

NADINE PIAT

# PRIMAL PASSION

SET YOUR LOVE LIFE ON FIRE



# PRIMAL Passion

*Set your sex life on fire*

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# Primal Passion

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Ladies, let's face it. For our men, there are pretty much two things that will decrease their sexual desires, and that's trouble at work or financial related stress. Of course there are other factors, although these are the main reasons why your man may not be in the mood when you are...

On the other hand, for us as women there are so many things that can change the way we feel about having sex. Stress at home, work, relationships challenges, parenting and confidence levels can take you from feeling like you're on top of the world, to feeling too drained, unattractive and subsequently disinterested in sexing it up! As hectic as life might be, it is essential to tap into our sexual selves and "Bring Sexy Back", and more importantly our sensuality.

The first thing I would like to say is that sex is important. Yes, it is true that it's vital to find a life partner that you mesh well with, trust, respect, and care for. However, after a few months with little to no sex, a relationship can start to feel disconnected and everything can start to unravel at the seams. You've got to keep in mind that sex is more than just an act for reproduction, (not that you didn't know this), it is a physical and spiritual connection that is to be shared with your partner, and nothing else that you ever do will replace that connection.

As women, we of course can be emotional creatures who can turn off and on in a moment's notice. However, for men, when they want it, they want it, and when one partner's sex drive is higher than the other, it can easily build resentment and either party can take this disconnect personally! When feelings of rejection and resentment come into play, it leads to a spiral of confusion, arguments, and more stress. What tends to happen is one or both of you will just give up and find other ways to feel connected, and often this connection is found outside of the relationship.

The strange thing is that it almost seems that by nature men have higher sex drives than women. Is this true and what does research say? There have been various studies that reveal that woman also think about sex a lot, and only marginally less than the average man. Although whether it's because of the ever changing hormones or the level of responsibility we take on, it is quite common to hear that a woman is dissatisfied with her sexual life citing that it's non-existent, or not at all what she's looking for.

Studies consistently reveal that women fake having satisfying sexual experiences as a way to improve the male ego, to get it *over and done with*, or they're too shy to ask for what they want. While it is nice to make your man feel good about himself, it is also important that you are equally as satisfied when it comes to sex. Many women turn to comfort eating, alcohol use, and even utilizing sexual substitutes to pacify the disconnect they're really feeling, internalize their feelings or eventually they might look elsewhere. Yes, many women cheat too - women are catching up and can no longer just point their finger at men. Something has to change.

The trouble with "pacifying" things is that eventually you still have to face the lack of sexual connectedness, frustration and sometimes loneliness, whereas identifying the problem and finding a solution will provide you with the best outcome. So whether you're the woman that's too shy and doesn't really know herself sexually, the woman who views sex as a ritual or routine she no longer enjoys, or the woman that is too busy to focus on sexually pleasing herself and her man, this book is going to come as a blessing in disguise.

On a personal note, I've had relationships where the sex was fantastic, when it worked well from the get go. I've also been in a relationship where I experienced a significant lack of physical compatibility and fortunately I was able to greatly improve this connection to be one of great intimacy. In addition, I've also coached many men and women as couples and individually to overcome personal barriers to allow them to experience, loving, sexual, sensual, passionate and fulfilling sex.

What's encouraging to know, is that you can certainly improve your sexual enjoyment! And in a moment I'm going to be sharing lots of powerful sensuality advice that will provide you with a go to guide that will get you back in the mood for 'makin' hot passionate love.

So whether your sex life is non-existent, needs improving, or you're just looking for some added spice, this book will give you insight as to how you can actually do that and do it well.



# 1

## *Boost Your Confidence*

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One of the number one reasons why a woman does not enjoy herself sexually is because she lacks confidence within herself, which translates into the bedroom!

Media today portrays beauty as being ultra thin, flawless skin, and amazing hair. While these are all great qualities, this does not constitute beauty. Women are mostly far too self-conscious and when we don't feel our prettiest, it often shows in our actions. This is the number one turn off for men who are far more open minded, approving and accepting of a woman's physicality than most women realize.

Do you find yourself wanting to make love with the lights off? Maybe you wear frumpy pajamas to bed? Do you get quite confused on how to find sexual pleasure? If you answered yes to any of these questions, it is high time that you do something about it. Here are some great tips on how you can take your confidence to the next level!

### *Love Yourself and Your Body*

Ladies, I'm sure that you've done this at least once or twice in your life (or many a time): You get in the mood with your guy and as you get in the heat of the moment, you suddenly start wondering whether you have on matching underwear, if your bikini line is tidy enough, if gravity is working against you, will he notice the stretch marks on your stomach, or do you look silly or unattractive in this position? If you're too consumed by what your body looks like or what your significant other might be thinking as you're making love, chances are you're not enjoying sex too much.

It is important to keep in mind that your boyfriend, spouse, or partner must like your body **already**. They were attracted to you knowing that you may not have the "perfect" looking breasts (I wonder, what are the perfect looking breasts? Hmmm!!), that you have stretch marks from your last child, or that you're not the thinnest girl around, therefore, they see no problems at all! Not to mention, matching underwear or not, he's going to take them off! Very few men are going to complain! And for the single ladies out there this still applies. When you're dating or you at a stage of taking

the courtship to a more physical level, so many women are self-conscious about their bodies, be it their breasts, butt, vagina. Stop it... most men aren't too concerned.

If you're like some of my clients, you just want to feel good about yourself when you're in the bedroom, and it has nothing to do with your partner's opinion. Learning to love you and your body is very important to a great sex life. If you don't love what you see, you can't expect anyone else to. .. and they might love what they see, regardless, if you don't it will affect attraction and your overall sexual fulfillment.

- ★ **Look in the Mirror** - Start liking who you are and what you look like. This does not mean you don't want to improve or get fit and healthy. Regardless, start loving you and appreciating every aspect of you. When you're standing in front of the mirror what do you tell yourself? I suggest you start with telling yourself how beautiful and wonderful you are.
- ★ **Stop Comparing** - No more comparisons! Why worry about anyone else, focus on you being the best you can be and don't look at airbrushed models and celebrities! I have seen my fair share of famous people in real life and they're just people with stretch marks, scars, cellulite... and really good make up and wardrobe.
- ★ **Past Trauma** - Some women have experience various levels of emotional and physical abuse. These experiences can greatly affect their sensuality and sexuality. I suggest you seek some professional support. Your past does not have to affect your present and future. You can still have a healthy sex life if you really want to.
- ★ **Say No To Flaws** - What FLAWS!!!!??? Women are so good at pointing out what they don't like about their bodies to men! They want the man to say, "NO, sweetie, that's not true, your stretch marks are beautiful"! Yes, you may have saggy breasts and you may have cellulite - a lot of women do! Why would you bring attention to it? What you focus on expands... when you point out what you don't like he starts focusing on something he barely noticed, if noticed at all, that is before you mentioned it! Let that stuff go and embrace you!

## Get in Shape

So for those of us who feel as if they've "let themselves go", for instance those who have been in a relationship for a long time, experienced a significant weight loss or gain, or just recently gave birth to a child, getting back in shape is a great way to improve your sex life. I'm not just talking about going to the gym, I am referring to really treating yourself better. Getting in shape is about the foods you eat, the way you think and the amount of exercise you do in a day. When you're eating better, and



taking better care of yourself, you are once again nurturing you and learning to love you and all of your curves.

- ★ **Vitality** - Building your health, fitness and strength, or perhaps losing a few pounds is a great way to improve your energy and overall vibe, which essentially will show in the bedroom... not only aesthetically, also stamina, drive, and aliveness.
- ★ **Feed yourself well** - When you feel good about your body and you're feeding yourself the right foods, you will have the energy and the confidence to go all night long if you and he so desire. Eat foods that you feel good eating. Nothing worse than feeling bloated and heavy.
- ★ **Start slow** - Ease into getting in shape. Getting in shape does not mean you have to fit a size zero and have abs of steel. It simply means getting to a healthier state of you. The smallest lifestyle changes can really change the way you feel in and out of the bedroom. Some women get overwhelmed, just start with a little bit of extra movement, meet friends for exercise instead of going out and eating or ask your partner to come with you. This is a great way to bond and connect outside of the bedroom. Partners who spend quality time together have more fulfilling and successful relationships. Start moving together and working up a sweat... then when you get home, take off your sweaty clothes and get even more sweaty together.
- ★ **Single?** - Join good group training sessions and one's that has a good mix of men and women or lots of men! Try cross fit, outdoor boot camps, swimming squads. Meet as many men as you can and give yourself the best chance of meeting someone for you!

## Ramp up your sensuality

So this bit of advice might seem like it's self explanatory, however, you would be surprised to hear of the number of women who don't feel 'sexy' or 'sensual' while having sex. This is one of the key components to being confident and attracting your man. The power of a woman is more than you might realize, and it is important that you strut your stuff to the fullest. If you don't know how to love your sensuality, it's time to start experimenting.

- ★ **Sensuality is not Sexuality** - You can be sensual without being sexual and sensuality can lead to great passion, desire and sex. Attraction and a deep physical response is a lot more than superficial wanting. Not all people are sensual creatures, although everyone can become sensual. Most people want to be viewed as sexy and physically appealing - when we invoke movement, scent, touch, taste

and the visual into our physical expression we become sensuous. Sensual sex is about two people connecting through all five senses. Are you more in tune with your sensuality or sexuality? How do you kiss, are you a sensual kisser or more sexual? How do you make love? Are you thinking about the end result or are you able to connect, devour and enjoy the journey? Do you close your eye's or open them, do you remember to touch your man or do you forget that he has more than one responding part of the body?

- ★ **Energy** - Being sensual and sexy has a lot to do with your energy and how you hold yourself. What does your energy, the unspoken speak? Do you emanate sexy or do you emanate - disinterest, conservative, disapproving, anger, 'woe is me', life's tough, too tired or blah ENERGY. Never underestimate your vibe and the power of what you don't say. Lift your sensual vibrations and start believing you're sexy, desirable, wanted, magnetic, deserving and a divine woman.
- ★ **Every Day Clothes** - Lingerie is one thing, how you dress daily is another. Do you wear clothes that you feel feminine in, or are you more conservative or maybe even a bit dowdy? How you dress is an expression of who you are. How can you be more feminine and sexy without looking like a call girl? Men love a little bit of mystery... how you can dress in a way that offers mystery while still looking appealing and enticing? Maybe it's the color of your clothes, maybe you need to add some lovely necklaces to your wardrobe, maybe you need to wear tighter clothes or some women may need to hide a little of skin and dress more stylishly instead of looking like sex on legs. The way you dress can certainly influence the type of man you attract or the way you arouse your man. I know a guy who loves his woman wearing a nicely fitted pencil skirt and glasses... the sexy work look. I know men who find women super sexy when they see them wearing nice casual house clothes or the stuff no one else sees them in - like a pair of boxers and a cute t-shirt, or a nice pair of track pants and a singlet, or a hoodie and leggings.
- ★ **Sensual Garments** - Go out and buy yourself some sexy lingerie and walk around your room looking in the mirror. Start seeing how pretty you are and just get comfortable in your own skin. Start accepting and loving your perfections and imperfections.
- ★ **Practice** - Get dressed up and go out with a group of female friends and embrace your femininity. For the women in relationships, I am not suggesting or promoting flirting, simply watch how other men look at you when you enter the room. Now imagine the turn of events if you went home with that same stride of confidence?
- ★ **Heart Connect** - You can heart connect with everything and everyone. This may sound strange, although you can ramp up your sensuality and boost your

confidence by being more open, warm and inviting with everyone. This does not have to be about seduction, this is about being more heart connected. Focusing on connecting with the people in your life and the people you don't know.

## Explore Your Sensual Self

For those who are more on the shy and “prude” side of sex, this bit of advice might come as a challenge. But when you think about it, how is your partner supposed to know how to please you if you don't even know how to please yourself? Some men are really good with knowing how to please you, although there are more men who need help than men who don't. *And most of you do know how to please yourself*, regardless of whether you personally know how to please yourself, you still may not know how to translate this when with a guy or your partner.

I encourage you to figure out what turns you on and what turns you off. The bold and daring might consider going to a sex store and purchasing toys and gadgets. As I eluded to above, if you're open to try new things, masturbation is also a huge way to find out what tickles your fancy. The more in tune you are with yourself sexually, the more he will be in tune with you. That way you can stop faking orgasms and really work towards the “big o” with your partner.

- ★ **Find Your Voice** - You might know what you like, verbalizing it may not be as easy. When touching yourself you may not have to think about what you like, it may just come naturally, it's **not necessarily** a conscious act. Your hands will know what to do and you will know what feels good. Some women get stumped as to how to articulate what feels good. . So practice expressing what you like.

*For example: A friend of mine was dating a guy and during oral sex he asked her, “Do you like circular or up and down or side to side?” He was referring to how he moved his tongue on her clitoris. She had no idea what to say!!!! In the end they worked it out and it was amazing. Before that moment she had no idea that it could be articulated and she didn't know that women responded to different movements. Well, she does now and so do you. Knowing what feels good is different to articulating it. She also found out that her body responded more when he inserted a finger into her while he was doing it. Work it out ladies!*

## The Clitoris, G-Spot... *and all OTHER spots*

In the above point I was encouraging you to explore and get to know your body a little more and to also start voicing what you like. I thought that I would be doing you an injustice if I didn't give you some further information.

Did you know that women have 4 HOT SPOTS? That's right, not one, not two but four! And that's not including all of our other erogenous zones; I'm talking about the four pleasure spots that are located inside and outside of the vagina. Most women have heard of the Clitoris and the G-Spot, yet most have not heard of the U-Spot and the A-Spot!

Each woman is different. Some women can orgasm through penetration alone, other women need some direct clitoral stimulation and at times it changes depending on the situation. Unfortunately there are women that do not know what works for them and they do not take responsibility for their orgasms. Not to say that you have to "look after yourself" personally. Although you can certainly direct your man and ask him to touch you here or there while you're together, and sometimes you may feel comfortable to touch or "look after yourself" when you're having sex.

So what are the 4 HOT SPOTS? The first two are located outside of the vagina...

### 1. Clitoris

Most women know this one. The clitoris is often considered the female equivalent of the male penis, and is partially covered by a protective hood (clitoral hood). This is the best known of the female genital hot spots, located at the top of the vulva, where the inner labia join at their upper ends. The reason it's so sensitive, making it the most sensitive spot on the entire female body is due to its bundle of 8000 nerve fibres. The clitoris becomes enlarged (longer, swollen, more erect) and even more sensitive during sexual stimulation. Women who do not easily reach orgasm through vaginal stimulation find it easier to climax from clitoral stimulation, be it digital, oral, mechanical. Get to know how you like your clitoris being touched and then nicely guide your man to do it how you like it.

### 2. U-Spot

This is a relatively small patch of sensitive tissue located just **above** both sides of the urethral opening (below the clitoris) and it covers a U shaped area. Even though you might have not heard of it, you may have already experienced some U-Spot pleasure. The U-Spot is less well known than the clitoris and its erotic effects were only recently investigated by some American clinical research workers. They found that,

when this region is gently caressed with a finger, the tongue, or tip of the penis, there is an unexpectedly powerful erotic response. During stimulation this area will become very sensitive which makes it a great candidate for inducing orgasms. Because the U-Spot and the Clitoris are close together they can sometimes be stimulated at the same time.

### **3. G-Spot**

The G spot is second most commonly sought after spot after the clitoris. This is a small, highly sensitive area located 5 to 8 cm (2-3 inches) inside the front or upper wall of the vagina. Named after its discoverer, the German gynecologist, Ernst Grafenberg, it is sometimes referred to as the "Goddess Spot." So you still might be wondering, hmm, where is it? This may make it easier to understand...

It is a few inches within the vaginal canal and not all sexual positions can stimulate it. You can find it by inserting a finger and making a "come hither" finger gesture up toward your belly button. It's about the size of a walnut, feels smooth and round and a little harder than the rest of the tissue surrounding it.

The G-Spot requires rhythmic stimulation and pressure which, with gradual intensification, produces an orgasm. There are some sexual positions that stimulate it more so than others...

Missionary is one of the least likely positions to experience G-Spot stimulation. Being on top can work or the man from behind, such as; spoon and doggy style or with you lying on your belly with a pillow under your abdominal area (him behind you). Another position is what is called The Flower Press, which is the tantric name. The man starts off in a somewhat missionary position, he then moves up onto his knees, you lift your legs up in front on him and back until they are pressed against his chest or over his shoulders. He can lean against your thighs for support while he grabs your hips and brings you closer for maximum penetration. Essentially you're lying on your back with your legs up and resting on his upper body. Then place a pillow under your bottom to lift your pelvis. This G-spot position works because of the angle of the penis as it enters and the depth it can reach. Don't be shy, try different positions and mix it up.

### **4. A-Spot**

The A-Spot is also known as the 'Deep Spot' and is little spoken about because not many people know about it. The A Spot was first described by Dr. Chua Chee Ann, a Malaysian physician, in Kuala Lumpur in the 1990s.

It's located back at the innermost and deepest point of the vagina, above the G-Spot towards the cervix, and can give amazing and very deep orgasms when stimulated correctly. Pressure on it produces rapid lubrication of the vagina, even in women who typically are not sexually responsive. Direct stimulation of this spot can produce increased orgasmic contractions.

A specially designed vibrator, called an AFE vibrator, which is long, thin and curves upward at its end, and can be used to stimulate this zone and some women find that fingers are the way to go. The best way to access the A-Spot through sex is for your man to direct his penis as high as he can on the anterior wall of the vagina and gently press and rub in a circular motion until you get the desired response.

Each of us will prefer different and sometimes similar forms of stimulation. Just because you may not like your g-spot being massaged, does not mean that anything is wrong with you. Some women do not like their clitoris being touched; this is rare, although it can happen. We all have preference and respond differently to different things. Typically the most fulfilling physical pleasure is when a combination of your erogenous zones are stimulated simultaneously. Be it the vagina and neck, the clitoris and the g-spot and so on... Although some women and men may not be aware of one **very important** aspect of sexual pleasure and this zone could be called the **M-Spot**... this powerful spot is the **Mind**.

Your mind *immensely* contributes to how you experience pleasure and I will go into this further later, although what I will mention here is; if you don't feel respected or treated well by your partner, if you don't feel safe and loved, if you don't have healthy sexual confidence and mindset, then that kind of uncertainty, lack of security, peace and unity in yourself and a relationship can dampen arousal. Love is supposed to feel lovely - and great sex happens when two people are not only physically intimate they also share emotional intimacy.

You can have great sex with someone and still feel disconnected and potentially unfulfilled after the act. When there is real love; a healthy love present between two people then sex can transcend you to places you've never been. Focus on marrying together the body, heart and mind...

If you want to achieve and experience Primal Passion and set your sex life on fire then the mind has got to come into play, meaning sometimes the mind is overactive and is blocking passion and sensuality. Once you sort out the mind, the rest of your body will then follow.



Switch off the inner chatter, stop thinking about what he is thinking... start breathing into the moment and feeling into your body, bring awareness to every cell, to every sensation and enjoy being with your guy.

## Learn to be Deliciously Assertive

Being passive in the bedroom will never work. Have you ever heard the saying, “A closed mouth does not get fed? Or, “The squeaky wheel gets the oil?” Well, this is very true in the bedroom. Since it has been proven that most men will reach ejaculation before a woman will, it is important that you make your needs known and fast!

Now this does not mean that you take full control and start being demanding, because we all know a man wants to be the man in the bedroom. So, find sexy ways to make your needs known. Maybe you text him your sexual pleasures during the day, or maybe you try what you like on him and he'll reciprocate. Trust me, with sex, a man is not going to stop and read your mind to figure out whether or not you liked a particular move, first of all he can't read your mind and unless you're vocal or responsive in some way, he's not going to know what he's doing well or not so well.

- ★ **Own Your Sensuality** - This is a biggie! You've got to be confident to express what you love. Pretending that sex is fantastic when it's not, is not owning your sensuality, it's suppression. You deserve to experience the magic that great sex can bring.
- ★ **Express It** - Speak up and let your wants be heard. You will be surprised to see how much of a turn on that is for him and how eager he will be to please you. Who knows? It could be things that he's wanted to try on you for a while but was afraid you wouldn't like it. Communicating what you want in the bedroom is imperative. There is nothing wrong with a woman expressing what she likes. In fact, men love it. I mean think about it... he certainly makes his needs known, why shouldn't you.
- ★ **How To Express It** - When you share with a man what you like it's got to be done with encouragement and ideally during the moment. I do not recommend sitting down and talking about it unless absolutely necessary, **first** express your wants and desires while it's happening. You can say:
  - ★ “oh wow, that feels so good,”
  - ★ “honey, just there, just there, ahhh, yes, ahhh”
  - ★ “oh my, babe, a little faster (or slower), oh babe, that's amazing”

★ “Baby, can we try this tonight? I’ve been thinking about..... all day”

Most often a man wants to please you and will take it on board. If that approach doesn’t work then it may be time to sit down and speak openly about your wants and desires and you may even need to see a sex therapist, particularly if he starts taking it personally.

## Check Your Sexual Health

Last but not least, it is always important to be safe. If you’re dating, use condoms and birth control to prevent unwanted STDs or pregnancies. If you’re married, just be sure that if you add a third party, that you get checked by your doctor and that you use proper protection. Getting checked up to ensure that you’re in working order down there at least once per year is a great rule of thumb to follow.

There are certain feminine health issues that can cause discomfort in the bedroom. Anything from a urinary tract infection to pelvic inflammatory disease can cause burning or discomfort during intercourse. If you want to build your sexual confidence and improve your sex life, it will be very important that you have an annual checkup with your gynecologist. Be sure to voice any discomfort, burning sensations, or pain with your doctor so that they can give you the proper treatment. When you feel your best inside, you can show your best on the outside.

- ★ Make sure you get regular check ups.
- ★ Safe Sex - ALWAYS, no matter what he says, until you’ve been and gone to get blood tests and you have the results in your hands play it safe.
- ★ Keep yourself fresh, clean and tidy - we like men that are clean and tidy and men like women who are clean and tidy.

Becoming a sexy and confident woman can take time depending on the underlying causes of your insecurities, but it is by far the best advice for boosting your sex life to the next level. When you’ve tried these tips above, you are sure to reap the benefits in no time at all. Once you’ve accepted your sexual you, your man will fall in love all over again.

# 2

## *Change Your Approach*

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So maybe you're already in tune with yourself and don't really need to educate yourself any further. Another problem that many women have when it comes to having a positive sex life is their approach. A lot of times women can either be too shy to share their sexual desires, fearful of sex as a result of past experiences, or withhold sex as a "punishment" for other relationship problems. If any of these things sounds like you, you should begin the process to changing your sex approach. You'll be amazed at the difference in your sex life from here on out.

### *Initiate Sex*

Too often women wait for men to initiate sex most if not ALL OF THE TIME. As sexually forthright as many men can be, there are times when they tire of being the instigator. Instead of always waiting for him to initiate, you can change things around and test the waters yourself. What I've found is that a lot of women do not wish to be the aggressor for fear of rejection. And men also experience this feeling of rejection and normally in a big way. If he has initiated sex in the past and you've repeatedly not been interested, he'll tend to take it personally and end up withdrawing. Putting yourself out there is all part of being in a relationship.

If he says he's not in the mood, don't take it as a personal rejection, instead take it for what it is. Many times simply stepping up to the plate can give you a very desirable outcome. And if he's too tired or stressed - Make a joke about it. Add humour to it. You could say...

- ★ "Ah ha, not in the mood...hmmm, well then sexy one/sweetie/honey, tomorrow I'm going to have to do a better job of seducing you." (laugh and smile and then change the subject)
- ★ "Well, maybe later I can help release that stress of yours"

- ★ “honey I am tired too, nothing that a little skin on skin won’t fix” (as you say this you can touch his body, rub your hands along his waste or through his hair, give me a wicked smile and see what he does)

Here are some great ideas for those shy girls that don’t necessarily like to be the initiator:

- ★ **Messages** - Send an email, text message or leave him a note - a message is a great way to get your point across. If you’re afraid he’ll say no to you then send him a sexual text message to get a feel for his mood. If he responds, he’s in the mood, if he doesn’t, maybe wait for another day.
- ★ **Assert Sex** - You don’t have to say a word to let a guy know you’re in the mood. Move gracefully, but also decisively. You’re got to own it. Fumbling can be cute, although I suggest you practice ways to be playful and persuasive either in your mind or practice it out loud - so that when you’re being sexily assertive you’ve got it down pat, in flow and natural. You can also be outwardly direct and say - “honey, I want sex and I want it now”. “OR I want your sexy body and now is a really good time” versus the fumble, Hmmm babe, ah, you know, ah, errrr, we haven’t had sex in a while, I was thinking that tonight would maybe, hmmm, be a good night? Ah, do you feel like it? If you don’t want to them that’s okay too”.

When you’re willing to be the initiator, this will do more than one thing for your sex life. The first thing it will do is boost your confidence. When you realize how eager your guy is to make out with you, you’ll begin to feel a certain confidence about yourself that was not there before. The other thing being assertive will do for you is attract your guy even more. Men love a woman who is not afraid to go after what she wants; especially in the bedroom. This can take your sex life to new heights.

## Get Rid of the Disempowering Sexual Stories and Beliefs

Are you one of those women who believes that only prostitutes should give oral sex? Or maybe you had a bad sexual experience in the past with an ex? Whether your sexual stories are from personal experiences, friend/family experiences, or stories you’ve read about, it is important that you change the negatives into positives. When you can openly change the way you think about sex, you will often find that the way you approach it will change for the better as well. Here are some things you can do to nix the negative beliefs.

Do a fact finding study - if your beliefs on sex are based on the experiences of others, material you’ve read, or things you’ve heard through the grapevine, the best way to remedy that would be to do a fact finding study. For instance, if your belief is

that men love intercourse more than oral sex do a bit of research and you might be surprised at what you find.

**Give a Clean Slate** - So if the reason you have negative beliefs about sex is a result of a past experience, it will be time to wipe the slate clean. Just because your ex did not make sure you were pleased during sexual intercourse does not mean that your current guy will do the same thing.

**Talk it over with your partner** - Sometimes getting those negative thoughts out of your head is harder than just changing your thought process. A great idea for this would be to talk to your partner about it. If you're fearful that he will want oral sex but you don't want to give it, tell him and explain why. Sometimes you may be able to get through those hurdles together.

**Talk to a professional** - for those women who have been affected sexually as a result of abuse, it's advisable to consult with a professional. Talking with someone about your abuse and possible associated fears is important. There is no reason why you can't get back to enjoying a full life, inclusive of your sexual life. Everyone deserves to have a healthy, intimate, passionate and satisfying sex life.

## Get Some Sexual Balance

This last tip in the Change Your Approach section is to get a better balance of your sex. There are couples that have sex most days of the week; however, there are couples that have sex once per month if they're lucky. Having too much sex can be grounds for the sex becoming too monotonous. Not having enough sex can result in the desire to have it with others or time passes and the long disconnect can make it difficult to make your way back to your primal desire.

Let's keep the sexual energy going between the two of you. Not everyone has the same sex drive, but getting a better grip on how often you have sex could change things for the better. Here are some ideas to getting that in place.

- ★ **Agree to a number** - talk to your partner about sex. If you're having it too often, maybe skim back a few days, however, if you're not doing it enough, agree to have intercourse at least once per week to improve your relationship.
- ★ **Unfulfilling sex** - Sometimes the sex is plain average or even terrible. For those of you who know that it's not "happening" and the sex is so far from what you're wanting then you've certainly got to work on it. There could be a whole lot of reasons why the sex isn't fulfilling. Sometime two people really are poles apart when it comes to what they like. You might like slow sex, he might like athletic or

vigorous sex. I know of men who love intimate loving and passionate sex who have been with women who go all porn star and they feel that they can't connect with them. Sometimes the man can only get aroused by dirty talk yet you might find dirty talk off putting or are happy to engage from time to time, yet not all the time. I suggest you take on board the relevant points throughout this book and if things still don't change then I suggest you seek professional support or even attend a tantric course.

## Sex Should Not be Used to Punish

The last tip for changing your sex approach is to understand that it is not to be used as a punishment or consequence for bad actions. A lot of times I hear women talking about how they are on a sex strike because their husband did not do something they expected of them. There are also women who do not know that they're withholding sex as consequence. Instead, they are internally upset with their guy and essentially lack the sexual desire to be with him in that way. In order to have a happy sex life, it is important that you talk through your problems, come to a common ground, and truly learn to forgive your guy and move past it. If there are past problems that cannot be worked out with the two of you, couples counseling is a great place to start. Unresolved issues are a surefire way to end up cheating down the line, so it should never be ignored.

When you change the way you view sex, you will find that you're a lot happier with your sex life. Don't be afraid of debunking the negative and tapping into the positive. Holding on to past experiences, negative stories, or staying shy and sheltered can really take a toll on your sex life. The next section will talk about spicing things up in the bedroom.



# 3

## *Spice It Up*

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There are some couples that have no problems with sex itself, yet, may have arrived at a point where it's a bit mundane and uninspiring or dare I say, boring! When you're in a long-term relationship, being sexually creative will be key to keeping your sex life alive. All too often couples fall into a routine in their sex lives, which in turn causes comfort and then boredom. If you're not having a lot of sex because you're tired of the same old routine, switch it up a bit! As long as you both agree with the changes and are comfortable with them, the skies are the limit. Don't be afraid to try something new, I mean if you don't like it, at least you can say you tried...right?

I've coached many a couple who said spicing things up in the bedroom did more than just improve their love life, it also improved their relationship as a whole. They became more intimate emotionally as well as physically. Here are some things you can try if you dare:

### *Change the Tempo*

Are you a passionate lover who enjoys the idea of slow love making, kissing and caressing? If you've been doing the same thing for several years now it may be time to explore a more wild side! Instead of being a passionate love maker who wants to take things slow, try speeding things up a bit for a change. While you might not experience a lengthy sexual experience, you could experience something new that both you and your partner enjoy. This doesn't mean that you always have to have quickies, it simply means switching up how fast or slow you make love sometimes.

### *Lights, Camera, Action*

Get some light happening, middle of the day light, living room light, lamp... what ever works. Just light it up and start seeing each other. Being able to look into each other's eyes is so simple and can be so powerful. Get turned on by seeing each other.

Even put a mirror up and watch each other make love. And maybe light is not the issue, there's no eye contact. Look at each other while making passionate love. It's powerfully intimate. Don't worry what you look like or what he's thinking. Just focus on connecting and seeing each other!

## New Locations

I have a friend who wanted to add a “kick” to her love life. She and her husband had been married about three years, and things were getting a bit stale. One day, she mustered up the courage to have sex with her husband in the bathroom at a restaurant when out to dinner! She says that was the most thrilling thing she'd ever done and her husband was let's say, impressed, and amazed by her boldness. Why not pick someplace other than the bedroom to make out? Not fond of public displays of affection? You can even try having sex in different locations in your house. Try the bathroom, kitchen counter, or if you have high fences you can even explore the backyard.

## Silence is Golden

A simple yet quick way to get your adrenaline running is to have intercourse in complete silence. Turn off your radio and television, and don't make a sound - keep dead quiet, well try, it will add some intensity and play into the sexual experience. Sometimes just allowing the moment to happen between you and your loved one can be enough to take things to a new level. If you're generally a quiet person then you might consider switching this tip around and making some noise. Just listen to the two of you making sounds together. Either idea will certainly get your blood pressure rising.

## Shop for Toys

Looking for an inexpensive way to bring the sexiness back in the bedroom? Take your guy out on a date to your nearest adult video sex shop for a shopping trip he'll never forget. Let your imaginations run wild in the store as there are so many different things you can try. Look at toys that you would enjoy trying and ask your guy if he'd like to see you. Let the sales assistant explain how to use certain toys. There will be little tricks and gadgets that may turn mediocre sex into mind blowing sex.

This shopping trip will set the mood for a great many evenings of exploration and passion on a new level. If you're new, feel free to start off with something small and work your way up to more creative toys as you feel comfortable.

There are strap on clitoral vibrators that can work wonders for some women. There are also little vibrators that you have put around his penis that stimulate you at the same time as he's moving beautifully in and out of you. Some women go crazy with a little "whipping" or they love to be tied up.

The world is your oyster with it comes to sensual variety and exploration.

## Role Play

Nothing can take your sex to new levels like the art of imagination. Whatever your wildest fantasies are, this is the time to act on them. Dig inside yourself and think of different people you can be. I have a client who says she has a monthly routine of being another woman for her husband. She goes shopping for a nice sexy lingerie set and pair of heels. Then she goes and gets a wig and makeup done. That day she shows up to her house pretending to be a woman who is attracted to her husband. The idea that she is dressed as someone else really sparks their sex life and she says it certainly makes a difference. Why not put on your thinking cap? Become another woman for your man and see if he appreciates it.

If you don't live together you can surprise him by answering the door in nothing but an apron.

You could pull out a French Maids outfit.

## Threesomes

Now, there are some couples that would disagree with this idea as a way to spice up your sex life. By no means am I saying that this is for everyone. If you have insecurity issues, unresolved emotional issues, or simply an ill feeling towards bringing a third party into your relationship or marriage, then this is not the solution for you. However, I have heard from couples that this was a great gear changer for their relationship. For a change up, some couples engage in a threesome once every 12 months or so. On a personal note, inviting another person into my relationship has definitely not been my thing. It's not been a fantasy for me, although, I try to 'never say never' in life so who knows, one day it might be my 'thang'.

If you are going to proceed with having a threesome, it is ideal that you follow these steps:

1. **Talk it over** - Don't just take it upon yourself to bring someone home one day. Instead you need to talk with your guy about what you're intentions are. You

should never assume that all guys will like a threesome. Some men do not want to share you with anyone, not even another woman (it's not every man's fantasy).

2. **Trust** - If you're in a relationship or at least in a sexual relationship with a man who tends to be physically on the aggressive side, he's a rough lover or you don't feel as though you trust him, then do not put yourself in a position that inhibits your ability to retain some level of control. If a man is not a kind lover then I suggest you reassess why you're actually physically intimate with him. Seek professional support. Sex is supposed to feel good and you should feel safe. You should be able to explore new things with a man and remain feeling safe and cared for - knowing that if you asked him to stop something he was doing, you trust he'll listen and respect your wants, which leads to the next point...
3. **Set rules** - If this is new territory for you, be sure that you set rules if you have any. For instance, if there are certain things that are off limits make this known to your partner. For example:
  - ★ You should also discuss rules for who you're going to invite into your bedroom, how often you might do it, and what happens after. Now is the time to get it out in the open. You may suggest that he's not to invite a friend of yours or his, it may need to be someone neutral, or it's only something you're willing to try and it may never happen again.
  - ★ You should have a code word or a safe word, that once used he knows that he needs to stop and vice versa.
4. **Play it safe** - I again have to stress how important good sexual health is. Be sure that you and your partner go and get tested for STDs, go together, or ask to see the results. Do not ever trust someone simply based on a verbal declaration of their sexual health status. Also be sure that your third party is in proper health as well. Also remember to use proper protection to prevent STDs and/or unwanted pregnancies.
5. **He wants it** - Maybe you're with a man who has been pressuring you to have a threesome for some time and you've not wanted to. If you really don't want to then you shouldn't. I suggest that you find out why he wants it so much and maybe the two of you can work out other ways to add more variety and spice into the bedroom. If you're still being pressured then it may be time for some sex and relationship therapy. Find a skilled professional with a good reputation to assist you.

Ladies, it's time to let your hair down, and get creative with your sex life. If you're seriously committed to being in this relationship, you're going to have to work at it. If

you've been doing the same sexual positions in the same place, you're missing out on what your sex life could be. These tips will certainly leave your man wanting more.

# 4

## *Learn Your Partner*

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So here's a question that I doubt very many women know the answer to. What is it that turns your guy on? There are a lot of women out there that will complain about how dissatisfied they are sexually; do they ever stop to think about how they could be contributing to that? Sex is a two way street in which both the guy and the girl are supposed to enjoy! If neither party is willing to put forth the effort to really explore each other sexually, chances are you're not going to get anywhere far.

This tip is one that has nothing to do with you directly, but if you do it right, you will most certainly reap the benefits from it. Now is the time to learn more about your partner. Learn what his likes and dislikes are sexually. What turns him on and what is a deal breaker for him? When you know more about your partner and how to please him, he will in turn return the favor and be more in tune with pleasing you.

### *Talk it Over*

The first order of business is to just sit down and have a talk with your guy - OR MAYBE NOT, let me explain; How you approach talking about sex really depends on the guy and the situation. Some men will shut down if you make it a formal conversation, other men will be open to it. To play it safe, generally, most sex chit-chat can be done after sex while lying naked next to each other in a more relaxed sense. If the sex isn't great then he's probably feeling the same and would welcome some open and proactive sex conversation. Although I probably wouldn't say that you're "no longer enjoying it" or "I don't like the way you touch me", that kind of chit-chat will mostly likely go down like a lead balloon - You might want to say "I'd really love to explore your body more and discover what really makes you tick" or, "sometimes I feel as though I've gotten lazy in the bedroom, let's shake it up a little", this way you're not suggesting that it's him.

Men typically do not respond well if they feel like they're not satisfying you. So, it's important how you word things and make sure you compliment him at the same time. He will then take pride in the fact that you are willing to be upfront about what



you're feeling and being proactive in making a change. When you talk to him, you want to find out about his sexual desires too, not just what you want and desire, this way you make it a sexual win win. A great way to get the conversation started and get your imagination in place is to talk about his fantasies.

## Ask Questions

You'll never know unless you ask. Now is your time to really find out exactly what your partner is interested in. Be exact in your questioning as this is not the time to guess at what he wants. Here are some questions to get you started. Some of these questions sound a little formal. You can soften them and also ask these kind of questions while fooling around:

- ★ What is your most desired sexual fantasy?
- ★ Is there something that you wish I would do that I don't?
- ★ What celebrity would you love to make out with?
- ★ What's the craziest place you ever thought about having sex?
- ★ What type of a sexual partner are you? Aggressive? Passionate?
- ★ Do you like to give and/or receive oral sex?
- ★ Are you a big fan of foreplay? Or - What's kind of foreplay do you like?
- ★ Do you like watching porn? Or - What kind of porn does it for you?
- ★ Are you into role-playing?
- ★ How often would you love to have sex? Or - What kind of sexual appetite do you have?
- ★ Are you sexually satisfied right now? If not, what can I do to change that for you?

## Boundaries

As you are in the process of exploring your sexual self and finding new ways to enjoy your sex life, it is going to be very important that you and your partner keep an open line of communication. In order for both of you to be pleased sexually, you will need to know what things each person likes. However, also you need to make sure that you're aware of what each person does not like. Do you have any idea what things make your partner feel uncomfortable? Are you aware of sexual things that might be a

deal breaker and turn him off? Does he know these things about you? If not, now is the time while you're learning your partner, to also find out what is off limits so that you can steer clear. Some things you might consider asking are:

- ★ As mentioned, if you're going to try a threesome you need to make sure they are okay with it. Whether it's going to be another woman or another man in this threesome, discussing comfort levels are important.
- ★ Are you into other forms of sexual pleasure? This might include oral or anal sex (for those couples that want to give it a try). Some guys don't like to perform oral sex but love to receive it. Some men love giving oral sex, yet are not too fazed on receiving it. I know, hard to believe, although everyone is different. Anal sex is also one of those things that's very personal and non gender specific - some guys are into it and some aren't and the same goes for women. Maybe exploring the anus with fingers is what you're comfortable with.
- ★ What are some things I could do that would completely make you feel uncomfortable? - This is where your partner is supposed to be completely open with you. As you guys are trying new things it will be important that you're both comfortable every step of the way. After your partner has answered this question, it is a good idea to tell him what your boundaries are so that he is aware.

I have given this advice to so many women and all of them have had nothing but positive outcomes. Sometimes we women think that our guys don't have limits or boundaries and simply view sex as a means to let go of all that pined up passion. However, as the truth would have it, men do have comfort levels, boundaries, and things they simply won't do. If the two of you have never had a conversation, this means you've been going through the motions sexually. And even though a lot of men talk about watching two women together as being a turn on for some men it really doesn't excite them. Or he may like to watch it, although does not want you to be the one doing it.

Just as you found out what his likes and dislikes were when you were dating, it is equally as important to find out what they are in the bedroom. When he sees the changes you're trying to make, he is going to want to do the same for you. This step alone could change the way you have sex from here on out. Remember, as you decide to try new things, always discuss them with your partner so that there is no disagreement later on. Sex can be a lot of fun if you're both on board and on the same page.

# 5

## *Never Underestimate the Power of a Woman*

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I get a lot of clients that come to me for advice on their relationship, and a lot of them have intimacy problems. What I've come to realize is that there are a lot of women out there that are very insecure with themselves and this insecurity plays a part in everything they do. If you don't know your worth and know that you're beautiful, you can never fully show this. No amount of makeup, clothing, or surgeries can change the way you feel about yourself internally. This is something you have to want and do for yourself. So this tip is one that will help you excel in every aspect of your life. As I've said before, there is nothing more attractive to a man than a woman who is confident.

When it comes to sexual intercourse, women in most cases are on the more passive side, waiting for the man to act on his desires. Well this entire guide thus far has been about becoming confident and taking the bull by the horns. What you must first understand is that you hold a lot of power as a woman. A woman, if she uses her abilities the right way, can have her man eating out of her hands with little effort. This section will give you some advice on how to use your femininity to your advantage.

### **A Picture is Worth 1,000 Words**

With all the technology out there today, there is a very easy way to get your guy's blood pressure boiling without saying a single word. This advice comes from a good friend of mine who wanted to get more out of her sex life with her husband of seven years. She says that when you're in the mood to get down with your guy, you should get completely naked, take a photo of yourself in a sexy pose and hit send. That's it! Within a few moments your guy is going to be blushing from ear to ear. She said she tried that on her husband and right away he texted her back saying, "I can't wait

until tonight!” As you can see, she got exactly what she wanted, she didn’t have to say anything, and her husband loved to see her confident and proud in her own skin.

## Who Says Flirting is Old School?

Whoever said that flirting is old, is for men only, or is only for the dating phase of a relationship. Flirting is one of the best tools a woman has when it comes to getting sex from her man. You’ve got to keep flirting and playing with your man. Flirting stirs desire and build tension - two powerful ingredients for hot and fiery sex!

- ★ Try sending your man a sexy text message and see if he doesn’t return a positive response.
- ★ Ask yourself, when is the last time you complimented your guy?
- ★ When was the last time you wore something sexy on an average day?
- ★ When’s the last time you talked dirty without actually being in the act of having sex?

Guys love to be the prey and not always the predator when it comes to sex. Show him that you want him through your words.

## Do a Little Dirty Dancing

So ladies, we get mad if our guy wants to hit up the nearest strip club and begin wasting all that hard earned cash on looking at another woman or ten. Having said that, I hope you’re not dating a strip-club lover kind of guy. But do you know what keeps guys going back for more? The mystery, the perceive confidence, the curves of the women’s bodies, the music, and the power the women have to toy with their sexual minds. Do you realize that you too can do this? Plan a “strip club” night with your guy. Instead of going to a strip club, you go out, purchase a dancing pole, some high heels, a nice pair of underwear or lingerie, a bottle of wine, and take it home. Set the mood with dim lights, catchy music, and some snacks and liquor for your man to drink. When he comes home, you dance like you never have before. Every woman has curves that their man loves, so just catch his attention and never let it go. Be flirtatious, give a lap dance. Don’t be afraid to ask for a tip! He’ll have a great time just imagining with you and being in the moment. Trust me, if you try this trick you won’t have those same arguments about him going to the strip club. I am most certain that he will most likely want you to do it time and time again.

## Make Him Sweat

Now this one might be a bit more fun and devious of sorts but it works wonders. Sometimes for those couples that have sex constantly with no real change, it may be time for this idea. Let the urge to make out build up and don't act on it right away. When there's an obstacle to engaging in sex, it heightens erotic tension.

When you get up in the morning, throw on something nice that your man likes to see you in. Go to work as you normally would. Maybe send a picture or a flirtatious text message throughout the day so that he knows you're into him at the moment. Then when you get home that night make a nice dinner, throw on some nice pjs that are a bit sexy, and sit down to dinner together. When he thinks you're about to get it on..... give him a gentle kiss, a nice caress, and walk away. The next day he is bound to be ready to pounce on you the moment he sees you.

As women, we have the power to do so much. Your man is attracted to you from your head down to your toes, or else, he wouldn't be with you. Flaunt what you have, show him what he has at home, and put some sexiness in your strides. You are going to love the attention you get from simply being a woman; nothing more, nothing less, just being the attractive woman that you are. When you can tap into your inner sexy woman, the rewards are certain to be great.

# 6

## *Using the Five Senses*

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Sight, hearing, taste, smell, and touch are some of the best ways to get your guy in the mood for a little sexual healing. This tip is a great way to get more in tune with each other's likes and dislikes and learn each other on a new level. You can find ways to use all of the senses at once, or you can try each sense independently to see which turn him on the most. This tip is going to require a lot of creative imagination, but it will certainly turn you both on in ways you've never imagined. Here is a breakdown of ideas for each of the five senses.

### Sight

I've come to find that men are very visual people. They love the idea of being enticed visually and will really love this idea. Maybe this is time to try a little strip tease as this is a very visual act that he will enjoy. It doesn't have to be a fully orchestrated show - you can both be in the kitchen or the living room and you could slowly and cheekily start removing your pants or a top. While slowly moving closer and closer to the couch, a table or bedroom, you can start removing another item of clothing. Play with him, tease him, tell him to keep his hands off, or tell him he has to wait. Be creative. Alternatively, you don't have to say a word, just let your body language do the talking. Let him see all of you.

I overheard these ladies one day in a bistro talking about what I thought was a great way to get a bit of teasing in. The woman proceeded to tell her friend how once per month when the children were away at their grandparent's house, she would strip naked and go stand right in front of the television. Right away they would go at each other like animals on heat. She loved every moment of it.

There are tons of things you can do in the sight category that would certainly get your man intrigued. Turn on a porno and watch it together. If you get turned on by it, begin touching yourself as he watches you, almost like you forgot he was there, just let him watch and see your every move. The more creative you are with it, the more intensity and passion you will receive from him once you're done showing off for him.



## Hearing

Now, if you're going to do this one, you're going to need to blindfold your man. Since you want him to focus in on sounds alone, covering his eyes is the best way to get him more in tune. Turn on some soft yet sensual music, gently blindfold him and get to making noise! Now you might wonder what types of noises you're supposed to make, but there are a ton of things you can do to get him in the mood. If you've got a sex toy that vibrates, turn it on and put it near him so he can hear it. There are some women who take it a step further and will begin pleasuring herself, while he listens. Your noises and actions can take him to places in his mind that he's never been before. Slowly explore his body, paying attention to everything but his penis. Take your time to get there.... Make him beg for more.

## Taste

Ahh! The wonderful power of taste. You're probably wondering what food has to do with sex, but it can really change things up if that's what you're looking for. No, I am not saying that you should cook a four course meal right now; I am simply suggesting that you get a bit creative with the tasting and get him on the same page as you. I know some great aphrodisiacs that can really turn things up a notch. Prep some chocolate covered strawberries, and maybe even some oysters to get things under way. Again, blindfolding him so he only uses his taste buds is a great way to intensify things. Feed him gently and watch what sparks start to fly.

Ice Cream Sundae Trick - so here's a bonus treat for the taste category. You don't have to always make foods that are fed to him on a plate. In fact, you could be the plate yourself! Go to the store, get his favorite ice cream flavors and toppings. When you get home undress down to your birthday suit. Take the ice cream and toppings and put them on you with a cherry on top. Whipped cream works great for this idea. When he's blindfolded, let him taste you for a dessert he will want time and time again.

*Note:* Avoid putting sugar based products around the vagina. It may taste nice and feel good to have your man lick honey from your clitoris and other regions - this is not great for your vagina flora. Candida sufferers will know that consuming sugar can set it off. So take care down there, or you might wonder why you're feeling a little itchy and irritated after the fact, which is sure to slow down your sexual activity, and you don't want that, right?

## Smell

This one is short and simple. Scent can be very powerful in bringing about thoughts, memories, and your imagination. This is how it works - When scents are inhaled, messages are sent to the brain. Some scents trigger old memories and feelings, and there are others that prompt chemicals to be released that cause emotions and desires to surface. The effects can include relaxation, feelings of euphoria, heightened sensitivity, and lowered inhibitions. These sensual responses can promote physical arousal by increasing the blood flow to the genital region.

Purchase some scented candles and have them lit in the room. Another great way to get the smells going is to purchase a new perfume or scented lotion fragrance that he'll enjoy, such as cucumber, I know, cucumber? Sounds strange, although licorice with cucumber are a very powerful mix. In the late '90s, Alan Hirsch, MD, of the Smell and Taste Treatment and Research Foundation in Chicago, set out to discover which scents really got men and women 'going' and these two were in the lead. The two are an interesting mix of a very clean and fresh scent with a more heady, sweet and stimulating scent. Maybe eat some licorice and cucumber, have a tea or wash with a cucumber lotion or light a licorice scented candle.

Scents that promote sensuality are (yet not limited to):

1. **Vanilla** - There are plenty of vanilla products out there. Choose one that smells natural. Some can smell synthetic and can be a turn off.
2. **Peppermint** - Peppermint shampoo, oils, chocolate with peppermint, tea.
3. **Jasmine** - Candles, tea, oils, and other products. **Sensuality Blends** - Most of the leading aromatherapy companies will have a formulated blend.
4. **Lavender and Pumpkin Pie** - Another unusual combo tested at the Smell and Taste Treatment and Research Foundation- also Orange was found it stimulate the participants.
5. **Licorice and Cucumber** - See above, and do some research. Maybe give him a facial and add some cucumbers on his lids, massage some cucumber moisturizer into his lovely hands and drink licorice tea or have a piece of licorice.
6. **Banana Nut Bread** - Bake one, the scent will smell delicious and the taste will inspire arousal.

These lovely scents are suggested as sensuality props and tools. There are a whole many more scents that will support your sensual desires (sandalwood, rose, ylang

ylang, etc.). Be careful to not drain yourself in them or mix too many together. One or two at a time is enough. There is nothing worse than someone who smells as though they've just stepped into a bath of perfume. The scent will be stronger for the person who's rarely exposed to the scent. Infuse your love not suffocate😊.

Aroma therapy will certainly get his mind wondering and his hands eager to touch... which brings me to the next sense...

## Touch

Sex is all about the power of touching. This time however, you're not going to do the same type of touching day in and day out. When you're alone with your man, gently caress him. Don't jump straight into sex, just touch on each other in the most passionate ways. Even sometimes the art of barely touching can really ruffle his feathers. When you go to kiss him, barely touch his lips with yours and stare into his eyes. Gentle, passionate, and in a loving way is how touching should be done. Try a massage with scented oils for a great combination between smell and touch. Rub the oil on his back and provide him with the rub down he needs after a long day of work. Enjoy each other, explore each other, and when you can't take it anymore, and then you can go on to passionate love making that you won't soon forget.

## Put Them All Together

Want to really get him aroused using the five senses? Put all these ideas together and make it a night of enjoyment with foods, sounds, and visuals that he'll enjoy. Try something different and dress up and be someone else. There's nothing wrong with throwing on a wig and pulling out your alter ego for a bit of pleasure. He will go crazy over you and will learn to be pleased in more ways than one. Or just choose a couple of the 'senses' at a time and keep a few sensual surprises up your sleeve for a later bedroom date or whenever sensual inspiration takes place - i.e. Try blindfolding him and then slowly explore his body, use a feather, ice, your tongue or whatever you can find.

So as you can see the five senses are truly a great method for boosting your sexual performance. You guys can take turns doing this with each other and just enjoy the newfound connection you have. Have your way with him, tap into his every move and go with the flow. He will appreciate every moment of it.

# 7

## *Treat Him Like a King*

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So ladies, as we wind down to the last segment of this eBook my advice is to learn how to cater to your man. It might seem strange that I am telling you that in order to boost your sexual experiences that you should cater to someone else's needs, but this tip will work if you put forth the effort.

Let's consider this as a supporting argument: If you are always the person who has to prepare meals with no assistance from your partner, after a while your sunny disposition as you prepare the meals will go away. It's crazy this day and age to "assume" that the woman's role is to cook meals day in and day out. Therefore, it is also crazy to "assume" that the man's role in the bedroom is solely to make sure the woman is taken care of.

At some point, the roles have to reverse in order to provide some equilibrium to your sex life with your partner. Instead of always waiting around for him to come onto you and treat you like a queen, adapt the concept of giving your guy the day off and treating him like the king that he is to you. While every guy will have different things that make him feel special, here's a few ideas to get you started.

### **Prepare a Meal**

You've heard the saying, "the fastest way to a man's heart is through his stomach." Well, parts of this saying are true. Do I believe that food is what will make a man fall in love with you? No. Because I have clients who are head over heels in love with each other, but don't know the first thing about cooking meals. However, I do believe that if you have the talent to cook, this is a great way to show your man you adore him.

You can research great aphrodisiacs to get him in the mood for a night of sexual pleasure and fun. The meal you make should also include some of his favorites so he knows you put thought into it. Set the table with candlelight and bit of slow music to feel the mood, and dress in your best dress. Greet him at the door when he comes in, take his belongings, and walk him to the table for a meal that will make him smile. Be

sure not to cook too many heavy foods or else you could find your sex partner sleeping before the fun gets started.

## Provide Your Undivided Attention

Once you guys have finished dinner it is important that you keep the flow going by catering to his every need. If you have a tasty dessert you can serve this to him while you clean up for the night. Then slip into something a bit more inviting and get ready to channel your inner sensual being. You want your guy to feel special so make sure you pull out all the stops for him. Some ideas of things you might consider would be:

- ★ **Bath** - don't you just love it when your guy runs a bath full of rose petals for you? Did you assume that was something only a woman would enjoy? Well that is simply not the case. In fact, many guys would love to be pampered by their woman, however, many women don't catch on to that fact. Draw him a bath, undress him, and let him soak and relax.
- ★ **Massage** - When he gets out of the bath you should give him a nice massage with body oils. Rub his entire body (ladies, this means a foot massage as well! No matter how unattractive his feet might be). Even if he says, now let me give you a massage... you can respond... "oh no sweetie, not tonight. This is your special night"
- ★ **Oral sex** - I know I've stated this several times throughout this guide, but it's necessary to understand that guys love to receive oral sex. Even if you're not particularly fond of it, giving him just five minutes will show that you care about him and want to please him - that makes it easier to negotiate what you want too. If it's been a long day get him in the shower (or bath, as per above )and wash him nicely then have some fun with him, either in the shower or out of the shower.
- ★ **Private dance** - If you're feeling in the mood, give him a bit of a private dance. (see previous chapters for more on this topic)

## Put His Sexual Needs Ahead of Yours

Again, this might seem a bit strange, although sometimes you have to give in order to receive. Whenever you decide to try catering to your guy for the day, you must also make sure that the actual sex is all about him as well. What I mean by that is:

- ★ **Take control** - don't wait for him to grab you, instead you should grab him. Let him know you want him in the worst ways and then act on it.

- ★ **Positions** - If you're more of the doggy style or missionary type, it's time to switch things up and give your man a break. Lay him on his back, and hop on top of him like a cowboy at a rodeo. He will certainly enjoy the change of pace.
- ★ **Orgasms** - For most women, the men will have an orgasm before she will. Thus, the race to get your own orgasm before he gets his is a must. Well tonight, don't focus so much on you receiving pleasure, but instead put all of your energy into pleasing him. I have a patient who was pleasantly surprised that she was able to have an orgasm, simply by enjoying the pleasure that she was giving her boyfriend. The more turned on he got, the more it aroused her.

Sometimes we have to give our guys a break. Women fake orgasms, complain about the size of their "instrument", and literally talk a lot of mess about their men in the bedroom. Now, it is time to put all that to the side, and let him know, that you appreciate him making an effort to put your sexual needs first. And what you might not know is that men also fake orgasms, of course, nowhere near as often as women do. Regardless, men do appreciate some extra attention from time to time.

Let him know that every once in a while, you too can pleasure him in every way he imagines. When he feels that you've decided to put his needs first, he will be more excited the next go round to pleasure you even more.

*Note:* If you don't feel that he puts your sexual needs ahead of his or makes your sexual pleasure as important as his then this tip may need to be turned around. Not all men are good lovers. Some men have little to no idea about women's bodies and how to give pleasure. Maybe you hand him this book to read, or "accidentally" leave it on the bedside table or on the bed for him to stumble across.

# Conclusion

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These tips have all been tested, experienced, and enjoyed by couples all over. Just like a relationship takes time, dedication, and commitment on both parts, sex is something that has to be worked on. Women are known to be more personal, shy, and closed off when it comes to getting what they want in the bedroom. While this may work in the beginning stages of a relationship, after years of doing the same thing and not really getting what you want out of it, it can seem like déjà vu or groundhog day every time.

As your relationship blossoms, it is essential that you blossom as well. I would never suggest that on the first date you start talking about what it is you're looking for sexually, but it is an important conversation to have with your guy at some point. Working at your sex life might mean using every tip in this book, for some women it might just require a few, but whatever your path, you need to make sure that you do it to the best of your abilities. Below are just a few key factors you need to keep in mind to make this whole thing come together.

## Talk

I cannot stress enough how important it is to talk it out with your partner. He is not a mind reader and neither are you and therefore you need to communicate to get your point across. The talk does not have to be an interrogation. However, it should be precise so that there are no stones left unturned.

## Explore

There are so many different ways to have sex that doing it in one position in one location for several years is insane. Think outside of the box and be open minded to exploring other ways to make love. When I say explore, I don't mean just explore yourself, but explore your partner and continue to learn new ways to sexually satisfy each other. If neither of you is a "freak in the sheets" learn new things together.

## Confidence

Your confidence level says a lot about how you feel about yourself. If you walk around as if you're not pretty and you dress as if you don't feel pretty, what vibes do you think you're giving off? You can't very well expect your guy to get into you if you're not into yourself. Even if you've put on a few extra pounds, own who you are and if necessary be willing to make the changes to make you feel more confident about who you are as a woman. Confidence is about 60% of the sexual attraction.

## Look After Each Other

A healthy and deeply satisfying sex life happens when both parties are interested in pleasuring each other. So make sure that you bring reciprocal pleasure into the sensual arena. Both of you deserve to experience great pleasure. So make sure you *up skill* in the bedroom.

In closing, I would just say that you hold an amazing power that is just waiting to be unleashed. Find yourself, explore yourself, and when you're ready, share what you've learned with your significant other. Get creative, use your imagination, let your hair down, and just allow yourself to be in the moment with your guy. Own your sensuality.

I am almost certain that these tips will put you guys that much closer together as sex is a connection/bond that is to be shared with a couple. For many couples changing the way they have sex ultimately saved their relationship for the better. So whether you're still in the honeymoon phase, you've been together for a while, or you're married and looking for something new, this book will certainly point you in the right direction. If you thought you didn't like sex before, chances are, a few of my tips will have you singing to a different tune.