I could handle that. Fortunately, that wasn't a part of her fantasy.

It was more about the dichotomy between pleasure and pain.

I really enjoyed the experience. In the morning my neck was covered in bruises. I looked like I'd lost a fight.

I've never done that with anyone else. It really hurt but it was also really sexy. It's hard to fully explain it. But the biggest part was that I could see I was fulfilling her fantasy and that really turned me on. Like all men, I really enjoy when I'm giving my partner a lot of pleasure.

By communicating her passion about the fantasy she drew me in. It was something intriguing and that caught my attention. I haven't done the same thing with any of my other partners. Vampires were her fantasy, not mine.

For women, fantasy and reality are much closer than they are for men.

Once we begin to understand how men and women express their fantasies differently, we can begin to move forward into achieving amazing sex with an amazing partner.

♥♥ Creating a Safe Place ♥♥

How men view sex

You can tell a lot about how a man feels about a woman based on how he has sex with her.

Men do not sleep with all women in the same manner.

If a man is really attracted to a woman, he will pull out all the stops. He'll use his special moves and his secret techniques. He'll spend an hour running his hands over her stomach and all sorts of other erotic moves that he won't bother with for a woman he's just a little attracted to.

If a man is very physically attracted to a woman, he'll want to do everything he can to maximize her pleasure so that she will want to come back again. His pleasure will be almost secondary. He's focused on getting her to come back again and again. So his sex reveals his priority.

Men don't sleep with their wives and girlfriends in the same way. One of the reasons men have a mistress is so that they can do the things in bed with her that they would never feel

comfortable bringing up with the mother of their children. This very important point brings me to what I like to call....

The Girlfriend Syndrome

(This is also similar to a 'commitment syndrome' or 'wife syndrome')

When a man is sleeping with a woman he never wants to see again, he will totally focus on his pleasure. He'll ask her to do the things that he is worried a long-term partner might think are "weird." This is not to say that on a one night stand a man isn't interested in pleasuring the woman, some men love to pleasure women at all times, they will simply go about it differently, they will "serve" themselves in a different way. Typically though, the man isn't too concerned about his hook-up's pleasure. It's still very one-sided.

A study in 1978 showed that when men perceive sex as the goal rather than the process, they are more focused on the feedback from their partner than they are on their own feelings. The man isn't emotionally connected to the woman so he's really looking to be told that he is good at sex. That's the feedback men are really seeking in one night stands and short term relationships.

That's why men are pulling out all the stops in short term relationships and cutting corners in their long term relationships. They just view sex differently when it's part of a complete connection.

If a man is seeking security from the relationship or the partner, then he will be very shy about expressing his wild fantasies. But if it's a one-night stand or he already has a wife to provide security, he will feel much more freedom to push the envelope. This is one of the things that drives men into an affair.

He isn't thinking logically of course, because the affair itself is threatening his main relationship. But nobody ever thinks they will get caught. He's just thinking about the chance to try out his fantasies.

So he's at work and his secretary comes into the office naked. Or he's having sex in a hotel pool with his mistress. Whatever wild things he's never tried with his wife, he wants to try with this new woman.

That's not to say that his long term partner would say no. It's just that they've had unhealthy or non-existent sexual communication. And after a while, especially if they've had kids, he'll start to change how he perceives her sexuality. He'll say things like, "I could never do that to the mother of my children." That tells you right away that he doesn't see his wife as a fully sexual being. He's started to see her the way he sees his

own mother. He doesn't want his dad doing that to his mom, so he doesn't do it to his own wife. He even thinks of these acts as something he would do to his wife rather than WITH her.

He's projecting. And he's probably misguided and his beliefs are distorted. If he actually communicated with his wife, she'd be much more open to trying things. What woman doesn't want to have a better sexual relationship with her partner?

Men are just as worried as women about being rejected for their sexuality. For example, almost all men like a finger in the bum. Even guys who say they are against it or think it's gay, will actually like it if they try it.

One of my good friends for ages said that he would hate it. Then one day when he was drunk his girlfriend tried it on him. Now he's hooked.

This simple act isn't that extreme when it comes to sexuality. But most men are afraid to tell their girlfriends they like this. They don't want to seem weird or deviant.

A man on a one night stand will act out his desires with the girl because he's not worried about rejection. He isn't worried that she's going to think he's weird and decide never to see him again. He has no intention of continuing the relationship, so there's no actual risk.

As strange as it seems at first, a man is more likely to tell his deepest desires to a woman he doesn't see a future with. But when he's with a woman and he sees some potential, he'll keep them to himself.

You know how when you meet a guy that has boyfriend potential you wait a lot longer to sleep with him? It's the same concept. You don't want to seem too easy to a guy you want to go the distance with and he doesn't want to seem too dirty or strange in bed to a girl he wants to go the distance with.

Men hide their sexual proclivities because they don't want to lose the relationship. It's a short term solution. Eventually he starts to miss these desires and regrets that the relationship doesn't have what he needs.

Men get into the same situation you're in right now. They have things they want in the bedroom but they have no idea how to broach the subject because they've waited so long.

Open Sesame, Close Sesame - Let him be vulnerable

What a man is looking for is a place where he can express his sexuality without the fear of judgment.

In my personal experience, there are certain things that I always wanted to try with a woman, but when I actually tried them it didn't do anything for me. The fantasy was far more interesting than the reality.

So those activities are locked out of my reality. Trapped in my fantasy world forever.

It's the same for the majority of men. Not everything a man wants to try in the bedroom will become a permanent fixture and as Nadine shares in her Simple Orgasmic Secret Program, fantasy should never be the starting point for improving your sex life. Don't skip the fundamentals, the stuff that makes sex truly intimate.

You want him to feel safe enough to share his ideas, curiosities and fantasies with you. Because if he can't share them with you, eventually he'll find someone else to share them with.

You aren't going to like all of his ideas. And you don't have to. There will be things that there is no way you'd ever want to try. That's ok. You don't have to do everything he wants. But you at least have to let him talk about his fantasies and desires. Later we will talk about how you can fulfill his fantasies without actually acting them out.

It's very important to allow him to express himself. You only have to react negatively to him one time. If you say one of his

ideas is gross or creepy or use any harsh negative language like that he will shut down. Men are very good at learning when to stay quiet. He will learn that if he opens up to you he risks judgement. He doesn't want that. He would rather stay with you than open up. So these desires will be trapped inside him like a tea kettle, until one day he just has to let them out.

And this is the whole point about Open Sesame, Close Sesame...

Women are beautiful creatures who can be sensitive, emotional and loving, and they can also be very unaware as to how they communicate with men. They can have double standards, and regardless of whether you are male or female, if someone is sharing a fantasy or a desire, no one wants to be laughed at or put down or disregarded.

The bottom line is, don't do it to your man! Granted, women are typically much better at letting a man know that he's said something to offend her, she may not say anything, yet he'll clearly know. As I mentioned, men will tend to retreat without a word spoken.

So back to men's wants, desire and fantasies...

If you don't like giving blow jobs. Don't worry. He'll find someone who does.

I know a lot of guys who got married and shortly after the wedding or the first child, the days of blow jobs were over.

Do you think that guy suddenly lost the desire to receive them just because his wife lost the desire to give them?

In my years of working with men of all ages to find relationship happiness, I have discovered that men who can't express themselves sexually at home always find an outlet. If it's not at home, he'll just go find it outside the home.

Sexuality is like a river. If you dam up one of his passions or fantasies, that river will just find a new path. You can't shut down his sexuality forever and you shouldn't want to. Because you want him to enjoy your river as well.

I'm not saying that you have to submit to any strange requests that make you feel uncomfortable. You don't have to do things that are outside of what you find acceptable or you are comfortable with. It's better to find out early on that you are sexually incompatible. Rather than wait ten years for his dam to burst and he leaves you behind with two children and a broken heart.

Like you, he wants to be able to be completely himself. And to be accepted for who he is. How can you even make an educated decision about starting a relationship with him if you've never seen his true self?

To a man, cutting off blow jobs, or anything else that you used to do together, is like bait and switch. He got them until the woman got the marriage, security and the children and then she took them away. It's a bit like false advertising.

Do you think a man would marry a woman if she told him that there would be no blow jobs after the wedding day and that sex would be once a month once they have children?

This man will become bitter over time. He will want to keep it a secret from his friends because other men can be cruel. When his friends find out how his woman tricked him they will make fun of him like crazy. So he will be feeling disappointed at home and he will be getting negative pressure from his social circle. And then they will encourage him to find a woman who is willing to do all those things his wife did before they got married.

The earlier in your relationship you both reveal all your passions and desires the more quickly you can figure out if you are actually sexually compatible. With SOS you've become more aware of your body and your desires. You want to share those with your partner. And you want to see his deep desires too.

That's the only way to figure out if you belong together for the long haul and to actually form a connection that can last.

Sexual Shelter – How to make a man feel secure

In SOS, Nadine goes into detail how important it is for a woman to feel safe and secure to experience open and free orgasmic sex. The same theory applies to men. Previously we spoke about ‘Open Sesame, Close Sesame’, now we’re going to look a man’s sexual expression on a different level.

What you want is to create an environment where you and your partner can communicate about sex without fear of awkwardness or bruised egos or judgment.

If you can tell your partner what you like, that’s so much easier than starting out with what you don’t like.

Imagine both of you feeling totally secure in each other’s arms. That’s the ideal that both of you are truly striving for.

And that starts by creating a safe environment for him to express himself.

If there are things that you are going to freak out about, then this won’t really work.

You have to accept him just the way that you want to be accepted. The more freedom, love and acceptance you give your partner, the more you will receive.

The easiest way to begin building this security is to couch the conversation in low-stress terms.

If you can get him to tell you about all his past sexual experiences, he will feel much more comfortable opening up about what he liked and didn't like in the past.

When The Past Is Helpful...

The more you understand where he started out, the more you can understand and guide his sexual journey. He may reveal to you that everything he knows about sex he learned when he was fifteen and he hasn't changed any of his moves since then. This is really valuable information because when you are ready to start teaching him new moves, you have a reference point. You can start to talk about how as you've grown older what you like in the bedroom has changed. You can talk about how what he does would have rocked your world when you were fifteen but now your body has new, deeper cravings.

This will make sense to him. By connecting with him on an intellectual level you can guide the river of his passion in the direction you desire.

It's interesting because the reason why we do something is based on our beliefs and it's amazing how many old and out of

date beliefs and stories about life, love and sex we can carry that no longer serve us today. This is why listening to him and sharing this past history and exploring new possibilities it not only helpful for your sex life, it's also helpful for the rest of a relationship.

So... when talking about your past sexual experiences and learning's, it's IMPORTANT to not attach acts to specific exes..You don't want to know what he did with Molly or with Sarah. And he doesn't want to know what you did with Brian or Elliot.

This isn't about talked about your exes.

This is about sharing your sexual histories. Your journey.

As your partner feels more secure sharing his sexuality, you will start to realize that you're feeling the same way. By helping him feel more comfortable, you will feel more comfortable as well. This security will bind your relationship so strongly that he will never be tempted by other women. You offer him the security that he has never been able to find anywhere else.

♥♥ Communicating Your Needs ♥♥

No matter if you're male or female, effective communication can be a challenge, particularly when it's of a sexual nature. And just because we're speaking, this does not always mean we're being clear, asking for what we really want or truly encouraging our sexual mate.

The following is a great way to get a man to unravel and reveal his feelings to you.

Question Game

If there's one thing that men love, it's games. So let me teach you a simple game that you can use to find out his sexual past and express yours. By putting your conversation into a game, somehow it just becomes so much easier. Think about how much teenagers love playing Truth or Dare. They could talk about the exact same things in normal conversation, but putting it into a game just makes it easier to express themselves.

There's something about the rule of reciprocation that makes us feel safer. In these games you know that after you open up

your partner has to open up. And that is very powerful. It takes away all the stress and awkwardness.

Let's start with something very simple called the Questions Game.

There are other variations that you can use that are just as effective – Truth or Dare, Never Have I Ever and loads of other drinking games that people play in college. But we don't need all of that extra complexity for now. Those games are for larger groups, but the Questions Game is perfect for just two people.

The Steps:

With this game it's really simple. You take turns asking questions. The person answering isn't allowed to lie. And you aren't allowed to use a question that the other person has already asked.

- ♥ You start off asking about other things – like their favorite hobby or the craziest thing they did as a child. The game isn't purely sexual. It's a great way to get your partner to open up about his emotions too.
- ♥ If you need some help loosening up, this game goes great with a bottle of wine.

- ♥ Then start moving into the direction you want to connect with him about. Ask him about his first kiss, his first sexual experience and the craziest place he's ever had sex.
- ♥ This is your chance to tell him about the time you got drunk in college and made out with your best friend, your worst date etc.
- ♥ The secret to making this activity work is to have no destination in mind. The first time you guys play it should just be about telling crazy stories and opening up. You can have the general direction of sexuality in mind, but you don't need to be more focused than that. If you are just working towards one specific question that you want to ask, he will detect that and the game will lose it's sense of fun for him.

Playing this game will increase his feelings of sexual security with you.

This game seems simple but it's very effective and I've been teaching my students this for years with great success. Solutions don't always have to be hard. Sometimes it's the simplest things that are the most effective.

Let me share with you a little example. Most men I know have the same fantasy – a threesome. They have this deep desire to sleep with two women at the same time. But a lot of these guys will talk negatively about homosexuality in front of their girlfriends. They think that two gay men is gross. They don't

realize that they've planted the seed that will ensure they never have a threesome. Why would a woman do anything that her boyfriend might construe as gay, when she knows that he doesn't like gay? So this guy has made sure that his fantasy will never happen.

When you play the game, the more you accept him for what he says the safer he will feel with you. If you don't react in a negative way as he starts to open up, he'll start to realize that he can open up more and more. But if you make the mistake of the homophobic guy I just talked about, and reject anything he shares with you during this early game. Well, you're training him NOT to share with you.

You don't want him to reject your passions and desires. He wants the exact same thing from you.

People respond to reinforcement .So if you teach him that telling you his sexual past or desires will get a negative response from you, he'll never bring it up again. If he tells you a story and then you react negatively, he will convince you that he was just joking or do whatever it takes to make you stop reacting negatively. He will convince you that it's not really one of his desires. And he will just keep it locked up until he finds a woman who doesn't reject him.

If you offer him positive reinforcement when he opens up, you'll make him WANT to share with you more and more. Even if

you don't like his idea, you can tell him how good it makes you feel to know that he shares these things with you. That's the secret to building a safe place.

By the way. Since we've talked about threesomes here I do want to share something with you really important. They are about a thousand times better in fantasy than they are in reality. Most men are into the idea of two women, but they want to keep it there. Just because they talk about it or fantasize about it, does NOT mean that they ever want to actually try it.

Remember that for men fantasy and reality are not the same thing. In a man's mind a threesome sounds awesome. But if you try and get practical it's quite daunting...

He'll be stressed out by the idea of trying to please twice as many women as he's used to. He has to pay attention to everything that's going on. What if he likes one woman more than the other? What if the two women enjoy each other more than him? These and a thousand other thoughts are why most men like the idea of a threesome a lot more than actually trying one.

Keep it simple

We've started creating a safe place by playing the Questions Game.

And the truth is that this game is one of the most powerful conversational techniques that exist between men and women. It may seem like it's too simple.

Shouldn't it be really hard to communicate with a man?

No.

As soon as you are trying complex conversational techniques with your partner. It just doesn't work. He won't respond to one of the steps correctly. You'll get flustered. And the plan will implode.

Simple works.

There is no need to overcomplicate.

The first time you play the Questions Game you can start out be learning about his past. The next time you play you can move into the Truth or Dare area. Or you can move into the area of fantasy.

This is where you want to demonstrate an awareness that for men there is a larger gap between fantasy and reality.

You can start asking questions about his craziest fantasy that he thinks about but would never actually want to try.

The brilliance of this technique is that you're offering him TWO layers of protection. His answer is protected by the confines of the game AND the fact that you said that it's something he doesn't actually want to try.

Now he may feel so comfortable that he says stuff he actually does want to try as well.

And by improving your dialog you'll be able to separate those things.

If I give you a really complicated ten step strategy to getting him to open up, when the moment actually comes you'll get flustered. You'll be sitting there trying to remember all of the steps rather than actually communicating with him. It will seem artificial and you don't want that.

The KISS Technique

There is a way to communicate your every thought and desire in a way that your man will understand.

It's so powerful because it's so simple.

This works so well outside the bedroom that you actually have to be careful not to overuse it!

It's a simple formula that I want you to memorize.

When you do X it makes me feel Y.

That's the entire formula.

The secret power here is that it's a single sentence. Men tend to focus on "problems" sequentially. So if you split up your concerns into two sentences he will respond to the first sentence before he even considers the second sentence. Let's look at an example to make this a little clearer:

You watch TV all the time .I feel like you're ignoring me.

This probably seems very simple to you. You have stated the problem and then you've stated how you feel. But I bet you have said something similar to a boyfriend or husband in the past and somehow it turned into an argument about something completely different and you weren't even sure how you got there.

See a man will focus on problem one first – you think he watches too much TV.

So he will respond to that accusation first. He may start talking about how hard he works and therefore deserves to relax when he gets home. He may talk about how he doesn't actually watch that much TV, you guys just like totally different shows. He may even go on the offensive and start pointing out your

flaws. He can say something about how you're always on the phone with your mother instead of spending time with him.

Do you see how you said one thing, but he heard something completely different?

He missed your entire point because he divided up your statements.

You were saying that you feel lonely when he watches TV, but he heard that he watches too much TV. He'll only discuss the loneliness issue after the first issue has run its course.

That's exactly the problem our powerful formula avoids.

When you watch TV all the time it makes me feel lonely.

You might feel that this is the exact same statement as the previous example. But to a man it's completely different. You've turned two arguments into one. Now the issue isn't how much TV he watches; the issue is about how that makes you feel.

This formula translates a female thought into language that a man can clearly understand and respond to.

Suddenly, you're on the same page.

The entire argument that two sentences caused is gone. You aren't fighting about how much he watches TV or how he deserves to after a hard days work. You're talking about how it makes you feel and he'll want to make you feel better. This will lead to more clarity and connection.

No man wants to make his woman feel sad or lonely or unloved.

It will be like a light bulb goes off in his brain. He never connected his habit with your loneliness or "nagging" before.

It's amazing how quickly he'll turn around and actually understand what you're feeling.

This powerful technique can work for both positive and negative behaviors.

When you take me out to dinner I feel like a princess.

When you take out the garbage I feel taken care of.

Both of these statements affirm the behavior you want from your partner in a positive way.

When you come home late from work I feel like I'm not important.

When you forget my birthday I feel unloved.

When you drive so fast I don't feel safe.

These are negative examples. You are telling him that bad behavior makes you feel bad. And for once he'll actually understand what you're trying to communicate!

This formula is so powerful that it can become overwhelming. You'll be tempted to use it all that time. So please avoid that because if you use it too much, it will burn out. You should only use this super powerful technique when it's really important to you.

Bedroom KISS

So now we want to take our formula into the bedroom.

Once you've trained him by using the formula outside of the bedroom a few times, he will be used to this form of communication.

He'll be GLAD that you speak in a way he can understand.

You know how men are always complaining that they have no idea why their girlfriend is upset? You are removing that

confusion from the equation. He will be so grateful for your clarity of communication.

Even when you are sharing something negative, the fact that he actually knows what you are talking about will almost outweigh the rest of the argument. Sure you are upset about something, but he understands what he did wrong AND how it made you feel. He will feel so happy because now he understands what went wrong and he can figure out how to correct it.

In the bedroom this phrase can be so powerful.

Here's a simple example to get us started:

When you nibble on my ear it drives me wild.

What do you think he's doing to do next?

Your ears better be ready for a lot of nibbling!

There is a more powerful variation that's almost so powerful that I'm almost afraid to share it with you.

When you do X it makes me want to do Y.

For a moment, I just want you to sit and think about this phrase? Why do you think it's so powerful. Think about all the

different things you can use for X or Y. Every single thing we have discussed in SOS or this book. They all can fit into X or Y!

This phrase is powerful because it makes him THINK he's in control and it actually puts YOU in control. So you're both happy.

You are setting up a behavior-reward system.

And that's a good thing.

Let's say that X is your favorite thing and Y is his.

This will make sure that he always does X for you.

He'll WANT to please you because it satisfies you AND because he knows the reward that comes afterward.

Power of a Compliment

As far back as 1982, studies were showing that men mistakenly interpret female friendliness as sexual attraction.

Why do you think that is?

Men and women live in very different worlds.

An attractive woman can receive dozens or even hundreds of compliments a day.

Outside of the workplace, your average man is lucky to receive a dozen compliments in a year.

By starting our KISS formula with compliments, especially compliments with emotional language embedded, you are training your partner to trust your words.

You are filling up his emotional bank account.

So when you start to tell him things you want him to change or how he can make you feel even more amazing in the bedroom, he has that emotional currency to draw on.

His balance won't go negative.

If you can become the one person who gives him powerful and meaningful compliments, that will build his trust level with you.

And when you start to tell him things you want changed, in a language he understands, that will make him trust you more too.

Nobody trusts someone who only says nice things about everything.

I used to read a really great magazine about being a DJ, but every single record review was four or five stars. They never gave ANYONE a bad review. So I learned to ignore everything they had to say.

I knew they could not be trusted.

A few years ago I saw something similar in Rolling Stone. They gave the new Yoko Ono album five stars. The review made it sound like the album was amazing.

The music was awful.

It made me cringe when I tried to listen.

I have never read a Rolling Stone review since. I don't trust them.

Negative reviews increase trust because they show that you're honest. False positive reviews can do more damage than good because they break that trust.

When you use the KISS formula to give your partner negative feedback and explain what you need emotionally in a language he can understand, your partner will start to form a higher level of bond with you.

Something that other women simply can't compete with.

Because they don't speak his language or have his deep trust.

Conversation

There are layers between fantasy and reality.

Many people ignore these layers and believe that you either do a sexual act or you never talk about it.

The act like it's a very black and white world, but sexuality just doesn't work that way.

I was dating a girl for a short time who was very comfortable with her sexuality .And she told me that her ultimate fantasy was to be with two guys at the same time. This is one of the three most common fantasies women have expressed to me. I've had both kinds of threesomes so I'm a little more liberal than most men.

Upon hearing her fantasy I had a couple of options. I could have shut it down and told her I'm not gay or I could have called up a friend to invite him over. Those are the two extreme answers.

Those are the two options that most people consider. Black and white. It's horrible or let's do it. Yes or no. But there are more options than just two.

Most men don't want to share their woman with another man. They might be fine sharing another woman, but not another man. So we needed a grey area solution.

There is a way to express and experience your fantasies without actually doing them.

While using my hands to bring her to climax I whispered a story into her ear about me and another man. I made him my exact twin (rather than bringing up a guy who might be more attractive than me) and told a story about the two of us taking her on a date and then finally seducing her.

She was able to experience her fantasy with her partner, without having to actually do it. We kept it in the realm of fantasy, but we brought it closer to reality.

Just whispering her fantasy into her ear gave her a higher level of experience than she would have thinking about it on her own. She got to achieve higher levels of pleasure and enjoy her virtual threesome without all of the emotional risks and complications of an actual threesome. There was no risk of jealousy or hurt feelings. Just pure pleasure and an amazing orgasm for her.

You can create the same environment with your partner. Once he reveals one of his fantasies, try it out without actually doing it. Whispering a story in bed together can be extremely erotic and you can trigger the same mental switches for him as a good romance novel does for you.

This is a way to experience the fantasy as a team. As partners. You can connect on a deeper level and know that at that moment you are both thinking the exact same thoughts. In some ways this can be more intimate than just having sex, where your minds are thinking about completely different things and not actually connected.

Men might not respond to romance novels, but if you put that book on tape they go nuts for it!

If you want to distance yourself from the fantasy even further, you can rekindle the lost art of phone sex.

Now you can play out your fantasies without even being in the same room. You have a lower level of embarrassment risk and he'll open up even more. By removing your bodies from the equation, you have to connect mentally. This allows a new layer of closeness that you will both enjoy.

The Correct Technique

Now that you have improved communication with your partner you can move from pure fantasy into the actual things you like in bed.

Every single person is unique in what they like in the bedroom. There is no universal truth for providing pleasure to your partner.

Most men don't know this.

They learn from their first sexual partner and then that becomes their standard routine for life. They stick to the positions and movements and speeds they learned from her. They don't even realize that you like something different. A lot of men are trapped acting like a fifteen year old in the bedroom. If all of their partners never say a word because they don't want to hurt his feelings, he can be trapped in a state of ignorance.

How can he learn if nobody tells him anything.

So many people live by the adage that "nobody else has complained." That's not the standard to aspire to. There is a huge difference between having an amazing sexual experience and something so bad you feel obligated to tell your partner.

When I was younger and a girl would break up with me I would always want to know why. Most girls don't want the

emotional awkwardness so they fall back on lies. Men do it to. Stuff about how it's not you it's me. Or I'm not ready for something so serious. But these are all lies.

These girls always wanted to spare my feelings. I was self aware enough to realize that if she wouldn't tell me what I had done wrong, it would be impossible for me to correct it in my next relationship. She was ending our relationship and actively damaging my next one.

If nobody tells us what we are doing "wrong", how can we ever learn or grow?

Telling your partner the truth in the bedroom is the kindest thing you can do. At least he has a chance now. How can he win if nobody tells him the rules?

You want to broach these subjects gently. Start by asking him if there is anything that you could change or improve in the bedroom to take him to the next level. Every penis is different. Men like different things just as much as women.

When you tell him that every man likes different things, you might see an actual light bulb flash above his head. Things will start to click for him that he's never considered. Chatting with his friends, he's heard them all talk about different things they like that he has no interest in. He's just never connected those locker room comments with his own reality. Realizing that all

men are unique is only one step away from realizing that all women are unique.

By focusing on improving his bedroom experience you make it much easier for him to ask you the same question. You've opened the doorway for him to ask how he could improve your experience.

You are opening the door for him to understand in a real way that you don't want the same things his girlfriend did when he was fifteen. He's simply never thought about it. It's easy for him to see how he is unique and now he'll start to realize that maybe you are unique as well. And both of you want and enjoy unique things. This is the beginning of understanding.

Here is something I say to every new partner:

“If there's something that I'm doing that you don't like or something I'm not doing that you do like, you need to say something – otherwise it's probably not going to happen.”

The truth is that you are responsible for your own pleasure. I shouldn't have to make this disclaimer in the bedroom. But men and women alike think that their partner will magically guess what they like on the first try. Being with a new partner doesn't have to be like defusing a bomb. A little conversation can go a long way.

If you make the decision not to tell your partner what you like and don't like, you've now asked him to guess. And that's not fair. There are thousands of bedroom combinations of acts, positions etc. What are the odds that he'll get it right on the first try. That's like trying to break into a bank vault and just guessing the numbers. Would a bank robber really try to empty the vault this way?

The longer you wait to tell your partner what you actually like, the more emotional pressure you feel. The longer you wait to tell him the truth, the harder it is to finally bring up the subject. If you wait six months, his first question will be why you waited so long.

If you're with someone for the first time, that's the best time to bring simple things up. If he can't find the man in the boat, you can just take his hand and show him exactly what to do the first time you're together.

For larger deviances from the standard stuff it makes sense to wait a little while and see if you guys have a real connection. The first time you are together it's too soon to talk about tying each other up or choking each other or anything that is that intense. Stuff like that you need to ease into. If it's a complicated fantasy, take the time to slowly build it up so that he wants to try it with you (not that you need to try every thing he suggests).

After you've waited a while, you can bring up after a round of the 'Questions Game'.

Just say, "baby, I love what you are doing but I want to take our pleasure to the next level. Each woman is different and you are doing things that your last girlfriend loved but I like different things than her."

Or you can just say that you like different things than most women so you want to try them with him.

This line is powerful because you are not placing the blame on him. You've already planted the seeds that every woman likes different things or that you're different to most women. Now you are just harvesting that idea.

For example:

Most women love their clitoris being touched and some do not. In fact, the women who don't like this find it extremely irritating. It's rare for a woman to not like their clitoris getting some attention, although for any woman who prefers a different kind of manual stimulation, knows that they have to train their lover how to touch them in a way that feels good TO THEM. Otherwise they will have to grin and bare it or avoid being touch there. Which makes for a very unsatisfied woman.

Let him know what you like. Follow my tips and he'll be grateful for the knowledge, and why? Because he wants to please you (and you also like to be pleased).

💖💖 Thinking Like a Team 💖💖

Partnership

One of the reasons talking about sex is so hard is because we view relationships adversarially.

So many people have the mindset that they are in a battle to keep their partner.

One wrong move and they are left in the dust.

Have you ever heard the expression “whoever cares less has control of the relationship.”

As long as you view relationships in an adversarial or competitive mindset, it’s very hard to broach subjects like your sexual desires.

Because you’re afraid of losing points in the relationship.

This mindset is drilled into us in books and movies and television and magazines. Everything is always a competition. We watch husbands complain about their wives in sitcoms and we read about celebrity divorces all day long in gossip magazines.

Divorce rates and cheating statistics are so high that we are all becoming more and more paranoid. We are already preparing an exit strategy before we even say, “I do.” That mindset is breaking relationships apart.

According to recent studies, people in “friends with benefits” relationships are more comfortable talking about sex and their desires with each other. This is because they aren’t worried about the emotional aspect of their relationship.

You should strive for the opposite. It’s better to be open with someone you actually trust and feel a partnership with. Don’t get lost in that terrible trend. Those people have to choose between a great relationship and great sex. You don’t have to make that choice!

When you transition from worrying about what he’ll think of you and start realizing that you guys are a team – everything changes. Crossing that bridge. That’s so important.

There is this fear that if you have an honest talk about sex with your partner that his feelings will get hurt and maybe he’ll leave you. Is that the kind of man you want to spend the rest of your life with? Do you really think a man is going to decide he would rather break up with you and stop having sex, rather than work towards giving you more pleasure and better orgasms?

That's not reality.

If you're with the right man he'll take the long view. He'll want to have a lifetime with you. There is no man who doesn't want to be awesome in the bedroom. If you treat him like a partner instead of an adversary, he'll treat you the same way. Your goals should be aligned. You guys should be on the same page.

Sex isn't the only thing in a relationship but it's a very important pillar. If you can't talk to him about sex, how are you going to talk to him when you guys have real problems?

Sex is symbiotic. The most pleasure you are having, the more pleasure he will experience. Every man dreams of being his partner's ultimate lover.

He WANTS to know how to make things better for you. He's aware that he's trying to break into a safe with his eyes closed. But he's afraid to ask you because he doesn't want to reveal his ignorance and have you reject him.

You both want the same thing. And you are both afraid to ask for it for the same reason – fear of rejection.

You've read SOS and this guide. So you have already taken the first steps down the path to an amazing long-term sexual relationship. All you have to do is share what you've learned with

him. And your relationship will heat up like you wouldn't believe.

He's your partner. Treat him like that and the entire universe opens up.

♥♥ Focusing on the Long Term ♥♥

Most people make snap judgments about sex.

The assess the entirety of a person's sexual ability on a single experience.

The first time you sleep with a man you really like, you're nervous and expectant. You like him so you really don't want him to underperform.

The fact that you like him actually makes the odds of the sex being wonderful go down dramatically.

He's just as nervous as you are. You are both figuring things out.

Personally, I HOPE the first time I have sex with a woman is our worst time together. I want each experience to be better and better. We have a lifetime together to improve and explore. If you see relationships and sex as a journey, then little bumps aren't such a big deal anymore.

If the first time is perfect....well then the rest of your sexual life could be a let down. Things will either be largely the same or get worse. You can't beat perfection. You can only try and recapture it. That's not a very exciting future to look forward to. It's so much more exciting to know that the sex and the connection is only going to get better and better.

Most of us make the mistake of deciding that if a person is bad in bed the first time, that's it. It's over. They'll never get better.

We ignore reality in the depths of our selfishness. How would you feel if you slept with a man for the first time and right afterwards he said it was unsatisfactory and walked out the door, never to return.

It would be horrible.

And yet men and women do this all the time to each other. Every single day.

If you are with someone who gets one percent better at sex every single day. Within 3 months they will be better than someone who started out amazing but never improved.

You need to take the long view on life.

You and your partner are a team and over a lifetime together you can soar to amazing heights. Your man desires to be the

greatest lover in your life and if you'll just communicate with him and share your true desires with him, your lives together can be amazing.

If you don't tell your partner what you want him to do, it's unfair to judge him for not doing it.

Love and passion shouldn't be a guessing game. It should be about communication and cooperation.

When I'm with a woman and she asks me to change something or try something. It's not an attack on my ego. It's a breath of fresh air.

I don't have to feel like I'm trying to defuse a bomb blindfolded anymore.

Conclusion

By now you have all the tools to implement SOS with your partner. Together you can take your sexuality to new heights and finally feel truly comfortable together.

Taking the time to connect with your partner will affect all of your relationships for the rest of your life.

You've put in a lot of effort by making it to the end of this book and that effort will be rewarded.

You've put in so much time that you don't need a long conclusion.

Just go out there and implement.

Communicate with your partner.

Find out his needs and tell him yours.

Enjoy!