

HOW TO **FUCK **WOMEN** PROPERLY**



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In addition to authoring this book Will is also the author of the most efficient, effective and repeatable system for fucking women online: [How To Get Laid On Tinder](#). You can read more of what Will has to write for free at [revolutionarylifestyledesign.com](#).

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DEDICATION

This book is dedicated to you, the reader. I want to sincerely thank you for your purchase and I truly hope this book brings you happiness and the amazing sex life you deserve.

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INTRODUCTION

At the dawn of the Internet era, when my tender young mind first started reading books on sex, my options were not very promising. Most books were written by faceless men with bad grammar offering never before revealed ancient Malaysian sex secrets. Unfortunately not much has changed. Most books on sex are still being written by shady Internet marketers promising some variation of generic snake oil.

On the other hand, you have more credible books on the subject but these are primarily written by and for married couples. They might be great for married men to read but they won't be very useful to a guy who takes a new girl home every week. They also tend to stick to the soft side of sex. Or if they're going to venture to the dark side they do it in a PG-13 socially approved way.

This isn't that kind of book. This book covers the light side, the dark side and everything in between. Unlike most books on the subject, this one is written by an actual playboy as opposed to an Internet marketer. My face, body and lifestyle are freely available on my website for the world to judge. I live and breathe the lifestyle of a sexually liberated man.

My goal in writing this book was to give my twenty year old self the book I always wanted, the definitive sexual bible. After a decade and a half of experimentation and study I'm confident that I've done so. Whether you're a virgin, a playboy or a married man this book will be the most valuable book you read on sex.

I've been in the game for close to two decades and have fucked my way well into triple digits and I promise you, if you can master this book you will become an absolute beast in the bedroom. I'm not telling you that to brag. OK, I'm bragging a little bit, but I can tell you that when you master this book the women in your life will love you and your neighbors will hate you. To get the greatest benefit from the book I want you to first read it all the way through without skipping sections so you can absorb the key concepts. I designed this book to radically alter your mindset and your approach to sex. The content in the book goes much deeper than techniques and it's important that you let those concepts into your psyche with an open mind.

Once you've finished the book you can go back and test each technique one at a time. When you've mastered that particular technique, come back to the book and try another one. If you're serious about sexual mastery you might have to refer to the book 30 or 40 times to absorb all the information. The important thing is that you take action. You've paid good money for this book and I want you to have the sex life you deserve. This book has been a decade

and a half in the making: so don't expect sexual mastery in one day.

Unfortunately, the vast majority of people who buy self-help books don't apply what they learn. You owe it to yourself to have an amazing sex life and for that you need to take action.

You might be nervous or feel guilty about trying some things in here, but I want you to push past it and apply yourself as best as you can. I promise you it will be worth it. With that said I'm not one for hyperbole so without further ado lets get started.

To understand how to fuck women properly, the first thing you need to understand is what women are looking for in a man. The best place to find the exact definition of a woman's sexual archetype is in a romance novel. Women read these by the truckload.

If you can make it through the terrible writing to the end without vomiting you'll see the type of guy that women love and that archetype runs through every single romance novel. That guy is a muscular, high status, bad boy with a passionate and sensitive side. To women, they're not fucking skin and bones they're fucking your image as a man.

CHAPTER 1

IMAGE

Your image as a man is the most important thing to a woman in regards to how they respond to you in the bedroom. The image you want to present is of a dominant, passionate, powerful man who is also sensitive to their emotions.

You're a winner inside and outside the bedroom. You're fit, well dressed, charming and confident. Foreplay for women starts outside the bedroom. Some of you might already be there whereas some of you will have a long road ahead but it's never too late to become a winner.

All women's attraction cues come down to one thing, dominance. Women are hard wired by evolution to select the most dominant, genetically fit man they can get their hands on. A guy who can dominate them physically, mentally and emotionally.

Unfortunately we don't all look like muscular movie stars. But if you're serious about fucking women properly, then you need to do everything you can to max out your sexual market value.

The more **muscular** you are, the better **game** you have and the more intelligent you are, the more attractive to women you'll be. Everything counts and everything affects how she responds to you in the bedroom.

Foreplay starts from the second you meet a woman. I can't emphasize enough how important it is to max out your **sexual market value**. Maxing out your sexual value is beyond the scope of this book but you can get everything you need for free from my website - revolutionarylifestyledesign.com

The media makes a big fuss out of men objectifying women, but the truth is women objectify men to a much greater degree. Women have sex with your image and in fact, they're pickier than we are.

Being good looking isn't enough, they want successful, muscular, dominant, intelligent, emotionally in control etc. The list goes on ad infinitum, in other words they want the total package. I'm not telling you this to discourage you: I'm telling you this to encourage you to maximize as many of these areas as you can.

You don't have to have all these things to have women respond to you in bed, but the more you have going for you the better women will respond to you. The bottom line is that the more things you have going for you outside the bedroom the more you'll turn her on inside the

the bedroom.

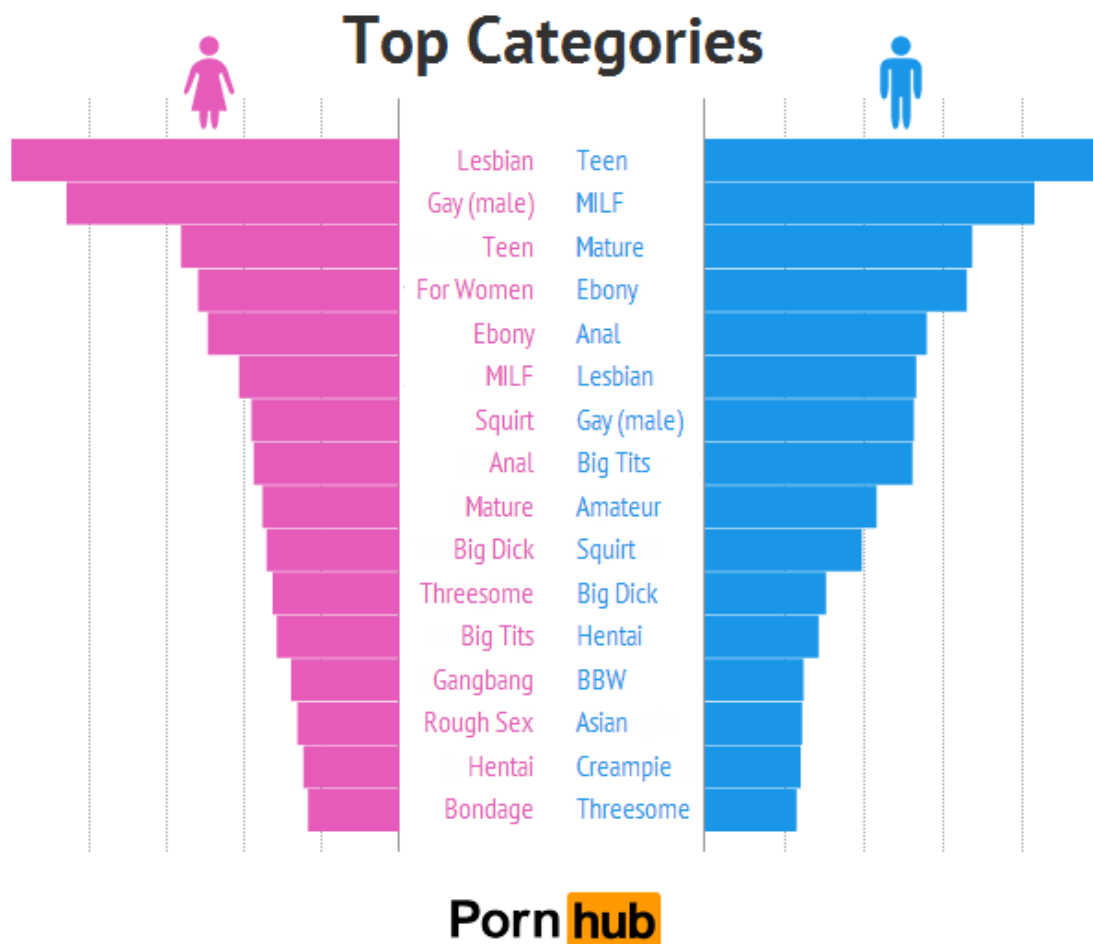
If you're going to remember anything from this section remember this: women want total domination on all levels, mental, emotional, physical. Don't buy into any of that fake feminist equality bullshit.

CHAPTER 2

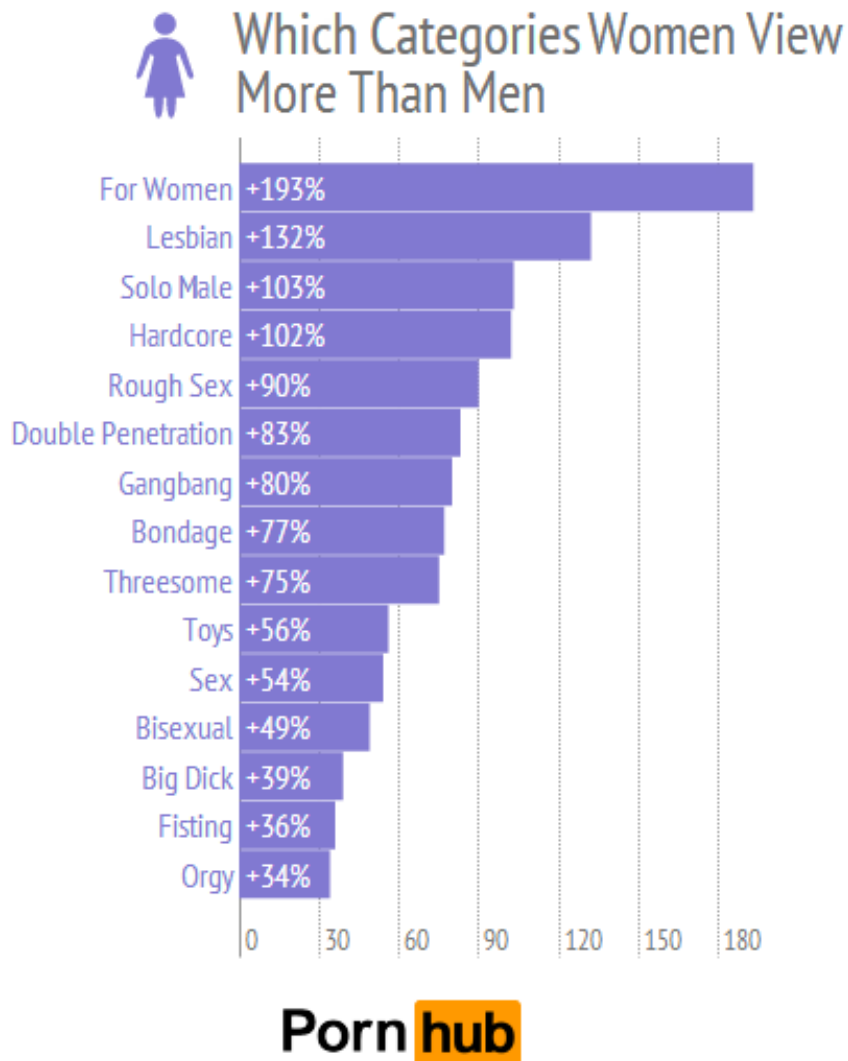
FEMALE PSYCHOLOGY

Despite what you may have read somewhere, women are not the delicate flowers many people believe they are. They are just as sexual as men, if not more. They're the ones who can have multiple orgasms and fuck for hours, we're the ones who cum once and need a nap and a sandwich.

If you have any doubt I strongly suggest you read [Nancy Friday's books](#) on female fantasies. From lesbianism to gangbangs to incest they're covered in explicit detail. For further evidence, check out the porn that women watch in private. Pornhub has compiled the numbers for **what women want** in their porn by highlighting their top search terms. Let me paint the picture:



As you can see women are just as dirty as men. What's more shocking, at least for those of you guys who still believe in female purity, are the terms they search for more often than men.



As you can see, women search for rough sex, double penetration, gangbang, bondage, threesomes, big dick, fisting, and orgies more often than men do. Numbers don't lie, women do. You'll also notice that women search for lesbian porn far more than anything else. That's because all women are bisexual. No matter what comes out of their mouths, this is the truth.

Women will tell you they're not bisexual or they don't like labels or they just watch it because it's more gentle than straight porn, but these are all lies. Every woman I've dated will eventually admit to lesbian fantasies. And every woman either watches lesbian porn, fantasises about women or has hooked up with women.

It might be hard for you to believe at first, because for this to be true all the women in your life, from your mom to your sister to your ex girlfriend, would have to have lied to you about their sexuality. But this is exactly what's happened.

Women are shamed for their sexuality so their response is to hide it from all but a select group of men who are sexually non-judgmental. Even then it's still tough to get the truth out of most women. It's hard for many of them to even admit it to themselves.

Women's fantasies are just as kinky as men's are, they're just habitual liars about it. Society shames women for being sexual so they sell the illusion of purity. Don't buy in. They want to do all the same things we do.

With that said, as similar as we are, women are still the much more selective sex. Women, in fact, are much pickier when it comes to looks than men are, despite the lies the mainstream media tells you. Women also tend to put more value on emotion, verbal communication, mood and atmosphere. You'll learn more on how to convey those things in the following chapters.

Nature is amoral and sexual selectivity is as Darwinian as it gets. Women's sexual instincts are as raw, as dirty and as unforgiving as ours are. Their sexual shame, denial and lies are just holdovers of the old marriage system where they sold purity in exchange for our resources.

They never were and never will be innocent. If you remember anything from this section, remember that women are as nasty and want to fuck just as much as we do. This is the first key in developing a successful sexual mindset.

CHAPTER 3

MINDSET

To become a sexual master takes certain key mindsets, many of them are not politically correct. The essence of manhood is not encouraged by our pussified society. What that means is you're going to have to peel back a lot of your social conditioning to get to your natural masculine essence. To start you need to internalize these eight key mindsets.

You need to become:

1) Uninhibited

Being sexually uninhibited is the most important mindset for any man who wants to be great in bed. By allowing yourself to become lost in the moment, not only do you allow her to become uninhibited, but you also amplify your sexual pleasure on all levels.

To be uninhibited means you need to focus on the moment, focus on the sensations in your body and not worry about the look in your face. To carry out the techniques in the book properly you need to be uninhibited.

You need to not give a fuck what she thinks. Ironically once you stop giving a fuck you'll be able to please her infinitely more than when you're worried about every little thing.

2) Powerful

As we covered in Chapter 1, women aren't fucking a bag of flesh and bones. They're fucking the image of you as a man and the most attractive image to them is of a powerful man: a man that can take over their mind, body and soul.

This is the kind of man they want to give themselves to completely. To convey power you need to be able to stare into their soul with a burning intensity coming from your solar plexus.

The look is pure domination and in the heat of the bedroom there is no woman who can resist it. To learn more about how to convey your sexual power through your look read on to Chapter 10.

3) Sexually Liberated

Sexual guilt is arbitrary, impermanent and unreal. In some Islamic countries men can have multiple wives but in the West we can't. Every society has different rules but that doesn't change our basic biology. As men we want to fuck lots of women and that's nothing to be ashamed of.

For you to become great in bed you have to become a libertine. Wanting to chokefuck a woman and cum on her face is nothing to feel guilty about. Sexual guilt is all cultural programming to keep the herd in line.

The system needs lots of worker-bees raised by stable families. Marriage was created to: one, assure paternity and therefore man's involvement in raising his children and two, to stop guys from killing each other over women.

Anything that deviates from the conservative family unit is shamed. Having a bunch of libertines running around fucking everyone is bad for business. Our rulers don't like that, even though they do the same behind closed doors.

Once you understand this on a deep level you will have no sexual shame. There is no shame in consenting adults doing whatever they want in the bedroom.

4) Sexually Confident

The more girls you have the more sexual confidence you'll get and the more relaxed you'll become in bed. Confidence is something that comes with experience but until then, you have to fake it until you make it. You need to internalize that sexual confidence is a part of your reality.

You need to start telling yourself that you're a powerful, sexual man. You need to give yourself these positive affirmations daily. Even if it might sound cheesy to others it doesn't matter.

Even if you're a virgin or have only had a few women in your life you need to learn to project that sexual confidence. Then once you've mastered the techniques in this book you will be able to become congruent with that projected confidence - I promise you this.

5) Vulnerable

This might sound counterintuitive at first but to truly release into the moment you need to risk making a dumb face and show her how you really feel. To be a fully formed sexual being you need to be able to emotionally connect with women and that means opening your heart.

I can be the dirtiest sexual gangster but also the most romantic, tender lover she's ever had. This is the ultimate combination for women. To be able to open your heart with a woman is the most powerful tool in making her feel connected with you.

6) Detached

Again this might sound contradictory but to really please a woman it's important not to be too concerned with pleasing her. I look at women as a nice addition to my life but my first priority is myself and my mission. If some girl I pick up doesn't have an orgasm that isn't even on my radar of problems. It's not even an afterthought of a problem.

Her orgasm is her responsibility. I'm going to outline every technique in the world for getting her off, but if she can't orgasm or takes forever that's her fault, not yours. It's good to work on yourself in the bedroom but don't become too attached to the outcome. Instead, just enjoy the process and the progress.

Some women orgasm easily, some don't orgasm at all. If she's resistant to all your efforts in the bedroom that's her fault, not yours. Wanting to please women is great but wanting to please yourself is just as important.

You need to internalize not giving a fuck. It really doesn't matter what some girl you ordered off of Tinder thinks. If you put on a bad performance, or can't get it up, or cum too quickly, at the end of the day you've still got your health and your wealth and your relationships with your friends and family. Those are the important things in life.

Ironically, it's only once you become outcome independent that you truly become great in bed. This is because instead of operating from fear and frustration you're operating from a place of contentment and relaxation.

7) Dominant

As we covered in earlier chapters and will continue to cover in later chapters, women want a dominant man. Being dominant is an extremely important mindset in the bedroom. In later chapters we'll cover exactly how to apply dominant techniques to enhance her sexual state.

For now you need to understand that the key to being dominant is to let her experience your raw animal instincts while at the same time being attuned to her body and sensitive to her needs.

The key to effective dominance that women enjoy is having rough intent as opposed to using rough actions. That means being dominant mentally and physically but without damaging her body.

That means a nice firm spanking as opposed to leaving welts with a belt. Tensing your arm hard to show power but choking her lightly to avoid damaging her windpipe. Throwing her up against the wall but putting your hand behind her head instead of banging her head against

the wall but putting your hand behind her head instead of banging her head against the wall. Dominant but fully aware and in control is the key.

8) Artistic

Sex is 80% art, 20% science. Sex is not only about learning all the right moves and techniques, it's about tailoring your sex to the girl you're with. The right techniques are immensely powerful but they're useless if you're not in tune with your woman.

Women would much rather be devoured for 10 minutes by an alpha male expressing his raw instincts and being in touch with her emotions than 45 minutes of beta male, uninspired technical precision.

As a sexual artist, the key is to be able to combine your raw, manly instincts with the sensitivity needed to make a woman feel connected.

CHAPTER 4

TRAINING

Becoming a master at anything takes practice and sex is no different. If you truly want to be great you need to dedicate time to mastering the skills, just the same as if you were training for sports.

Here are five key training exercises you should be doing to enhance your sexual skills:

1) Edging

Edging means jerking off to the point of orgasm for as long as you can. If your usual session lasts 10 minutes, try and get that up to 20 minutes. Once you can make it 20 minutes try and make it 30 minutes.

Work forward until you can jerk off at the point of orgasm for close to an hour. By doing this you'll be able to tune into all the sensations that are happening around the point of orgasm and learn how to control them.

I've been edging since I was a teenager and it's had a massive impact on my sexual stamina and understanding of my body.

2) Kegels

Kegels for those of you guys that don't know are an exercise designed for strengthening the pubococcygeus muscle otherwise known as the pc muscle. They're named after Arnold Kegel who was the first person to describe them.

The pc muscle is located in the pelvic floor and is used to control the flow of urine and contracts during orgasm. To find your pc muscle, go to the washroom and stop the flow of urine. Don't confuse the pc muscle with your sphincter, your sphincter muscle is in your ass, you can feel it by clenching your ass like you were holding in a shit.

Kegels were initially designed for women to reduce urinary incontinence after childbirth, however they work really well for guys to **strengthen erections**, have stronger orgasms, and reduce premature ejaculation.

It may not seem like you're doing much at first but believe me these exercises are powerful.

The most noticeable benefit is stronger erections, you'll notice stronger erections within 3 to 4 days and by a month of consistent exercises you'll notice a serious difference in erection strength, quality and duration. The key is consistency.

I've been doing them for about 6 years and the way they affect your body is slightly different than weight training. If you take a month off of **weight training** you'll still keep most of your strength. But with kegels you'll almost be starting from scratch, the good thing is it only takes about 5 days or so to recover most of your strength.

The kegels that I do are a bit different than the standard method: they involve the pelvic floor, pc muscle and the sphincter, contracting them all at the same time. I call them enhanced kegels. All three of these areas are involved in erections and are necessary for being able to have male multiple orgasms (see below) so it's important to keep them strong.

The basic method outlined here is simple, effective and won't take you more than a few minutes. I like to do them in the morning once I've woken up as part of my daily routine.

I've experimented with a number of different routines over the years including working up to 600 kegels a day but found anything more than this method produces diminishing returns.

To do an enhanced kegel, pull the pelvic floor muscles in, clench the pc muscles contracting your urethra and tighten the sphincter muscle. Hold the enhanced kegel for a second. Do 50 enhanced kegels with a one second hold on each and a 30 second hold on the last one each morning. I tack mine on to the end of my **yoga routine**.

3) Ejaculation Control

Once you've mastered edging, you can start working on ejaculation control and multiple orgasms. The first time I heard about male multiple orgasms was in *The Multi-Orgasmic Man* about a decade ago and for the last five years I've been able to have them consistently.

Despite what you were taught in health class, orgasm and ejaculation are two completely different things. It's actually possible for men to orgasm without ejaculating: these are called dry orgasms. We're also capable of having multiple dry orgasms and circulating that orgasmic energy throughout our body.

Ejaculation is an automatic bodily function, but with conscious effort and awareness it can be controlled in the same way you can control a sneeze. Sex is designed by nature for procreating and nature uses your most potent energy to create a child. When you ejaculate you release a tremendous amount of energy in the form of sperm.

Unfortunately, consistently draining that energy has its price. The French call ejaculation “le petit mort” or the little death, because that’s exactly how it feels, like you died just a little bit. Ejaculation causes an increase in prolactin and a decrease in dopamine.

Prolactin is the chemical that causes the refractory time between orgasms, while dopamine is the body’s reward mechanism, the one that gives you an orgasmic high. That’s why every time you cum you go from this amazing high to this immediate low.

For many guys, including myself, the dopamine crash causes a low level depression. This lasts anywhere from a few hours to a few days, the length depends on how often you ejaculate.

When you ejaculate frequently you drain your body’s vital energy or chi. Think of your body like a car battery. By constantly ejaculating you’re constantly draining your battery without giving it a chance to recharge.

Taoists believe the ideal amount of ejaculation is none, and I would agree. It’s easier said than done but I believe you should aim to ejaculate as little as possible. The less you ejaculate the stronger you’ll feel.

If you don’t believe me, try ejaculating 3 times in a day then go to the gym and hit the weights. I bet you won’t even be able to do 90% of your max lift. What you should do instead is take that vital energy and circulate it through your body.

I know the thought of circulating vital energy sounds like some hippie bullshit you’d hear on Oprah, but I promise you it isn’t. Once you’re aware of the energy you will literally be able to feel it move through your body.

When you orgasm without ejaculating two good things happen. One, you don’t lose energy and two, your prolactin doesn’t spike which means you have no refractory period. In fact after recycling your orgasmic energy you actually have more energy than when you started.

The first thing you need to do is set aside some time every day to practice. I don’t think it should be too hard to find the time to jerk off. A good time to practice is in the morning when you have the most sexual energy. Also any type of stimulant like caffeine or **yohimbine** will give you a boost in chi or sexual energy.

The next thing you want to do is find your pubococcygeus or pc muscle. Go to the washroom and stop the flow of urine midstream, that is your pc muscle at work. The pc muscle is the main muscle involved in your orgasm, and strengthening this will give you better control over your ejaculation. I would suggest doing kegels daily (see below).

I like to lie down to practice. I find it’s easier to control the energy that way. The energy is

stronger when you sit up which makes it much easier to have an accidental ejaculation.

Masturbate and slowly bring yourself to the point of orgasm, you'll find the energy is concentrated in three places, your prostate, your perineum and your pelvic floor, just above the base of your penis.

When you're close to orgasm, slow everything down and inch your way towards the point of no return with baby steps. Once you're close to cumming, gently contract your pc muscles.

At this time you'll be feeling the energy from your perineum and pelvic floor trying to force its way up through your penis. You have to stop the energy before it gets into your dick. If you let the energy get past a quarter of the way up your dick it's all over. You also don't want to clench too tightly though and try and force yourself not to cum, that can be dangerous for your plumbing.

When done correctly you'll feel your pc muscles flutter just like they do in an orgasm. You'll feel an orgasm but the sensations won't be as strong as an ejaculatory orgasm because your prostate, your most powerful pleasure center, will only be minimally involved. You can repeat this process until you can't orgasm any more, this usually happens when your pc muscle exhausts itself.

Chances are, because you haven't moved the energy away from your groin, you'll feel a lot of energy in that area, which is completely normal. It will take you about three months to be able to do this consistently, by that I mean ejaculating only a few times a week. It will always be a constant battle not to ejaculate. You'll get better as time goes on but you'll always make some mistakes.

Once you've mastered dry orgasms it's time to learn how to circulate that energy. The more energy that builds up in your groin the more your body wants to release it. Eventually that energy will flow out of your body in an ejaculation.

To stop that from happening, and to increase the pleasure of your dry orgasms you need to learn how to move that energy up your spine. When you become aware of this energy, you'll find that most of it builds in your pelvic floor with a lesser amount in your perineum and prostate.

When you rub the head of your dick or the top of your shaft, that energy goes to your pelvic floor. You should aim to keep just enough energy in your pelvic floor to maintain an erection and no more. When you have too much energy in your pelvic floor you'll accidentally ejaculate.

This is why you shouldn't try to bring energy up the front channel: too much energy in your pelvic floor makes it too easy to have an accident. You also get more powerful orgasms by bringing the energy up the spine because you're able to more strongly engage your prostate.

To get started, bring yourself to orgasm slowly like you did when you learned how to dry orgasm, except this time stretch out the process for at least 20 to 30 minutes building up a lot of energy. You can power up your energy faster by pulling your pelvic floor in towards your body and contracting your pc muscles lightly.

By the time you get close to orgasm your dick should be very hard. At this point you want to focus on bringing the energy up your back channel in small drips to get in the groove of energy movement. You'll feel small shivers of energy run up your back. If you're doing this correctly your cock should be getting softer.

Push yourself slowly to orgasm and contract your pc muscle. Once your pc muscle starts to flutter, lightly contract your sphincter in sync with your pc muscle. While you're doing this you should consciously aim to bring that energy up the back channel. You should feel pressure gathering in your tailbone and at the base of your spine.

Contract your sphincter in the same rhythm with your pc muscle twitches and with each contraction aim to get that energy up your spine. To get the energy up your spine all you need to do is get the energy to reach your tailbone and it will automatically shoot up from there.

You really have to focus your mind on the pleasurable sensations in your prostate and slowly circle that energy inch by inch up to your tailbone. Once you get in the groove you'll notice that you can just contract your sphincter and the energy will immediately shoot up your spine and into your head like a bolt of electricity.

When you notice too much energy building up in the pelvic floor you should try and lightly dissipate it by moving it up into your stomach and chest. It helps to use your hands to very lightly move the energy around. A nice side effect of this is that it feels really nice having warm tingling energy expand through your body.

You'll know you're drawing up the energy correctly when your dick starts to get less hard. Eventually you'll have 10, 20, 30 orgasms until either your pc muscle wears out or all the energy is moved up.

You also have to remember to balance the pleasure of moving and expanding the energy up through the body with restraint. You're always one false move away from ejaculating, it's a very delicate balancing act.

Unfortunately using your mastery of your body is very hard to do during sex. I still haven't mastered it completely. Because getting to the point of orgasm is so delicate: one tiny move of a Brazilian girl's hips and it can all be over.

What mastering this technique does during sex is give you a lot more awareness into your

body. I promise you'll never accidentally cum again because you'll always know where the point of no return is.

Once you master this technique, you can have a near endless amount of full body orgasms.

4) Fleshlight Training

For the beginner the **Fleshlight** is the best tool for increasing your sexual stamina. If you're serious about getting your stroke right you should try and put in a 20 minute session every day. From experimenting with angles to enhancing your stamina the Fleshlight is the next best thing to an actual pussy.

A good way to practice is to put on some porn and try and last 20 minutes while thrusting consistently. If you're a young guy you probably need to desensitize your dick to some extent to be able to last once you get the real thing.

I used this exact training routine back in the day to massively increase my stamina. Edging is great but the **Fleshlight** gives you real time simulation as well as allows you to strengthen your hip flexors and perfect your stroke at the same time.



5) Cardio

By far, the best cardio for sex is the stationary bike. Running is great but will brutalize your knees. High intensity is better than distance because it will give you those power bursts for when you're really working a girl towards orgasm.

Ten minutes of super high intensity cardio on the bike a few times a week will make you an

absolute beast in bed. That means starting at a moderate pace and working your way up to a full-on sprint for the last two minutes. Just make sure not to do high intensity training more than three times a week as it's too taxing on the body.

CHAPTER 5

PREPARATION

Failure to prepare is preparing to fail. To have good sex you need to be prepared. The conditions won't always be ideal but you want to do as much as you can to stack the deck in your favor. There are three major things you need to account for in preparing to have good sex:

1) Get Your Diet In Check

I don't have the cleanest diet but I don't have the worst. Your diet has two primary functions when it comes to sex, one to keep your hormones functioning optimally, and two to keep your veins and arteries clear.

To help keep testosterone high and SHBG (sex hormone-binding globulin) low you need at least 100 grams of protein a day. If you really want to optimize things you should control your level of artery clogging fats as well and eat lots of greens.

Your arteries and veins are the delivery system for your erections so the stronger and clearer they are the stronger your erections will be. Also, the better your diet the higher your energy and stamina will be.

2) Have The Right Tools

Next to your bed should be all the tools you need whether it's lube, condoms, toys or a towel. They should always be within arms' reach for easy access. Try to position yourself on that side of the bed if you can.

You should also make sure to have the pack of condoms open for easy access. Condoms are the biggest state killer so try and have them close by to make a quick transition.

The best condoms I've found are the Durex Love Brand. They fit snug but not too tight and come with a ton of lube on them, which is key. Most condoms dry out after about ten minutes making you have to reach for a new one. These ones last for about twenty minutes.

You can lube the condom up inside for extra pleasure but that's also adding another state killer to the mix. I would save that for girls you've already been fucking for a while. When it comes to first time sex with a girl you want the transition to be as smooth as possible.



3) Optimize Your Environment

Optimizing your environment means you want to set up the ideal conditions for sex. That means you should try not to eat any food for at least three hours before sex. Eating food right before sex will drastically decrease your stamina and performance. Digestion is the most taxing process for our bodies.

Make sure to be showered, groomed and have your bodily functions taken care of. With that said if you need to shit make sure to do it at least an hour before she comes over so it has time to air out. The first thing every girl does before sex is go to the washroom. In a pinch you can use the washroom in your gym if you live in an apartment.

Your place should be clean and hospitable with wine, weed (assuming it's legal in your state) and whatever you like to use ready to go. It's also a good idea to take the pillows off the bed in advance. Pillows always get in the way and it's better to get rid of them before she comes than in the heat of the moment. It's also a good idea to have on clothes that are easy to take off and no socks on if possible. There is no sexy way to take off your socks.

Lastly you want to make sure you've taken whatever performance enhancers you like to use so you can put on a peak performance.

CHAPTER 6

DRUGS

In recent years the amount of performance enhancing drugs has skyrocketed. It's your choice, of course, whether to use drugs but I want to make sure you have all the information available.

This is not medical advice and you should check with your doctor and get the necessary prescriptions before you take any drug. This section is for entertainment purposes only and I do not advocate off-label or illegal use of any drug in any way.

Here are the key areas to focus on when it comes to performance enhancing drugs:

PDE 5 Inhibitors

Erections are caused by Nitric Oxide which stimulates cGMP (cyclic guanosine monophosphate) in smooth muscle cells and penile arteries causing an increase in blood flow to the corpus cavernosum.

Cialis is classified as a PDE5 (phosphodiesterase type 5) inhibitor that works by increasing cGMP causing more blood to flow to the corpus cavernosum, which in turn increases erectile strength. In other words drugs like Cialis get more blood into your erection. Cialis however, only works on a physiological level meaning it won't increase your sex drive.

I recommend generic **Cialis** as the most effective PDE5 inhibitor available. It works just as well as the brand name version but for a fraction of the price.

Cialis lasts longer and has fewer side effects than Viagra or Levitra. It's also extremely cheap. All you need is a quarter of a 20 mg tablet or 5 mg to get the job done. I wouldn't recommend taking more than 5 mg at a time however unless you have severe erectile dysfunction. Cialis is FDA approved and is extremely safe in low doses and as an added bonus it also lowers your blood pressure.

I've been using **Cialis** with a prescription for over seven years and have never had any side effects. Of course, Cialis should only be used with a prescription and under doctor's supervision.



Dopamine Agonists

Dopamine is the major reward center in the brain. It's responsible for pleasure and a lot of your sex drive. Psychiatric patients who suffer from mania are known to go on sex binges because their dopamine levels are too high.

The major drugs for increasing your dopamine levels are anti-Parkinson's drugs. Parkinson's is caused in part by dopamine dysregulation, which is why Parkinson's drugs are designed to raise dopamine. Obviously this is an off brand use of the drug and I can't legally recommend experimenting with these medications. The primary anti-Parkinson's drug is Dostinex.

Most of the anti-Parkinson's drugs can't be used on an acute basis and have to be taken regularly to get the necessary effects. The drugs also tend to come with a lot of side effects for some guys. Dostinex is generally used by bodybuilders on steroid cycles of drugs that kill your sex drive, like Deca-Durabolin for example.

Dopamine agonists also lower your prolactin levels. Prolactin is the chemical released after orgasm that decreases your refractory time. Prolactin levels are inversely correlated with dopamine.

In other words by raising your dopamine levels you effectively lower your prolactin levels and increase the speed at which you can get an erection after ejaculation. I've heard mixed reviews about the effectiveness of Dostinex. Some guys can ejaculate five times in a row on Dostinex whereas other guys only get headaches and nausea. I personally haven't tried it so I can't give you my experience.



Drugs like the prescription focus enhancer **Modafinil** and recreational drugs like cocaine and marijuana also stimulate your dopamine receptors.

With that said cocaine and Modafinil also increase your adrenaline making it harder to get an erection. I don't have experience with cocaine but I have used Modafinil as a focus enhancer with a doctor's prescription.

Modafinil definitely makes it harder to get an erection but in my experience Modafinil will double your sex drive. Once you can get an erection, however, it makes it harder to cum which might be useful for you if you suffer from premature ejaculation.



SWIM (someone who isn't me) has used marijuana and finds it to be by far the best drug for increasing sex drive and the physical sensations from sex. Marijuana also triples your sensitivity to a woman's subtle movements in bed giving you a major edge in applying the techniques in the book as well as enhancing the emotional connection you have with her.

SWIM gets mild anxiety from marijuana but when taken with phenibut (see below) SWIM finds that most of that anxiety is gone. Also SWIM finds the combination of caffeine, phenibut and marijuana together to be extremely powerful at enhancing his sexual experience.

Obviously marijuana in most states is illegal so I can't recommend that you try it unless you live in a state where marijuana is legal like Colorado.



Testosterone

Testosterone is the granddaddy of all sex hormones. The best way to supplement testosterone is through TRT or testosterone replacement therapy. Testosterone enhancing supplements are bullshit and don't work. **TRT** is completely legal with many men over 30 getting real results from it.

The best way to start TRT is to talk to your doctor or book an appointment at an anti-aging clinic. This is something your doctor can provide for you and this will put your testosterone into the top tier. At 170 mg to 200 mg of testosterone enanthate a week you'll have your youthful sex drive back.

If he tries to put you on the pellets or a bullshit dosage of less than 150 mg per week you need to find a new doctor. Low dose TRT can actually leave you with lower testosterone than you would have had normally. Unfortunately, most doctors are not up to date on the latest anti-aging technology and hormone replacement therapy.

For guys over 30 I highly recommend this under a doctor's supervision and with all the necessary blood work. I'm 33 and am on TRT myself with a doctor's prescription and I can tell you it's a powerful tool for maintaining your youthful energy and sex drive.

With that said I don't recommend TRT for guys under 25 unless you suffer from low testosterone because it would be unnecessary and can damage your HPTA Axis (hypothalamic–pituitary–gonadal axis) permanently. If you're a young guy who does suffer from low testosterone then it might be worth checking out TRT options with your doctor. Again that's something you would need professional medical advice on and is a larger topic than the scope of this book.



DHT Agonists

DHT or dihydrotestosterone is a lesser-known hormone that is also responsible for your sex drive. DHT is also the primary chemical responsible for male pattern baldness. Hairloss drugs like Propecia lower the amount of DHT in the body, which is why many guys who take Propecia suffer from problems with their sex drive. Speaking from experience, if you're serious about your sex drive I would avoid Propecia like the plague.

The prescription drug Proviron is the most potent DHT booster available. Proviron is primarily used by bodybuilders on cycles with drugs like Deca-Durabolin, for example, which kill sex drive.

SWIM (someone who isn't me) hasn't used Proviron but he has used the steroid Superdrol in the past which massively increases androgens in the body including DHT and SWIM noticed a massive increase in his sex drive. I think DHT is extremely underrated as a key sexual hormone in men.



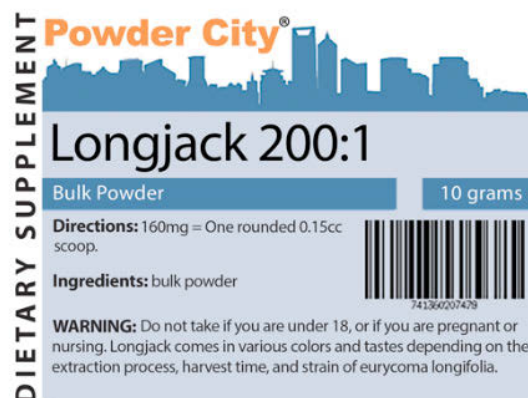
SHBG Antagonists

SHBG or sex-hormone-binding-globulin is a protein that binds to testosterone. It's directly responsible for how much free testosterone is available in your body. Lab results show that when SHBG goes up, free testosterone goes down. Having high testosterone levels is great but testosterone is only useful when it's available.

This is the key metric in regards to having high testosterone levels because if your body can't access testosterone the hormone is effectively useless. A big factor in reducing your SHBG is maintaining a high protein diet. Studies have shown that the higher protein to carbs ratio you maintain, the lower your SHBG will be.

Two other compounds that might affect SHBG are **Tongkat Ali** an OTC herb from Malaysia and HCG an injectable compound. I've used Tongkat Ali (also known as longjack) and it has a noticeable effect on my sex drive. I took a rounded scoop from Powder City daily for about a month. Within a week I noticed a solid increase in my sex drive.

The mechanism for why Tongkat Ali works is still not fully understood but some signs point to its effect on SHBG. One study on Tongkat Ali showed that: "SHBG decreased 66%, and the Free Testosterone Index escalated 73%."



HCG or human chorionic gonadotropin is used by bodybuilders to keep their balls from shrinking when on a steroid cycle but has powerful sexual effects on its own. The HCG that actually works is pharma grade and injected into the stomach as opposed to the bullshit drops you see on all those garbage HCG diets.

HCG has also been shown to increase testosterone when administered on its own. By increasing testosterone, SHBG levels will naturally fall. HCG when administered on its own is not as effective as testosterone but is definitely a viable option for guys who opt out of TRT.

My experience with injecting HCG twice per week, with a prescription is a small increase in well-being. With that said I use HCG on TRT primarily to bring back the size of my balls, which it does. Dr. Crisler, a leading anti-aging doctor, recommends two 250IU injections per week in the stomach. Again this is something you want to use only under supervision of your doctor and with a prescription.



GABA Agonists

GABA is the chief inhibitory neurotransmitter in your central nervous system. By raising the levels of GABA in your body you feel a sense of well-being, relaxation and stress reduction.

The most well-known GABA agonist is alcohol. Unfortunately alcohol is not ideal for sex. While it might raise your sex drive temporarily alcohol makes it more difficult to get an erection. Alcohol also destroys your cardio. On booze my cardio is probably 60% of what it is sober.

The best GABA agonist for sex in my opinion is an OTC supplement called phenibut. Phenibut or β -Phenyl- γ -aminobutyric acid, is an over the counter anti-anxiety medication which is sold as a nutritional supplement in North America and a prescription drug in Russia. Phenibut was

originally discovered in the former Soviet Union in the 60's, and has been used in Russia to treat anxiety, insomnia and PTSD.

Phenibut is also included in the Russian astronaut's medical kit because it's one of the only tranquilizers that lowers stress levels without negatively affecting performance. It's a phenyl derivative of the inhibitory neurotransmitter GABA acting as a GABA agonist by binding to the GABAB receptor.

Phenibut in moderation is the best drug I've ever taken. Once the drug kicks in I feel happy, music sounds better, I have extra energy and sex is amazing. Phenibut has all the positive effects of alcohol but without the cognitive impairment and cardio reduction.

The way to take **phenibut** is in the morning on an empty stomach with a stimulant. I take phenibut with between 100 to 200 mgs of caffeine and no food for at least 4 hours afterwards. Taking phenibut on an empty stomach is crucial to get the full effects. Also make sure to wait a full four hours for the drug to kick in. Don't make the mistake of taking more because you're not immediately feeling the effects.

The fast and stimulant combination potentiates the energy enhancing effects and helps you from getting drowsy or spacy. A good beginner's dose is 1 gram, if you don't feel much after 4 hours take another 500 mgs. A veteran's dose will be between 1.5 to 2.5 grams.

I should warn you that phenibut can be addictive for some people. You can read the horror stories of phenibut withdrawal online but if you have discipline it won't be a problem. If you've had a problem with alcohol in the past, though, I would definitely avoid it. To be on the safe side you can limit your dosage to once a week or twice a week at the most.



Opiates

Opiates are nature's painkillers and feel-good chemicals. You're probably already familiar with the effects of opiates on your body if you've ever pushed yourself on a run. The runner's high is caused by the release of endorphins, which are the bodies' natural opiates. That feeling of calm and mild euphoria you get is the opiates at work.

For some of you guys the word opiate might get you nervous and rightfully so. Hardcore opiates like heroin and OxyContin are life-destroying drugs and should be avoided like the plague. With that said I've had some good experience with a light, legal-to-possess opiate called kratom.

Kratom or *Mitragyna Speciosa* is an herb native to Southeast Asia that has been used in the region for hundreds of years for its mood-lifting, anti-anxiety and painkilling properties. Kratom is a u-opioid receptor agonist in the same class as morphine except much more mild and less habit forming. My favorite strain is **Maeng Da**, it's a fast Thai strain and a great productivity and energy booster.

The reason I've listed kratom as a performance enhancer is because of the energy boost you get from the right strain and because kratom is extremely effective at delaying orgasm. Similar to Modafinil it's almost impossible for me to orgasm on kratom. If you suffer from premature ejaculation kratom is a great drug for increasing your stamina.

Kratom, like Modafinil, makes it a bit more difficult to get an erection as well as slightly lowering your sex drive. With that said due to the mood lifting properties of the drug it makes the actual sexual experience feel better. Not as good as on phenibut but definitely a cut above normal.

Kratom is legal to possess in every country except for Australia, Burma, Malaysia and Thailand. Kratom is legal in the U.S. with the exception of Indiana where the plant is legal but the alkaloids are not. However, kratom has not been approved for consumption by the FDA so therefore cannot be marketed as such.

Kratom is also legal to possess in Canada and Mexico but not for human consumption. To avoid any legal complications kratom is sold as incense in North America, so when you read about kratom users online they'll say how different strains will have a different aroma when you burn them as incense.

In countries where kratom is legal for human consumption the best way to dose it is to take 4 grams mixed with 1 teaspoon of ginger for nausea in water.

Kratom seems to work best in the mornings on an empty stomach, it also works synergistically

with a caffeine pill. Taking a high-energy strain in the morning like Maeng Da will make you an absolute beast in bed with near unlimited sexual stamina and energy. With that said if you've taken kratom on an empty stomach you also want to make sure to eat within about 4 hours to avoid rebound nausea.

Again, kratom is a drug that people with addictive personalities should avoid especially if you've had problems with opiates in the past. For me kratom is absolutely no problem and something I can take occasionally with no withdrawal symptoms.

Nervous System Stimulants

The strength of your energy levels, or chi, is a direct result of the strength of your nervous system. The nerves are the primary intermediary between the body and the mind. Chi, as we covered earlier, in the section on ejaculation control is the word for energy in Chinese medicine. This may sound like hippie bullshit, but once you learn to manipulate it you will recognize that it's for real.

The easiest way to increase your chi, at least in the short term, is to stimulate your nervous system. The most common nervous system stimulant is caffeine. Caffeine, when it comes to sex is a double-edged sword. Caffeine will give you more sexual energy but it's also a vasoconstrictor, which will make it harder for you to get an erection.

Caffeine also increases the amount of noradrenaline in your body and in large doses will activate your fight or flight programming. When you take lots of caffeine you'll notice your dick turtle and your balls tighten up.

The increased noradrenaline signals a threat to your body and prepares it for a fight or to run. This moves blood away from your genitals and into your extremities. As we covered earlier, the ease of an erection is based on the relaxation of your central nervous system.

The reason I list caffeine as a performance enhancer is because in moderate doses caffeine can increase your sexual energy and chi. You'll have to play around with the amount of caffeine that's effective for you without the side effects. I find 100 mg works perfectly for me. You can also combine caffeine with Cialis to reduce the negative side effects on your erection strength.



Yohimbine is another nervous system stimulant similar to caffeine but as opposed to caffeine it works directly to stimulate your sexual desire and erection strength. Prior to PDE5 inhibitors yohimbine was the primary impotence fighting drug.

Yohimbine works by blocking α_2 receptors causing smooth muscle relaxation in the penis as well as releasing norepinephrine and increasing nitric oxide.

I've tried yohimbine and it works very well. Unfortunately, for me it comes with a ton of anxiety. If you're going to use it, try it in the morning first as you'll probably have trouble sleeping if you try it at night. To get an effective dose you need between 15 mg to 25 mg. I would definitely experiment on the lower side of the dosing scale to make sure you can tolerate the side effects.



CHAPTER 7

FOREPLAY

Foreplay is extremely important when it comes to good sex. The number one complaint women have about men in bed is that men rush through foreplay. Some women enjoy foreplay as much or more than the actual sexual experience.

With that said, the common myth about women taking longer than men to become turned on isn't true. Women are just as visual as we are and are turned on just as quickly. The difference is that sex for women is usually a more emotional experience and foreplay is crucial for generating and amplifying that emotional connection.

For many women, especially if the relationship is new, they need time to be able to relax before they can get into sex. Many women will be anxious and overanalyzing the experience. They'll need good foreplay to help them relax and bring out their sexual desires.

Here are the key techniques to focus on:

Kissing

Kissing is an extremely important part of foreplay for women and is the most effective way of conveying your sexual desire and emotional connection for a woman.

If your gameplan is for pure excitement you can shorten the amount of time you spend kissing and just rip her clothes off but you should usually kiss her for at least a few minutes. You want to kiss her and tease her with the anticipation of sex so that her pussy is dripping wet by the time you actually touch it.

For passionate sex or making love you want to kiss her lips delicately at first and mirror her movements back to her. The whole key to kissing is sensitivity, being completely in tune with her movements. The more you mirror her and the more responsive you are, the closer she'll feel to you.

To get started you want to wrap your lips around her upper lip by tilting your head to the side. Cup her chin lightly with your thumb and index finger. As the active partner, I find it's better to wrap your lips around her upper lip. Make sure to tilt your head to the side so that you don't end up banging noses.

Different positions are better for kissing. If you can, you should try to position your head to the side that feels more comfortable. I'm right handed and prefer to tilt my head to the right side. In any position, besides standing where you face her directly, you want to be positioned on your preferred side so you can tilt your head accordingly. For example, if I'm sitting next to a girl I want to be sitting on her right side.

The best positions for kissing are standing, sitting upright on your preferred side, and lying down propped up on your elbow on your preferred side. These positions will give you the widest range of movement.

When it comes to using tongue you want to probe softly at first and see how she responds. Some girls like a lot of tongue, some girls like only a little. Try and wrap your tongue around hers as opposed to darting it in and out of her mouth.

Experiment with softly biting her upper lip while alternating between gentle and rough kisses. Again when it comes to kissing her roughly it's more about the intent behind it: the lips are sensitive so you don't want to be too rough physically.

Try kissing her neck softly and letting her feel your hot breath on her neck between kisses. Move up towards her ears and suck gently on her earlobes. Breathe lightly in her ear. Many girls will get goosebumps from this alone.

For some women, however, kissing around their neck and ears is too intense and they'll react like they're being tickled. For those ones you should go back to kissing their mouth so you don't kill the mood. Once she's more immersed in the experience you can usually come back to her neck.

While you're kissing her you have the option of experimenting with the techniques below, either cupping her face or wrapping your body around her. When you wrap your body around her you want to give her that feeling of passion and warmth.

Some girls, especially if they're nervous, won't know how to react so you'll have to move their arms so that they're wrapped around you. You want her as engaged with you as you are with her.

Biting

Biting like all things that are rough on her body should be done more with rough intent rather than rough actions. That means you show your animal desires but try and do it without leaving marks.

A grown woman is not going to be happy having to explain the bite marks on her neck to her colleagues at work. It should be more of a grazing action with your teeth but with a powerful intent behind it.

A great place to bite is across the collarbone. It's a sensitive area without much fat and it gives the woman the feeling of being devoured by a beast, just without the scars.

Face Cupping

Face cupping is more of an intimate move: you take her face lightly in your hands cradling it while you stare deep into her eyes. Use this move when your game plan is making love or for passionate sex.

It's a really intense way of conveying love and caring to your woman. Hold her face gently and look into her eyes as if you were staring into her soul. This is extremely powerful.

Wallslam

When she's standing with her back towards the door, grab her and slam her back into it. Press yourself against her and start making out with her aggressively. Again, this is an area where you want to use rough intent as opposed to rough action. When you slam her against the wall, make sure to put your hand around the back of her head so she doesn't hit her head on the wall.

This wallslam is a great move if your gameplan is excitement. You can wallslam her the second she walks in the door. Just make sure this is something she's comfortable with. Meaning, the first date is usually not the time unless you've had a lot of sexual conversations beforehand.

You always want to make sure you have verbal or non-verbal consent for the rough stuff. For non-verbal consent I mean she's already expressed interest in rough sex or you've baby stepped up to that level of roughness. With that said, you don't want to ask permission for every little thing you do, just use your best judgement and if you've done something she's visibly uncomfortable with, pull back and apologize.

Getting Head

Foreplay is not just for her it's about getting what you want as well. Not to mention that many girls love giving head. Women love pleasing men and giving head and having control over your orgasm makes them feel powerful.

Unfortunately, some women don't like giving head. With these women I don't even bother. It's

not a turn on for me having a girl do something I know turns her off. I don't tend to keep these types of women around very long.

Another unfortunate reality is most girls aren't good at giving head. If you want good head you're going to have to show her how you like it. You'll also usually need to emphasize pushing her lips over her teeth so her teeth don't graze your cock. Don't hesitate to control the speed and tempo by holding her head and moving it up and down.

For rougher sex you can force her down on your cock and make her gag. Or you can even fuck her face porno style: more girls are into that than you would think.

Having a girl deepthroat your cock is amazing and I highly recommend you show your partner how to do it. That is unless you've found a little angel who already knows how. In that case count your blessings. When it comes to deepthroating, for most women it will take them months to learn so don't expect a miracle. Just try and get her to take a little bit more of your cock each day.

Whether it's licking your balls while you jerk off or swirling her tongue around the head of your cock, you should know what you like and have her do it for you. Make it fun and exciting for her instead of a chore.

Tell her it's so sexy when she deepthroats your cock. Tell her how happy you are with her progress. Make lots of noise so she can really see you enjoying yourself. That way she feels sexy and powerful instead of obligated.

If you're nasty like me you can get her to lick your ass. If you keep that area trimmed most girls will lick your asshole. Yes, even the sweet innocent looking ones. The way to get her to do it is to have her lick your balls then tell her to lick lower.

Once she starts licking your perineum, tell her to lick lower again and lift up your legs a bit. If you haven't experienced this before, you'll be blown away. Jerking off while she licks your ass feels better than a blowjob to me.

Eating Pussy

When it comes to giving a girl an orgasm your dick is not built to be consistent. That's because a woman's most easily accessible erogenous zone, her clit, is not inside her pussy. Start by kissing, caressing and undressing her for about 15 minutes, tease her with the idea of touching her pussy, remember you always want to fuck a woman's mind before you fuck her body.

Gently kiss her upper thighs back and forth almost grazing her pussy for about 10 minutes,

look up at her while you're doing this. Don't be a robot about it either, moan and show you're enjoying it too, that it turns you on.

Follow the above by gently kissing the outer lips of her pussy, as soft and gently as possible, she should shiver a little bit. Do this for about 5 minutes, she'll really want you to lick her clit but make her wait.

Escalate to kissing the inside of her pussy at a medium pressure, kiss her pussy as you would her lips, you should be moaning and verbalizing how much you like it and how good she tastes. Do this for about 5 minutes.

Ease your way into wrapping your mouth around her clit while using your tongue to gently lick her clit upwards at a medium pressure. Keep your lips wrapped around her clit the entire time, keep the same even tempo for licking her clit.

Now slowly take your middle and ring fingers and slide them in her pussy, which should be dripping wet by now. Put your pinkie and index fingers just outside of her outer lips while gently pressing them inwards so that you're cradling them.

Take your two fingers inside of her and rub them against the inner wall of her pussy in a come-hither motion slowly increasing pressure on her G Spot as she gets wetter. When possible look her in the eyes and continue to moan to show her how into it you are, imagine a girl giving you head and how much hotter it is when she looks up at you and moans.

Aim to finger her pussy and lick her clit at the same speed, keeping the same medium tempo throughout. Keep going until she cums, this should take at most 15 minutes from when you started kissing her pussy.

She might start to buck and writhe but keep focused on keeping the same tempo and pressure. You should only stop if she moves your head: this usually means she can't handle the strength of the sensations.

Some women don't like long foreplay and aren't comfortable being eaten out, so if you get that vibe just skip eating her pussy and move straight into banging her.

Some women don't like to be fingered while they're being eaten out because it's too intense. You'll be able to tell if she subtly moves away from your fingers. If she does that just focus on her clit and wrap your arms tight around the underside of her thighs.

Keep going until either she cums or you decide to fuck her. Pushing her to the brink of orgasm and then sliding your cock in is a great way to transition into sex. Or you can move on to the other types of foreplay below.

Rimming

A rimjob is filthy, in every sense of the word, but chances are if you're reading this book, so are you. I won't try and sell you on rimming girls being hygienic but I can tell you that it's a fun thing to do and has never given me any health problems.

Rimming is not going to be for everyone, and you won't want to rim every girl you have in your bed. But if you're lucky enough to have an oiled up Kim Kardashian in your bed you'll want to devour every inch of her. In my experience, watching a fit, clean, sexy girl get off for the first time by having her asshole licked is a pretty exciting thing.

Some girls won't like being rimmed and some girls might like how it feels but won't be comfortable with it. If that's the case, just stick to the battle-tested technique for making her cum - eating her pussy.

Despite what you see in porn, in real life, rimming is not very common. Chances are you'll be the first guy she's done it with, which gives you a nice edge in the sexual exploration department.

Girls love guys that are non-judgmental sexually, guys who are able to push their boundaries. Knowing you're that kind of guy will not only make her feel more comfortable with you but will make her more likely to indulge fantasies she's had to repress with other guys - that's a win-win situation for you.

For most girls they will be surprised how much they like it, the anus has a ton of nerve endings and the fact that it's dirty and taboo makes it hotter for a lot of women and hotter for you. You want to start with about 15 minutes of gentle foreplay by kissing and caressing her. Try and get her comfortable as opposed to just jamming your tongue in her ass. A good thing to do before rimming her is to eat her pussy. Remember that women get turned on from front to back, so don't listen to Drake and start from the top.

Once she's nice and wet, flip her over onto her stomach, spread her legs and start licking her pussy from behind. Now hook your dominant arm over her leg, palm down and start massaging her clit in small circles.

As she starts to get into it, start making longer strokes with your tongue, grazing her asshole while still rubbing her clit. If you've done it properly the transition should be seamless. Now start licking her ass with upward strokes while you rub her pussy.

Very few girls can cum from anal stimulation alone (my ex-girlfriend being an exception) so it's important to keep stimulating her in other ways. As she starts to get used to the sensations slide the two middle fingers on your non-dominant hand, palm down inside of her pussy.

Use the come-hither motion you learned in the section on eating pussy to stimulate her G Spot. Your fingers will be less effective than when she's on her back, but those three elements combined are going to feel amazing for her. Continue all three in a smooth rhythm until she cums or until she's had enough.

A second option is to use the same method but have her face down and ass up. This is something you can do coming out of doggy style. It's a bit trickier because you have to sit back on your knees and can't rest your shoulders so it's harder to maintain. With that said, being face down, ass up and getting rimmed from behind makes it feel a lot dirtier for the girl and can really get her off.

Squirting

The first thing you should know about squirting is that it's not piss: girls can ejaculate during orgasm just like guys can. The fluid comes from the Skene's gland and sprays just like it does in porn movies. I've made dozens of girls squirt and have the bedsheets to prove it.

The existence of squirting is still a hotly debated topic among scientists because scientists don't know how to fuck but I promise you it's the real deal. For some women squirting for the first time will be the most powerful orgasm of their lives.

Unfortunately the majority of women won't be able to squirt. Some girls won't be able to get wet enough. Some girls will make you stop because it feels uncomfortable. Some girls will enjoy it but will get sore too fast and won't be able to keep going. Some girls will squirt but won't orgasm. Some will have the strongest orgasm of their lives. It all depends on the girl.

If you can't make her squirt don't worry about it. Squirting is just another weapon in your arsenal as a sex beast. But if you can, she'll definitely want to come back for more.

You should only try this with a girl who is sexually comfortable with you. I don't suggest doing this on the first date unless she's a superfreak you ordered off [Tinder](#).

Now that you've got a girl who is comfortable and ready to go, you want to make sure she's turned on and her pussy is really wet. Don't just jam your fingers in and aggressively fingerbang her while she's still dry.

Slowly slide your middle and ring fingers into her pussy and rub against her G Spot in a come-hither motion for about 5 minutes until she's soaked. Her G Spot is about two inches in on the inside of her vaginal wall: it will feel ribbed, not soft. You can read more on how to work her G Spot in Chapter 12.

Once you've got her soaking wet you want to get up and change positions. Make sure her legs

are wide and pulled back, now position yourself horizontally on all fours so that you make a 90 degree angle. Then, assuming you're right handed, put your left arm next to her left leg and your left thigh next to her right leg. If you're left handed, do this in reverse.

What you're doing is positioning yourself for maximum leverage and keeping her legs wide open with your limbs. This is important because she'll probably start to buck. You need to stay in control of her legs and keep them open so you can work your magic.

Now find her G Spot again with your middle and ring fingers and start rubbing her in a come-hither motion. As soon as she starts to get audibly wet, transition from a come-hither motion to more of an up and down motion. Your hand will look like Spiderman shooting a web. Make sure to hit the bottom and top of her pussy really hard and fast to make this work.

To do this right you have to be more aggressive than you think. Build up to a medium pace and when she starts writhing, kick it into overdrive and go really fast and hard. Timing is key because you'll usually need to go so hard and so fast that your arm will exhaust itself after a minute at the most.

Make sure she's on the verge before you give her that final push, that way you won't leave her unsatisfied and sore. A lot of girls will surprise you with how long they can squirt for so keep going until she physically stops you.

Once she starts squirting it can be a dribble or a fountain: every girl is different. It also depends on the girl as far as how many times she can squirt. Some girls can only squirt once and some girls will have you doing all your laundry the next day.

Once she squirts, not only will you feel like a champion but you'll notice that squirt smells like buttered popcorn. I honestly don't know why. That's a question for the scientists.

It's important after the fact to make sure to let her know how hot it was for you because some girls will feel embarrassed afterwards. Some girls will be so wrecked that they won't want to cuddle and might just fall asleep. If that's the case: job well done.

If not, you can move on to teasing her pussy or get right into sex. One thing you usually shouldn't do is go backwards and eat her pussy. Her pussy will usually be way too sensitive for this to be the right move. With that said for some very orgasmic girls you can go back to eating her pussy and it won't be a problem.

Teasing

Before you get down to business a really good way to get a woman more immersed in the experience is to tease her pussy with your cock. This is especially effective after transitioning from

one of the foreplay methods mentioned above. Wait until she's aroused enough from foreplay but don't tease her to the point of annoyance.

Start by rubbing your cock against her pussy while looking into her eyes with either cold dominance or with a mischievous shit-eating grin. With these looks you're either telling her you own her or that you're a bastard who doesn't give a fuck - both are good.

Take your cock head and rub it up and down on her clit. Put the head of your cock inside her and then take it out and rub it on the outside of her pussy again. Lay your cock down flat against her clit, put your weight on top of her and grind the length of your cock up and down her pussy. Do this until she can't take it anymore. Then it's time to get down to business.

CHAPTER 8

SEXUAL STYLES

For the best sex, just like anything in life you need a gameplan. That's not to say your gameplan has to be rigid because sex is an art but you should have an idea of what you're going to do.

For example, the first night with a shy girl I know I'm going to have to get her on the bed and warm her up as opposed to a drunk party girl who I can just bend over the couch. Your gameplan should primarily be based on the type of sex you're looking to have. That's going to depend on your mood, your energy level, your personal style and the style of the woman you're with.

Here are three the primary sexual styles:

1) Fucking

Fucking is the purest expression of your lust for a beautiful woman. Fucking is high energy, rough, exciting sex. The defining mood of the interaction is excitement. Fucking is sex at it's rawest.

The tempo is faster, the dirty talk is nastier, the environment is riskier. A great example of fucking is bending a girl over a sink in a public washroom. If you're trying to make love to a girl in a public bathroom you're doing it wrong.

Fucking tends to be most exciting the first one to five times you have sex. For me the most exciting thing is fucking a stranger for the first time. More than group sex, more than bondage, the thrill of a new seduction for me just can't be beat. Generally as time goes on with the same girl it's harder to generate the same levels of excitement you had during the first few times.

2) Passionate Sex

Passionate sex is a mixture of lust and love, a mixture of fucking and making love. Passionate sex combines some of the excitement of fucking with some of the intimacy of making love.

In general it's best at a medium tempo with some dirty talk and some variation of your

position. Passionate, connected sex is the strongest in the 2nd to 6th month period of being with a girl. I love passionate sex. Passionate sex with a girl you're falling in love with for the first six months of the relationships is one of the best things in life.

3) Making Love

As time goes on the emotional connection with a woman may get stronger but the excitement fades. Making love is the least exciting type of sex but also the most emotionally connected.

It's the purest expression of your romantic love for a woman. To truly make love you need to be in love with your partner. This usually starts around the six month mark or later.

Making love is much less about the physical sensations than it is about the emotion of the act. You should save making love for your girlfriend and wife. Trying to make love to the drunk girl you just brought home from the bar will be totally uncalibrated.

You can read more about making love in Chapter 17 on spiritual sex.

CHAPTER 9

SEXUAL KEYS

The foundation of good sex is based on five key elements none of which are having a ten inch cock. You'll notice that you'll rarely find these elements in a porn movie. In reality women want something very different from what you're used to watching on the screen.

Women are emotional creatures and want to feel powerful emotions with their partner.

The best sex combines these five key elements:

1) Trance

Trance means the absence of mental chatter. In its place is pure pleasure. As a man it's your job to lead the way towards this state. Eye contact is the most powerful way to establish trance.

Through eye contact you can bond completely with your partner. You should strive to maintain eye contact no matter the position. Even in doggy style you should make her look back at you or fuck her in front of a mirror so you can still look her in the eyes.

Missionary is the most powerful position for putting a woman into a trance. This is because you can make close eye contact, kiss her and let her feel the weight of your body as you caress her.

Being in trance is the best kind of sex there is. Regular sex is just a pale imitation. To get a woman into trance you first need to be able to put yourself into a trance state. That means you need to learn how to turn off your mental chatter.

Meditating for twenty minutes a day will help but the most effective way is to focus on being present during sex. Staying in the now is more difficult than it sounds. Your mind will constantly be distracting you with negative, neutral or positive thoughts. Your goal for getting into a trance state is to avoid dwelling on these thoughts.

To stay in trance you want to focus on the blissful sensations you're feeling in the present moment. Focus on how good her body feels wrapped around you. Focus on the sexual energy building below your navel. Focus on how good your cockhead feels inside of her. Focus on the warm blissful energy in your chest. By focusing on the sensations it will be much

easier to control your ejaculation because you'll constantly be aware of when you're getting close to the danger zone and will know when to slow down.

You should try and think only as much as necessary to keep the mechanics of sex going. Your goal is to get to where you're operating on unconscious competence. This is something that comes with time and practice of the techniques in this book. Once you're operating at that level it becomes much easier to slip into the trance state.

By you being able to access this state it will make it that much easier for her to access it. Trance is contagious. Show her you've entered a trance state through the ecstatic look in your eyes. You can read more on how to do this in Chapter 10.

Trance can be used for all three types of sex but is most powerful during passionate sex and making love. That's because fucking takes a lot of energy, which makes it harder to relax and fall into a state of bliss. To enhance the trance state try and match your breathing with your woman's and keep your stroke at a slow to medium pace.

2) Dominance

Dominance is the most important sexual characteristic for a man. It's the foundation of all your sexual power. All women are hard wired to fall in love with an alpha male and all women are submissive in bed no matter what the feminists try and tell you.

Women don't screen for dominant, large, muscular men so that they can take control. They screen for them so that they can submit. I only get serious with women who accept their femininity, not only is the sex better but they make your life better.

Women who try to dominate you are damaged. They aren't in touch with their femininity and should be avoided. True feminine women crave dominance in their bones. They crave a man to sweep them off their feet.

When a true, feminine woman is in love with you she will submit to you completely. She'll swallow your cum, lick your asshole and let you fuck her face until she gags. She'll do whatever you want: a submissive is happy to see you happy. This might sound outside of your reality but I promise you it's true.

Being dominant in the bedroom means that you feel in your bones that she is yours. That she belongs to you. That she is your property. Dominance is the purest expression of your masculinity. Submitting to an alpha male is the purest expression of her femininity.

With that said I'm not advocating that kind of dominance in a woman's life outside of the bedroom unless you're in a dominant/submissive relationship (more on this topic in Chapter 16).

That would make you a tyrant. Outside of the bedroom you should treat women with respect and value their opinion but you should still be the leader in the relationship. Masculinity is not something you just turn on in the bedroom.

To become more dominant the two keys are physical size and the way you carry yourself. I've added 50 lbs. of muscle to my frame and it's made a big difference in how women respond to me. The more muscle you have the more dominant you'll look. Focus on your fitness and you'll be rewarded.

With that said, dominance is as much about your mentality as anything else. You can be a 6'4 pussy or a 5'7 tiger. The key is in how you carry yourself and how you project your personal power. Walk tall, speak from your diaphragm, and lower your voice when you talk. Carry yourself like a dominant, confident, powerful alpha male.

Don't be afraid to take control, it's what she wants. It's what she dreams of. Every romance novel is written about a powerful, dominant man sweeping a woman off her feet and romance novels outsell all other books combined. Be that man. Remember women crave dominance in their soul whether they will admit it to you or not.

3) Emotional Connection

Emotional connection is what good sex is all about. Every girl can buy a vibrator but it will never replace the feeling she gets from a man. Feeling your weight on top of her, feeling your presence, feeling your hard cock inside of her, nothing can replace that. Sex is the most emotional act we're capable of, especially for women.

Women feel emotions stronger than we do. Especially when they submit to you in the bedroom. You have it within your power to take women to the height of ecstasy. I've made women cry, I've made women shake, I've made women orgasm 40 times in one sex session all based off of emotions they feel.

If you're new to the game you would be shocked at the height of emotion you can bring a woman to. Having an emotional connection means you can call her a filthy whore in one breath and tell her you love her in the other with nothing being incongruent. The rules of logic don't apply to sex.

When it comes to developing an emotional connection, each girl is different with some needing no comfort and some needing to know you for weeks before they can really get into sex. Despite having all the other factors in place, many girls take a long time to truly get comfortable with you.

When a woman is truly in love with you and you can master the techniques in this book, she's

yours. A guy who looks like a young Brad Pitt with a 10 inch dick could come along and she'll still want you. Love is the most powerful force in the universe.

The key to dominating her heart and mind is to combine masculine power with feminine power. Dominate her body but hold and cuddle her after. Tell her you're going to pound her tight little pussy but also tell her that she makes your heart smile. Tell her you're going to make her cum all over your cock but also tell her how close to her you feel when you're deep inside her. Meet both her needs for masculine dominance and her craving for feminine comfort and connection.

4) Creativity

To be a truly sexual being means you have to experiment. That means you should know all the ways to make sex more exciting. Not just for her but for you. Sex is supposed to be fun and exciting.

Variety is the spice of life. From role-playing to public sex, variety is one of the quickest ways to amp up your sex life. Be super dominant one time and super loving the next. Fuck her in a public washroom one time and make love to her with candles by your bedside the next time. You want that girl to have no idea what to expect inside the bedroom and sometimes outside of the bedroom.

Never make sex predictable. Make her cum in different ways. Vary the length of foreplay, fuck her in different ways, in different positions. Have fun and be creative. Just don't let it devolve into porno style sex switching positions every 30 seconds.

5) Communication

Women live in the world of emotions and communication. Your communication during sex is extremely powerful when done in the right way. That can be expressing your love for her during sensual sex or degrading and dominating her during rough sex.

Dirty talk is an incredibly powerful amplifier in sex. All girls like dirty talk: the only question is the amount and the extent. With that said, don't expect much back from them except "ya" at least at first.

Whether to keep your communication emotional or sexual will depend on you, the type of woman you're with and the mood of the interaction. Low self-esteem women will usually like being called a slut and so will some high self-esteem girls but not every girl will be into it.

With that said, you will be surprised with the amount of girls who get off on being called names. To me it's all play and fantasy and not how I truly think of her. In general, the more entranced and aroused she is, the more you can say.

One thing to keep in mind if you're going to use degrading dirty talk like calling her a slut or a whore is to make sure to personalize it. Call her *"my slut"* and *"my whore"*. That way she feels like she's being bad for you. That takes the responsibility away from her. It also enhances the dominance of the phrase and adds an element of emotional connection.

For some women, too much talk during sex is a distraction. For others, using the right words can be extremely powerful. Dirty talk is also great to use as foreplay before you meet up with a girl. Women love reading dirty texts while they're bored at work.

There are three main types of communication for you to master: statements, rich descriptions and questions. Statements are especially powerful when you want to dominate a woman. Tell her things like: *"you're mine"*, *"you belong to me"* and *"your pussy belongs to me"*. Use one of the dominant looks described in Chapter 10 for added effect.

Use rich descriptions to tell her in emotional detail how the sex feels. This is an extremely powerful way to put her in the moment and transfer your state to her. Tell her things like: *"Fuck your pussy is so tight and wet, I love feeling it wrapped around my cock."* or *"I love feeling your warm mouth wrapped around my throbbing hard cock."*

Use questions to get extra compliance from her and allow her to participate in the experience. Ask her things like: *"You like feeling my cock deep inside your little pussy?"* or *"You like that big cock filling you up you little slut?"* You can also combine statements with questions by checking in with her and saying things like: *"Don't you?"*, *"Aren't you?"* or *"Right?"*

If you really want to get her immersed, get her to repeat the full sentence consistently. This is how you fuck her right in the mind. Have her say something like *"I love you daddy."* twenty times while you stare into her eyes with pure dominance.

You can also repeat statements to her like *"Daddy loves you."* twenty five times while you stare at her with passionate eye contact. For many women the daddy frame is incredibly powerful, it brings them right back to their father's love as a child which is where all our first sexual imprints come from.

Next to the daddy frame, the most powerful frame for communication is pregnancy. Every girl who likes you wants your babies. By giving her daddy-love, dominance, body contact and now babies you meet all her needs at once.

With that said this is a very dangerous frame because she will eventually start to want your children outside the bedroom. Even if she is one of these women who says she doesn't want to have children. Women are biologically programmed to want children with a strong, dominant alpha male.

To use this frame tell her things like; *"I'm going to push that cum deep inside your womb."* and *"I'm going to put a baby inside you."* and *"I'm going to give you a beautiful baby boy."* This is not for the first night with a new girl but is insanely powerful when a girl likes you. Just keep in mind she will want your babies so use at your own risk.

When talking dirty you want to keep your voice low and powerful, almost hypnotic but still natural. No matter how excited you are you should still be able to maintain control of your voice. The most powerful dirty talk is when she's getting close to orgasm, when you can do this properly she'll be overwhelmed by pleasure leaving her helpless against your complete dominance of her being. It's a beautiful thing to watch.

When you've truly mastered the art of sexual communication, you'll be able to fill her ear with a controlled, hypnotic stream of sexual language even while you're railing the shit out of her with everything you have. You'll be able to powerfuck her like the king of the jungle and at the same time fuck her mind with consistent verbal dominance.

CHAPTER 10

SEXUAL LOOKS

The way you look is a crucial part of your sexual image, especially the way you convey your sexual energy and intent. I can't emphasize how important this is. Your look is a direct transmission of your sexual power and sexual energy. Sex is nothing but a power and energy exchange so it's crucial to learn how to convey your sexual energy effectively.

If you're new to the game you should practice these looks in the mirror until you can calibrate them effectively. The key to pulling off these looks is that you have to believe in them for them to work. Sell yourself first before you sell her. Once you believe in yourself she will believe in you as well.

These are the six key looks for you to master:

1) The Underlook

When you think about the underlook think about James Dean. The way to deliver this look is half squinting with a tilted head facing up. The look is not pure dominance per se but more of a smoldering, intense passion. It's the perfect look to deliver before you cup her face and kiss her delicately.



2) Cold Dominance

Cold dominance is the look of ownership. Cold dominance is different from the look of angry dominance below because it's less personal. The frame you want is to be coldly looking through her. Think how Tywin Lannister looks at everyone on Game Of Thrones.

Cold dominance is extremely effective when you're fucking a girl. She's acting submissive and seeking rapport while you're responding with cold impersonal power. I like to use this look when I've got a girl's legs pinned to her shoulders and am plowing her into submission. It also takes a lot less energy to maintain than angry dominance (see below) so it works better for cardio-heavy sex.



3) Angry Dominance

Angry dominance is for girls who are into a rougher experience. It doesn't mean you should actually be angry at her, but you should be able to convey the emotion effectively. Picture an angry wolf, this means narrowing your eyes, snarling, growling and releasing all your pent up animal instincts.



4) **Passion**

The best way to convey passion is with a squinty eyed smoldering look. This is similar to the underlook but is less vulnerable and more sexual. The look is one part dominance, one part desire and one part vulnerability.

Your heart is more open with this look and your desire for her is intense, making her feel wanted and devoured. As opposed to the picture below keep your mouth slightly open to convey that you're overcome by desire. This is your go-to look for passionate sex.



5) **Loving**

This look is an expression of pure love. To convey the look you need to tap into the powerful energy in your breastbone. This is where your spiritual heart is. This again might sound like hippie bullshit but once you feel it you'll understand it's real.

You should only truly express love when you really feel it and when she's feeling it with you. This is one look you should express completely naturally. In the middle of making love to your woman tap into how you feel with your heart and show her with your eyes.



6) Ecstasy

Ecstasy is the look of being completely enraptured in the moment. Ecstasy is the result of being in trance. The look is almost vacant, like a heroin addict mid shot. Think eyes half closed and your head tilted back in extreme pleasure. Ecstasy, like loving, is not something you should manage too heavily. Instead, let it flow naturally.



CHAPTER 11

TOYS

The amount of sexual technology out there is amazing and toys are a terrific way to amplify the sexual experience. The best way to look at toys is as a way to make sex more fun. Don't worry that by using a vibrator on her she won't want your dick again. No toy will ever replace a man.

When it comes to toys these are the five best types:

1) Cock Rings

A cock ring will wrap around the base of your cock or the underside of your balls giving you an ultra-powerful hard on, especially if combined with some Cialis. With that said it does trap blood in the penis so you don't want to wear it for more than about 20 minutes at a time.

My favorite cock rings come with a small vibrator attachment that will rub up against her clit. Not only do women love this but it will also feel really good for you as well. You can order them super cheap from [aliexpress](#).



2) Vibrators

When it comes to vibrators the cheap ones from China are ok but the gold standard is the Hitachi Magic Wand. You can order it off Amazon. It's expensive and corded but it will give every girl you use it on a massive orgasm. Just hold it to her clit and let the Magic Wand do the work. For added effect let her hold it while you fuck her so you can really get down to business.



3) Dildos

As for dildos, I'm not a huge fan when you have a perfectly good dick. If you want the experience of penetrating a girl with something huge I would recommend an extender as covered below.

The only dildo I would recommend would be The Rabbit, which is a both a dildo and vibrator that women absolutely love. It has an extension to massage her clit as well as a rotating vibrating head. You can hold it steady inside her pussy or you can rotate it in small semicircles while keeping the attachment on her clit. For added effect you can flip her into doggy, insert The Rabbit and lick her asshole to give her a powerful rimjob orgasm.



4) Pumps

When it comes to penis pumps not all pumps are created equal. In fact, the majority are either ineffective or downright unsafe. This is an area where you should definitely avoid buying cheap Chinese products: the health of your cock depends on it. There is only one product I can recommend and that is the **Bathmate**. I've used it before and it works as promised.

The Bathmate is a penis pump that temporarily increases the size and blood flow of vessels in your corpora cavernosum by using water pressure. The way to use the Bathmate is in the shower or the bath, hence the name.

Some guys online have claimed permanent gains over a period of months primarily in girth but also in length as well. I haven't tested the **Bathmate** over a long period of time but for temporary gains it definitely works.

After pumping I would usually gain about an inch in thickness making my cock pretty damn fat. I would do this about thirty minutes before sex to give my dick a cool off period but still have it nice and thick. In my experience women definitely prefer girth over length.

If you're interested in using the Bathmate for more permanent gains I would recommend checking out one of the penis enlargement forums like **thundersplace**, **mattersofsize** or **goodlookingloser**.

With that said, I would use the Bathmate with caution because it can come with side effects. These can be red dots around the penis, discoloration or difficulty getting an erection. Some guys online might tell you to keep going but I would stop for at least a few weeks at the first sign of a side effect.

In my experience the only side effect I got was that it became slightly harder for me to get an erection after pumping. With that said, I could still get hard and with a quarter tab of Cialis I was good to go. I didn't notice any difference with my normal erections so this wasn't a problem for me.

Before you use the **Bathmate** on a woman I would recommend a one-month runway using the routine below to get your cock used to pumping. Much like starting a lifting routine in the gym it's best to err on the side of caution. If you notice any side effects you should stop for a few weeks or until they go away before you try again. Here is the routine I recommend:

- **Week 1:** Pump twice per week/5 minutes per session/flaccid penis
- **Week 2:** Pump twice per week/10 minutes per session/flaccid penis

- **Week 3:** Pump twice per week/10 minutes per session/semi-erect penis
- **Week 4:** Pump twice per week/10 minutes per session/80% erection
- **Sex:** Pump 30 minutes before sex/10 minutes per session/80% erection



5) Extenders

An extender is a silicone, rubber or plastic based sheath that goes over your cock. It's basically like strapping a giant dildo on to your dick that allows you to feel like a pornstar for a night.

Whether you're comfortable using an extender is up to you, just keep in mind your girl will still want your cock. Despite the extender being huge it won't have the heat and sensitivity of your dick. Women will always get off on having the real thing.

When it comes to extenders it's best to avoid the cheap Chinese products, they slide off your dick and don't work very well. The gold standard is the Oxballs Gym Boy extender. It straps on underneath your balls, which makes sure it doesn't slip off during sex. You won't be able to feel much but she sure will. Just make sure you use lots of lube and go slow during entry.



CHAPTER 12

EROGENOUS ZONES

When it comes to giving women powerful orgasms it's extremely important to understand where the major erogenous zones on her body are. For us guys as long as she plays with our cock and balls we're happy. For women, like all things with women, it's more complicated. Some women will hate having their cervix touched during sex but some women will have the most powerful orgasms of their lives. Every woman is different.

I've outlined the main techniques for each erogenous zone but the key is to tailor everything you do to the girl you're with. If her clit is too sensitive to touch during sex then leave it alone. The key is always being sensitive to how she responds. Remember sex is primarily an art not a science.

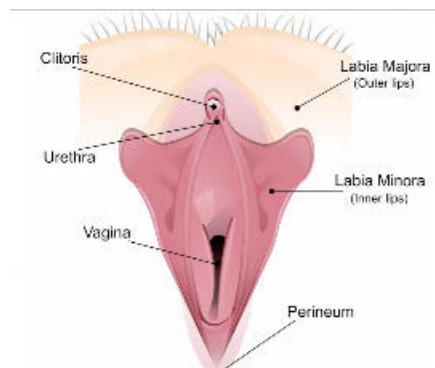
Here are the four major erogenous zones:

1) The Clitoris

The clitoris is a bundle of nerve endings shaped like a button near the front of the labia minora (inner lips) and above the opening of the urethra. The clitoris is the woman's most sensitive erogenous zone and is responsible for much of her sexual pleasure. Many women need clitoral stimulation to orgasm.

The head of the clitoris is roughly the size and shape of a pea, and is estimated to have more than 8,000 nerve endings. This is the spot you want to aim for with your fingers and tongue.

For some girls you might have to pull back the hood to get at it properly. For most women gentle to moderate pressure is better at least at first when it can be very sensitive. If you're going to use harder pressure wait till she gets into it or wait until she's closer to cumming.

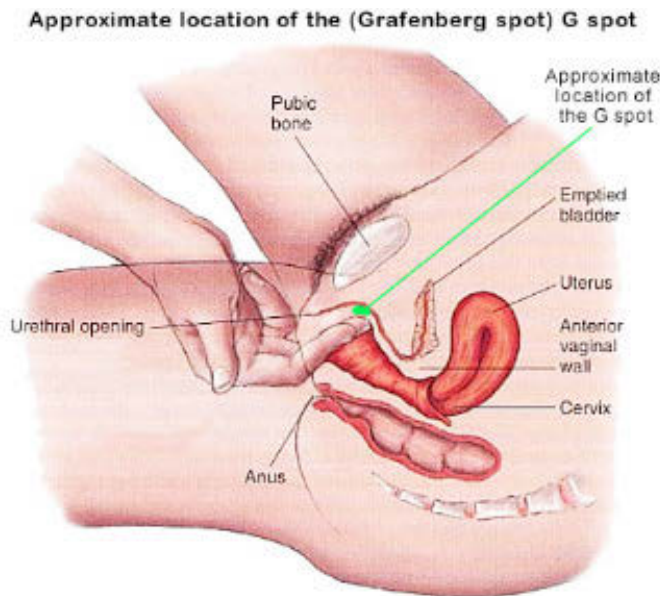


2) The G Spot

The G Spot, named after German gynecologist Ernst Grafenberg is the primary erogenous zone inside the vagina. It's usually two to three inches up the front wall between the opening of the vagina and the urethra.

If you're worried about the size of your cock keep this in mind, you only need two to three inches of it to hit the G Spot. As we covered in Chapter 7, G Spot stimulation is the source of female ejaculation and very powerful orgasms.

Recent studies, have found evidence of the G Spot in women during orgasm using ultrasound. Some scientists also hypothesize that the G Spot is an extension of the clitoris and that this is the cause of vaginal orgasms.

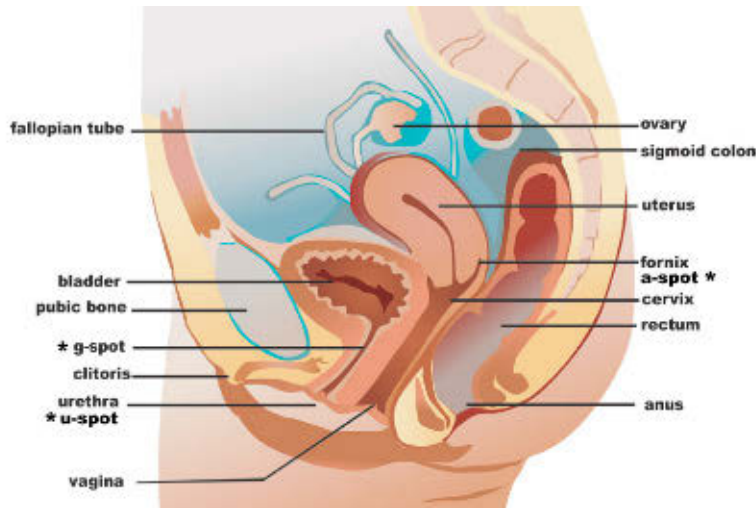


3) The A Spot

The A Spot or anterior fornix (also known as the deep spot) is the female erogenous zone located about four to five inches along the upper wall of the vagina above the cervix. You can reach it on some girls if you have long fingers like I do, but the best way to reach it is with your cock by lifting her legs up in missionary.

Not every girl can orgasm from A Spot stimulation but the ones that can will have massive orgasms. A Spot orgasms usually take longer than G Spot orgasms, on average you'll need to give her about 10 to 20 minutes of continuous pounding.

The spot you're aiming for is the top, back end of her pussy. You also need to be careful not to bang the cervix because that will hurt a lot of girls. Some women however enjoy a cervical pounding, read more on that below.



4) The Cervix

The cervix is the lower part of the uterus roughly an inch long and cylindrical in shape. When you poke it with your cock it feels like a fleshy ball. For some girls it's only about three inches deep, for others it's five or six inches deep. The cervix being the entrance to the womb is the area that sperm have to pass through to fertilize the egg.

To women the cervix is the deep center of their vagina. For most women hitting the cervix during sex is painful but for some women it can give them the most powerful orgasm of their lives.

A cervical orgasm is generally the most difficult kind of orgasm to give a woman. The buildup is less linear but the orgasm is a full body explosion. As opposed to the clitoral orgasm, which lasts seconds the cervical orgasm can last minutes.

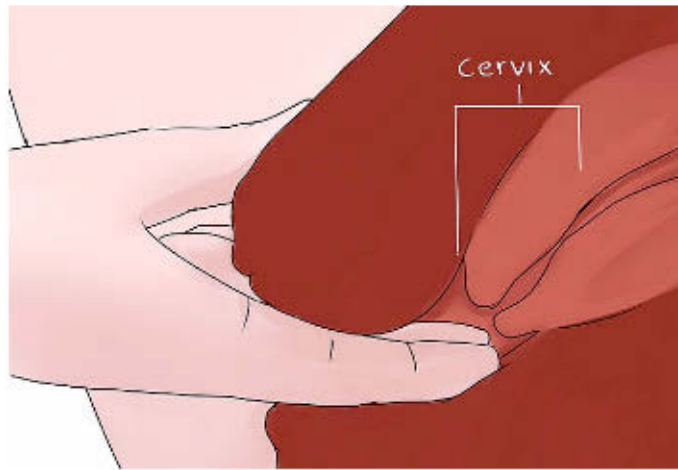
Giving a woman a cervical orgasm is similar to giving a woman an A Spot orgasm. You'll usually need to use your cock and you'll need about 15 to 20 minutes of continuous pounding. Also the amount of women who can have cervical orgasms is even less than the amount of women who can have A Spot orgasms.

I've fucked close to 150 women and I've given maybe two of them cervical orgasms. Sadly, most women are not in touch with their bodies and don't actively search out how to enhance their orgasmic energy.

To give a woman a cervical orgasm, the best position is missionary with her legs up. Start by giving her medium pressure with a slow to medium stroke. You shouldn't be fucking her so much as pushing on her cervix. The key is to be gentle at first.

Once she gets into it you can start increasing the pressure and fucking her hard. As she gets close to orgasm you can really step it up and powerfuck her pussy. If you're going to powerfuck her try and keep your strokes even. A medium pace is your best bet; that way you can make sure to hit the cervix with each stroke.

The harder you go the more difficult it is to keep the pressure even so save the jackhammering until you can see the finish line. The best way to finish her off, if you can reach her cervix in this position, is to pin her legs to her shoulders. That way you can hold her down as she starts to buck. This is dominance in its rawest expression.



CHAPTER 13

POSITIONS

Now that you've got a foundation of what to do in bed, it's time to get into the more technical aspects of the art of fucking. Again you don't want to fall into the trap of becoming a bedroom technician but you need to know the key positions and the key tricks to keep in mind.

There are a ton of positions to work with but not all are created equal. Luckily for you, I've done the trial and error and narrowed it down to the best ones.

Here they key positions for you to master:

Standing Doggy Style

Standing doggy style is one of the most dominant positions because you take full advantage of your height for amplifying dominance. A great addition is to fuck her up against the wall for added excitement or in front of a mirror so you can keep eye contact.

Fucking her over the bathroom sink is a great way to use the mirror. You can also bend her over the arm of a couch. In general though you want her to have something to hold onto.

In standing doggy style you want to keep her legs together because it will feel tighter around your cock and make it easier to slide inside. If she's inexperienced in sex it's your job to make sure she keeps her back arched so you can get in at a good angle. If she's a tall girl, get her to bend her knees so you can slide in easily.

Standing doggy is great for pulling her hair, spanking her ass, and getting her to rub her clit. This is really fun in front of a mirror because it makes you feel like you're in your own porn movie. You can rub her clit for her but it's not ideal because then you're bent over and can't keep up a proper stroke.



Standing doggy style can be a problem if you're a lot taller than her. What you can do in that case is have her kneel on the bed or on a chair and fuck her that way.



Kneeling Doggy Style

Kneeling doggy style is similar to standing doggy style except for three things, the cardio factor, the positioning of her legs and the location. Kneeling doggy style will wear out your hips and quads a lot faster than standing doggy style so pace yourself accordingly. The only place kneeling doggy style works well is on the bed. The couch won't have enough room and the floor will kill your knees.

I also don't recommend getting up onto your feet and fucking her unless you're standing on the floor while she's on a couch or chair (more on this variation below). You see this a lot in porn but trying to stand behind her while she's kneeling is cardio hell. After a few minutes of this your quads will be burning like you just did three sets of heavy squats.

When it comes to positioning her legs you have a few options, depending on the size of the girl and whether you want her on all fours or face down ass up.

Option one is for small or medium sized girls. Put them on all fours with their legs together like you would with standing doggy style. Try and keep your back straight to avoid moving forward and lowering your position, which will fuck up your angle.

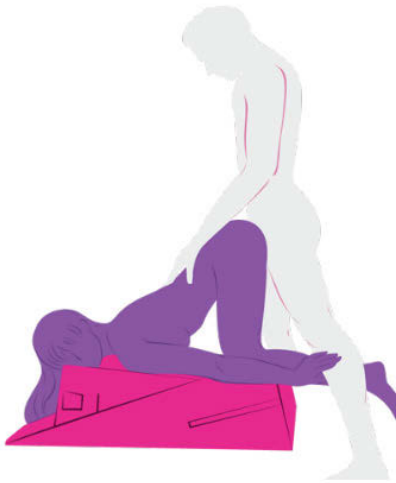
From this position you can grab her ass and get to work. Again, you want her to arch her back so you can get in deep. Also make sure to have her hold still or hold still yourself and get her to bounce back against you. It has to be one or the other. Don't let her try to bounce back at you while you're fucking her, it will fuck up the whole rhythm: many girls don't understand that.

Option two is to lean back and keep your hands wrapped around her hips so that you can pull her back into you. This gives you a bit of a cardio break and makes sure you don't keep falling forward.



Option three is for average sized to taller girls. You can still have them on all fours but you'll usually need to be between their legs. Being between her legs isn't ideal but her pussy will be too high otherwise.

The ideal position for taller girls is face down ass up with her thighs resting on her calves. The angle will be a bit lower but you can compensate by leaning on her ass and aiming your cock downwards. For added dominance you can either cross her arms and pin them to her lower back or pull her arms all the way back and jackhammer her into submission. You can also use a wedge like in the below picture for added effect.



Again, hair pulling, spanking and having her rub her clit work very well in this position just like they do in standing doggy style. Since her ass will be spread open you can also slide the tip of your thumb inside her ass or rub her asshole lightly, a lot of women like this.

Lying Down Doggy Style

Lying down doggy style is my favorite variation of doggy style. It combines the intimacy of missionary with the angle of doggy style, which girls love. You can either be vertical or horizontal depending on what's more comfortable for you.

I like to keep her legs together and have my legs outside of hers. This is a better angle for going in deep and feels tighter than if her legs were spread. You also want to make sure she's lying all the way down with her hands either at her sides or above her head. Some girls try and prop themselves up on their elbows but this will fuck up your stroke and deprive her of your full weight in the horizontal variation.

When you're horizontal you can either be propped up on your hands or elbows or for a more powerful stroke you can wrap your arms around her for a more intimate connection. This is my favorite variation of the position. I can fuck like this for an hour while barely breaking a sweat.

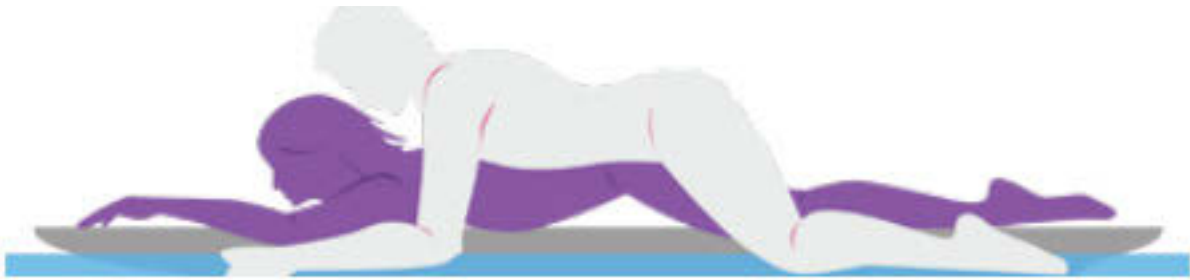
In the horizontal variation you have a few options with your hands. You can keep your arms wrapped around her chest or grab her breasts. You can reach your arms under her shoulders and pull her towards the bed: this is a powerful dominance move. You can also reach down and rub her clit: girls absolutely love this. It's a bit harder to move your hand since all her weight is bearing down on it but you can still get a decent rhythm at a slower speed. This is a great combination.

You also have the option to reach your hand under her throat and choke her. For the ultimate

effect you can put your weight on her, choke her with one hand, rub her clit with the other and talk dirty into her ear. This is extremely powerful.

When you're vertical you can hold on to her ass to hold yourself up but this will take a lot of work from your hip flexors. I prefer to lean in and rest on my fists or for extra dominance lean forward slightly and pin her shoulders down.

Lying down doggy style also makes an elegant transition into spooning (covered below) by putting one hand behind the shoulder of the direction you're rolling to, the other hand behind her opposite hip and gracefully pulling her into the spoon. The elegance of your transitions is the sign of an expert lover. Women love this kind of attention to detail.



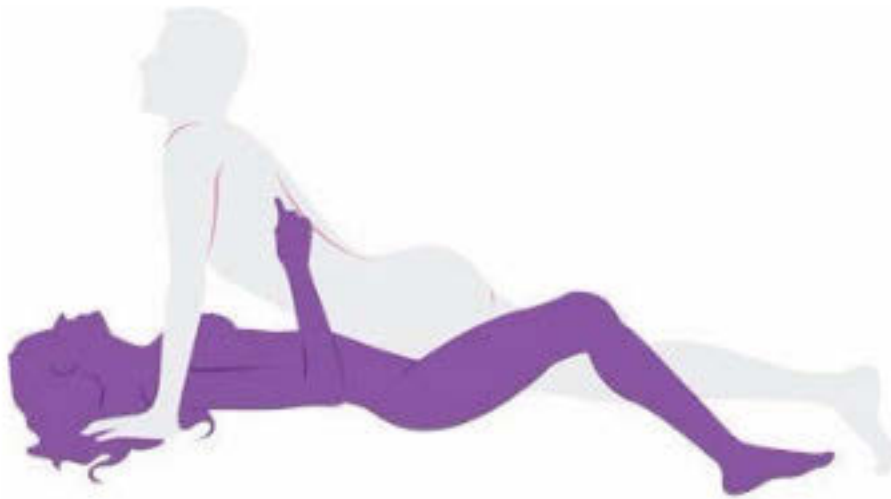
Missionary

Missionary is my favorite position and the most underrated position in sex as far as I'm concerned. Missionary is not just for old couples who fuck with the lights off, it's for everyone. Great sex is not about porn star positions it's about mutual trance, dominance, intimacy and passion. Missionary allows for all four and lets you preserve your energy at the same time. In slow to medium paced missionary I can literally fuck for hours.

Missionary also gives you the maximum amount of mental dominance by letting you stare into her soul when you fuck her. Depending on the mood you can use any of the looks outlined in Chapter 10.

Missionary is the best position for falling into a mutual trance because you have the closest body contact. Lying doggy style comes close but it's missing the eye contact needed to amplify a high level trance.

Missionary is also the easiest position for cock control, not just for controlling your orgasm but also for controlling the depth and angle of your stroke. You can hit her G Spot, A Spot, cervix and rub the shaft of your cock against her clit while you're fucking her.



For standard missionary you've got a few options on how to position yourself.

Option one is to prop yourself up on your elbows and cup her face for a more romantic vibe. This is a great variation for making love.

Option two is to wrap your arms around her tight while resting your face on the bed and bringing her in close and letting her feel your weight. This will make her feel completely enveloped in you.

Option three is to keep one elbow on the bed and the other wrapped around the back of her neck to pull her in close for added dominance. This is a very powerful variation especially if you add in a dominant look.

Option four is to rest your weight on her, spread her ass with both hands and get deep inside her pussy. A plus to this position is girls naturally spread their legs wider giving you more room to operate. You can also slip a finger into her ass for added dirtiness, a lot of women love this especially if they're close to cumming.

Option five is twisted missionary. It's not great for intimacy but it's awesome for powerfucking. What you do is put her on her side with her upper leg bent and closer to her stomach while keeping her lower leg straight.

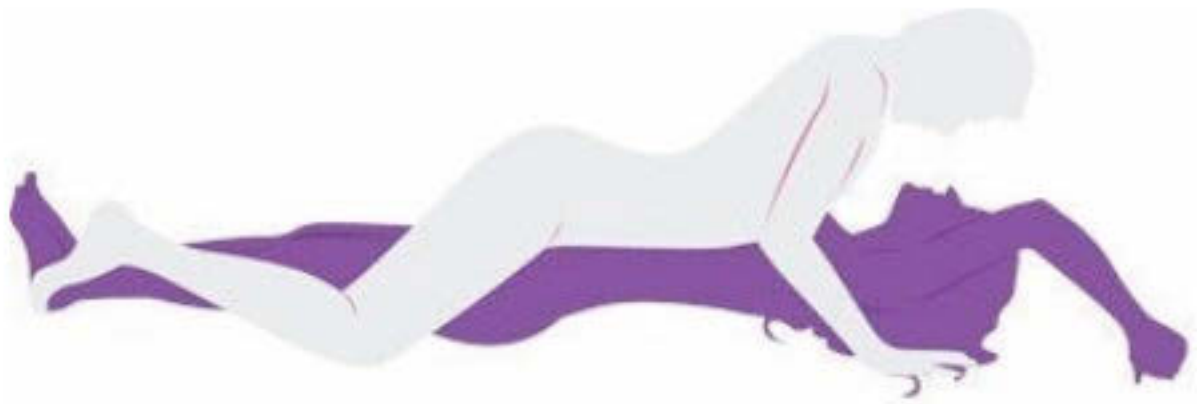
Position yourself in between her legs and grab onto her upper shoulder with both hands pulling her into you while you fuck. Her shoulder makes a great lever for generating power. This position also makes an elegant transition from standard missionary when you want to amp up the aggression.

Option six is for girls with higher positioned pussies only. This is something I haven't heard

discussed anywhere else but I've found to be very important in terms of the effectiveness of the position. In my experience there is large variation from woman to woman when it comes to the positioning of their pussies. Some women have lower pussies closer to their asshole whereas some women have higher placed pussies closer to their belly button.

For women with higher positioned pussies, what you want to do is close her legs, put your legs around hers and insert yourself from above her. This may seem weird at first and you won't be able to get a good stroke but if a woman needs clit stimulation to get off she will love it.

I used to fuck an ex-girlfriend like this whenever she wanted to cum and it worked every time. You don't even need to thrust just get her to grind her clit against your pubic bone and cock. Keep your cock as deep in her as you can and flex the muscles around your pubic bone so she has a hard surface to grind against.



Medium Missionary

In medium missionary you want to have her legs lifted back and held apart with your arms. A girl who is good in bed will help you by keeping her legs spread for you as opposed to resisting against your arms. Unfortunately most girls aren't good in bed.

When it comes to how to position your arms you have the option to either rest on your hands or on your elbows. Resting on your hands is better for pure dominance because you can stare down at her but it takes more cardio. Resting on your elbows with her legs under your biceps lets you relax more and gives her a stronger feeling of intimacy as opposed to dominance because she can feel the weight of your body.

Medium missionary is one of the best ways to pound a girl into orgasm because it's really easy to keep a steady stroke for a long period of time. You have the option to kiss her but this is more draining because you have to lean in and put extra weight on your hands or elbows. To minimize your cardio output you can just rest your face on the bed.

When you're fucking a girl deep and hard she might start to buck her legs against you making it hard to keep her legs up. A cool trick is to grab onto the top sheet just above your mattress to help hold yourself in place. Since the sheet is held under the mattress by elastic, grabbing it is surprisingly effective at holding your position.

For hitting her erogenous zones you have four options.

Option one is to go deep and aim your cock up to hit her A Spot just above her cervix. As we covered earlier it's about four to five inches inside most girls. Again, expect at least fifteen to twenty minutes of continuous pounding to get her off in this variation.

Option two is to aim for the cervix, which some girls will love but for the majority of women will be too painful. Re-read the section on cervical orgasms in Chapter 12 on how to do this properly.

Option three is to aim for her G Spot, this will be the easiest of the three for getting her off. Position yourself by angling your balls towards her asshole. The lower half of your shaft should be resting on the lower opening of her pussy. To hit her G Spot correctly you should only be using about half your cock since the G Spot is located only two to three inches inside of her pussy. You should be able to look down and see half your cock outside her pussy.

Option three works best when you're really hard. The angle you're aiming for is diagonally upwards. Thrust hard in a stabbing motion aiming for her G Spot, imagine like you're trying to fuck your way through her. You'll really have to activate your hip flexors to get into this.



Option four is to drop her right leg a bit lower (assuming she's right handed) and have her rub her clit in. This brings more girls to orgasm than any position I know. To add intimacy lean down and kiss her while she rubs her clit, just make sure to keep your belly away from her hand so she has room to move.

High Missionary

In high missionary her legs should be as close to straight as possible. As opposed to medium missionary, high missionary is not well suited for pounding her G Spot with the exception of option 4 (see below). Your best bet is to aim for her A spot, or if she's into it, her cervix.

In high missionary you want to lift her legs so that they're on your shoulders and either wrap your arms around her hips or rest your hands on the bed. You've also got the option to rest yourself on your fists. It's a bit harder to balance but it puts less strain on the wrists. I tend to alternate between the two whenever I get tired of one.

High missionary will also take more energy than standard or medium missionary but it's the most dominant position in the book. High missionary like medium missionary comes with a number of options.



Option one is to wrap your hands around the tops of her thighs and pull her into you. The good thing about this variation is that you can use your arms to do half the work by pulling her into you and giving your quads and hip flexors a break.

Option two is to place her legs on the tops of your arms just below your shoulders. This lets you spread her legs wider giving you a deeper stroke. I prefer this to having her legs on my shoulders. With her legs spread wide like this you can also have her rub her clit: this is a powerful combination.

Some talented women, bless their hearts, will be able to pull their legs back wide and far for

you without you having to hold them up. Some flexible women can do this without the aid of their hands. Usually these are wider-hipped women: their bodies are built to be more flexible in this way.

Option three is the most dominant variation and is done by putting her legs back all the way over her head so that her toes touch the bed. This is exactly the same as putting her in the plough position in yoga. Most girls are flexible enough to do this: they just have to bend slightly at the knees. Some less flexible girls will have to bend their knees more.

This is a really powerful position for making girls orgasm for a few reasons. One, the sheer dominance of manhandling her body in this way, and two, the angle is perfect for hitting her A Spot or cervix. Girls also love this position because they can watch your cock going inside them. Just watch as she stares entranced.

You also have two variations of the stroke you want to use. Variation one is straight up and down at a medium pace. Variation two is to use the balls of your feet as a springboard to push off of so you can add some extra force to your strokes. Arch your lower back as you're pulling out then finish each stroke with a powerful whip of your hips to really pound her deep.

For the extra flexible girls you can put your hands under her shoulders and put your weight on top of her, bringing her thighs to her stomach. With your arms under her you're again able to let your arms do half the work by pulling her into you on the upstroke.

Option four is if you do want to hit her G Spot. The way to set it up is to position yourself on your feet in a frog squat. Push her legs towards her chest at a 45 degree angle from the bed and rock onto the balls of your feet with each stroke. You can also stay on the balls of your feet and just operate from there.

You won't be able to stab her G Spot like you can in medium missionary, but you can graze it starting from the entrance of her pussy. This gets a nice long stroke on the upper wall of her vagina which women really seem to like. It's harder to give her a G Spot orgasm in this position but it's still a good position nonetheless.

Girl On Top Lying Down

The best way to do girl on top is to have her on her knees straddling your legs. I prefer this to her squatting because she can go back and forth instead of bouncing straight up and down. I've had too many close calls with girls in the squat position bouncing off the top of my dick and coming down and nearly smashing the whole apparatus. That wouldn't be good for business. My cock is way too precious to risk on an overzealous, poorly controlled girl. Unfortunately, most girls aren't good in bed and can't be trusted.

I prefer to have her lean forward if she wants to bounce up and down. That way I can control the length of her stroke by holding her ass. If you have a cock that points up like mine then make sure she leans forward to avoid her pulling back on your dick which hurts like hell.

Don't worry about losing dominance in this position because you're still controlling and commanding the action like a movie director. Even if you want to lean back with your hands behind your head you can still control from the bottom by relaxing and telling her what to do. The frame you want is that she's working for you.

If you want to make this an active position then put your feet down on the bed and spread your legs into a diamond shape and get her to lean forward. This angles your cock towards her G Spot, which girls will love. Once you're in this position you can grab hold of her ass and really jackhammer her.

This is a great position for rough fucking because it has a much lower cardio output. Plus you can lean back and rest between intensive bursts. An intensive jackhammering burst is a great way to finish a girl off as she's close to orgasm. I used to do this to an ex-girlfriend and she would cum indefinitely. With that said, don't just move straight from making love to jackhammering: the mood should be rougher to use this technique.

Girl on top also makes an elegant transition from other positions especially when you can smoothly roll her over on top of you: this works well from missionary or the spoon. You can also transition nicely from girl on top to missionary by grabbing her around her hips and ass and quickly twisting her around on to her back.



Girl On Top Sitting Up

Girl on top on the couch is my favorite girl on top position. The chair works as well but the couch is more comfortable long term. The best way to set this up is to have her straddle you on her knees. Don't bother trying to get her to squat on your cock. The couch is usually too soft and will end with her losing her balance, offering up a small giggle, then telling you she can't do it.

When she straddles you keep your legs mid width apart. Not too wide that she can't straddle you but wide enough that you can relax. You never want to keep your legs too close together especially with her riding your pubic bone. This will concentrate too much energy in that area making it much harder to control your ejaculation. This is because, as we covered in earlier chapters, your ejaculation energy comes primarily from your dan tien or energy zone around your pubic bone.

Control the tempo by moving her ass up and down or back and forth. If she's good you can let her control the pace but that's rare. You also want to make sure to keep your dick angled towards her G Spot: this position is very good for making girls orgasm.

This position feels better for me than when lying down because the angle of my cock feels more natural. I also like having her at eye level where her body is close and accessible.

Reverse Cowgirl

Reverse cowgirl is one of my least favorite positions because my cock angles straight up and girls have a tendency to pull it forward in this position which is really uncomfortable. With that said, I do love looking at a girl's ass bounce up and down on my cock so it's a tradeoff. The way to set up reverse cowgirl is exactly the same as with girl on top except she's facing the other way. Unfortunately, girls in this position have a tendency to lean away from you and put their hands on your knees. This will hurt your dick and your knees.

To avoid her pulling on your dick, make sure she's sitting up straight as opposed to leaning away from you and have her rest her hands on your thighs instead of your knees. Or you can get her to lean back and hold her up with your arms like in the picture below.



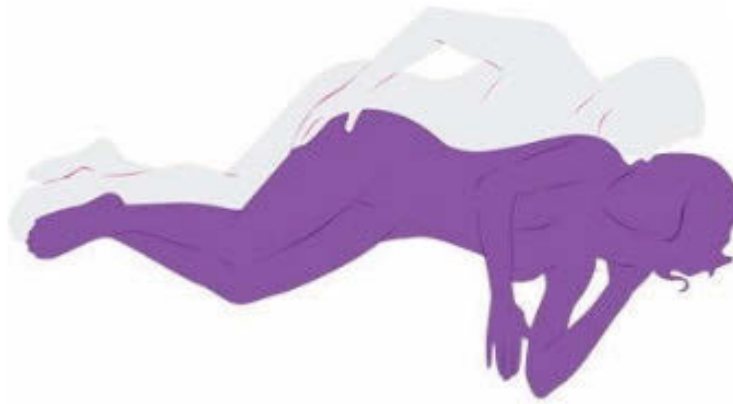
Another variation is to get her to squat on her feet and lean back while you fuck her. Again, like in girl on top, you want to be very careful of her bouncing up and down in the squat. Instead of having her bounce on your cock, what you want to do is grab the bottom of her ass palms up and fuck her. You can get a really powerful stroke this way that girls love.

Spooning

Spooning, like missionary, is an extremely intimate position because you're able to wrap your entire body around her and let her feel your warmth. The traditional spoon position is named after the way spoons sit in a drawer with their backs facing each other fitting perfectly. This is traditionally a sleeping position with your chest to her back and your knees tucked into hers.

To make spooning a sex position you need to make some slight adjustments. You'll usually need to keep your chest a few inches away from her back so you can angle your cock in and thrust properly. You also want to prop yourself up on your elbow and wrap your upper arm around her.

If you're a lot taller than her then you can move back to the traditional spoon position once you've got your cock inside, just with less thrusting power. This is a great position for making love. You're also angled nicely to hit her G Spot and can add rubbing her clit into the mix for extra stimulation.



Spooning Face-To-Face

Spooning face-to-face is an excellent position and one of my top three favorites overall. I definitely prefer it to the standard spoon. Spooning face to face is extremely versatile: you can spoon face-to-face for making love, passionate sex and fucking all while being able to minimize your cardio output.

To set up the face-to-face spoon, have her face you and tuck her lower leg under you while you slide between her legs. Once you're inside her legs use your lower arm to reach back and push her lower leg higher up on the bed. If you don't, you'll end up crushing her lower leg. Try and do this in one graceful movement. Once you're properly positioned wrap her top leg around you while pushing it up towards your back.

For making love, you want to use slow, subtle movements as you caress her and wrap her body around you. For passionate sex position, put your hand on her neck and wrap your other arm around her back while holding her tight. For fucking, hold her upper leg up with your upper hand, move your chest a few inches away from her and powerfuck her.

CHAPTER 14

RHYTHM

Rhythm is crucial when it comes to sex. Most of the time, unless you're going for pure excitement and feel like your cock can last long enough before the cool down kicks in, you want to start slow. The cool down for me with a new girl is about ten minutes. With a consistent partner it's only about a minute.

Start slow to pace yourself, tease her, allow her to get really wet and allow both of you to develop a rhythm. Unless you're going for pure excitement-based intense fucking don't just jam your cock into her. Tease her with it, make her earn it, give her shallow strokes at first before you give her the whole thing. Remember, you're fucking her mind first, her body second.

Whatever position you're in, the key is to try and maintain a steady rhythm at all times. This is very important. Don't switch positions every couple minutes like in porn, work on developing that steady stroke. Think about when a girl is giving you head, you don't want her rhythm to be all over the place and she doesn't want that from you either.

Adjust your speed based on how she responds and what feels good for you, but try to stay at each rhythm change, either slow/medium/fast for at least a few minutes before you change-up the speed. In general, you can increase or decrease the speed as you please but save the ultra-fast pace for when she or you are getting close to cumming.

The key is putting in consistent rhythm for at least five minutes so both of you can get immersed in the trance. You can switch positions or speeds as you please, just aim to hold at least each position for at least five minutes. And usually, the more time in one position the better just as long as she's immersed in it. A good time to switch up positions is when you can see she's falling out of the trance state.

CHAPTER 15

KINKY SEX

Kinky sex is a great way to explore your sexuality fully. Again, the whole frame for it is fun and play. There's nothing to be ashamed of. You're a sexually liberated man who doesn't give a fuck about what society thinks about sex. The moral majority are hypocrites anyways. Porn is a multi-billion dollar business specializing in kinky sex and everyone watches it, men and women.

When it comes to the gameplan for kinky sex the ideal style is fucking. Kinky sex is all about generating excitement. With that said, I think kinky sex should be a weapon in your arsenal but not the whole thing. Having only kinky sex gets emptying after a while. You should always be able to balance it out with making love or passionate sex to have your emotional needs met.

Here are the four key types of kinky sex (BDSM is technically a kink but will be covered fully in the next chapter on rough sex):

1) Anal Sex

I'll admit: I'm not a huge fan of anal sex. It's something that looks great in porn but is not nearly as pretty in real life. The average female porn star spends a long time douching her ass before a scene. Unfortunately, this is not usually the case in real life.

In real life you've usually convinced a girl to let you fuck her ass after a long night of drinking and dancing and the results are all too real. Let's leave it at that. The average girl is not comfortable rubbing her pussy during sex, let alone douching her ass before anal sex.

Anal sex is also extremely dangerous when it comes to STDs. That's because anal sex, even with lots of lube causes micro tears in your cock and her asshole. This allows for an easy transmission of the serious blood borne diseases like syphilis and HIV.

While these diseases are always a risk from vaginal sex, your odds go up tenfold for anal sex. This means you need to be extra vigilant about using condoms when it comes to casual anal sex with girls you meet in dirty bars.

Now that we have the disclaimer out of the way let's get into what anal sex looks like. Usually it will take a few conversations before your girl is ready unless she's already had anal sex before. Most girls have either not tried anal or have had negative experiences with it.

Usually their last boyfriend went too fast, didn't use enough lube and after a few negative experiences she ruled it out completely.

If you want to convince a girl to have anal sex with you it's important to let her know that you're going to be gentle, you're going to go slow, you're going to use lube and if it becomes really uncomfortable for her you're going to stop.

The first few times you can expect her to stop you because it will be painful for her. You want to use a ton of lube on her ass and on your cock. Take your time and inch your cock inside millimeter by millimeter. Expect for it to take at least five minutes to get all the way in.

Even once you're all in thrusting will be painful for her so you'll have to thrust millimeter by millimeter. The key is to take her feelings into account and not get upset when she makes you take it out which she almost certainly will the first few times. By getting angry your chances of her wanting to have anal sex again go down dramatically.

You should expect to have to fuck her in the ass at least five times for her to be able to take it and maybe ten to fifteen times before she really enjoys it. Just make sure to let her know how much it turns you on and how much she's going to enjoy it once she gets into it. Tell her it's just like losing her virginity and eventually it's going to feel amazing.

One thing that really helps is to either rub her clit, have her rub it or use a vibrator like the Magic Wand. For a lot of girls that pleasure will take a lot of the edge off of the pain and as she gets into the experience you can give her some really powerful orgasms.

Having an anal and a clitoral orgasm is called a blended orgasm and will feel different than the vaginal orgasms she's used to. Some girls will have orgasms from anal sex alone but they're very rare, I haven't found one yet.

As far as positions go, my favorite is lying down doggy style with her rubbing her clit with her fingers or a vibrator. Lying down doggy seems to be the least painful and the easiest to enter with inexperienced girls. It also requires the least amount of tweaking of any of the positions. For missionary you need to lift her legs higher, for standard doggy you need her ass lower and for girl on top you need her to lean farther forward.

Overall, when it comes to anal sex, the keys are to make sure to use condoms, make it as clean as possible, go slow, use lots of lube and don't expect her to love it. Even if you follow all the steps in this guide and you get her accustomed to having your dick in her ass it's rarely going to be her favorite thing to do.

More often than not anal will be something she's up for when she's drunk, really horny and feeling like doing something dirty. That is unless you've got a rare snowflake or you're in a

dominant/submissive relationship and in that case, consider yourself lucky and enjoy.

2) Group Sex

Group sex is a really fun way to express your sexuality. Not only are you getting laid, but you get to watch live porn in front of you. The easiest way to have group sex is to find a hot bisexual girlfriend. With mine it was as easy as posting body shots of her and I on craigslist to find threesomes with other hot girls. Once it even led to a foursome with three girls showing up - fun times.

The way to handle a threesome is a lot like being a host at a party. Your job as the man is to make sure everyone is having a good time. Not only will your girlfriend be a bit nervous but the girl coming to meet you will usually be very nervous.

The best way to loosen everyone up is to sit down, have a few drinks and maybe smoke a joint (if it's legal where you live). It's your job to hold court, keep the conversation flowing, get the girls talking to each other and keep the mood fun and relaxed.

Once everyone chills out and gets a bit of a buzz on, lead them to the bedroom. Once you get the girls to the bedroom, start making out with your girl and wrap your arm around the other one, then put them together.

Despite what the girls might tell you up front, the threesome is really about them. It allows them to be bisexual but with the plausible deniability that it's just experimental fun. You're just there as a buffer for their lesbian tendencies. All women are bisexual and once you put them together you could go for a sandwich, that's the level of intensity they will usually go at each other with.

Prior to the threesome you should go over the ground rules of what your girl is comfortable with. If she's not comfortable with you fucking the other girl then it's hands off.

If you are allowed to hook up with the other girl then you should still make sure to spend more time with your girlfriend. If your girlfriend feels neglected and sees you really enjoying the other girl she's going to get upset and that could be your last threesome.

As you progress through the threesome your main job will be keeping both girls entertained, that means making sure both of them are engaged. Think of yourself as the director of your own porn movie and have them do what you want.

Put them in a 69 while you fuck one from behind. Have them both suck your dick. Have one lick your ass while you fuck the other one. Spoon one girl from behind and have the other girl kiss her and rub her pussy. Get creative.

When it comes to swinging, the best way to get into the scene is, again, having a hot girlfriend. As a single man you're pretty much worthless even if you're a handsome dude. Craigslist works well and is even easier for finding a couple to swing with than it is for a threesome. Swinger and fetish parties also work well. Fetish parties mix group sex with BDSM and actually have some really hot girls.

Some parties are play parties where you can have sex on the premises while others are just meet and greets where you go home with people. In most swinger parties the guy will approach the other guy or the girl will approach the other girl. It's frowned upon as a guy to go up to other women.

Don't worry though: if you've got a hot girlfriend you'll get tons of offers. The downside however is that most of the time she'll be into the other girl but not the other guy.

Girls are always much more selective when it comes to men and many guys in the swinging scene aren't in the best shape. You'll also notice that almost all women who are swingers are bisexual: this is because, as we covered before, all women are bisexual to one degree or another.

When it comes to swinging you want a guy who your girl is into and a guy you can get along with because you'll both be leading the action. You should also know in advance if it's going to be no swap, soft swap or hard swap. Usually you talk terms with the other guy to set expectations prior to swinging.

Most swingers have pre-agreed limits on what they will and won't do. No swap means just having sex in the same room, soft swap means some contact outside of penetration, full swap means sex. Also, you should make sure the guy you're dealing with isn't bisexual. Most guys aren't in the swinging scene so usually you don't need to bring it up, just ask him what he's into and if he brings up his bisexuality then you can just count yourself out.

Swinging is actually easier to manage than threesomes because you have two guys leading the charge instead of one and you're only responsible for one girl at a time. The only issue that might come up is jealousy. Jealousy has never been an issue for me but I've never swung with a girl I really cared about before. If one of you is a naturally jealous person then either swinging isn't for you or you should keep it to a soft swap or no swap at all.

3) Taboos

Societal guilt and taboos are like fuel for the sexual fire. Once you step outside of the socially conditioned morality and become sexuality liberated, taboos just become really fun things to leverage. We're nothing but evolved apes. All of our moralizing and false purity is a facade. Nature designed us to procreate. Survival and reproduction is our primary purpose in this world.

Breaking taboos is not only fun but you also get an extra boost in sexual energy or chi from the added excitement. Taboos can be something as tame as some innocent roleplay or as hard-core as playing slavemaster to a black girl. If you're playing with guilt and degradation you can leverage that guilt by telling her how bad it is, how you shouldn't be fucking her like that and how dirty she is. Again, the bedroom should be seen as a morality free playground.

You should feel free to do things that are exciting even if they conflict with what you believe: it's all just fantasy anyways. Just like when you watch a movie you can enjoy what the gangster does even though you don't want to go out into the world and kill drug dealers.

Just be careful, guilt and degradation will enhance her sexual pleasure to a point, but don't push her to the point where she becomes seriously ashamed. Respect her limits.

4) Public Sex

Public sex is fun, exciting and taboo - the perfect combination. Despite what you might think, almost all girls are open to fucking in public once they're sexually comfortable. I've got head in a stairwell on the first date, fucked a girl in the bathroom of a fetish party, got head in alleyways and had sex in cars. Many times these public displays of debauchery were with girls who look sweet and innocent to the untrained eye.

Public sex is always a top fantasy for women and one you should definitely try if you haven't experienced it. The best place to start is in areas that don't have much traffic and have locked doors. A Starbucks washroom in a deserted area of the mall works really well, just run the taps to cover some of the sound. It's even better if the washroom is located away from the store, in the basement for example.

Another good place is in a parked car in a deserted area of the parking lot. Make sure to crack the window a tiny bit so the car doesn't fog up and hop into the backseat so you can operate properly. I used to fuck a girl on our lunch break every week for a few months in her car - fun times.

If you want to get more risky you can graduate to the movie theater. Sit in the back and let her give you a handjob. If you want to get really ballsy have her wear a short skirt and let her ride you reverse cowgirl in the seat. Obviously, there shouldn't be too many people in the theater, afternoon shows work best.

All this stuff is super exciting for women. Every woman has a bad girl inside her and if you can be the guy to give her permission to unlock that she'll love you for it.

CHAPTER 16

ROUGH SEX

Rough sex is all about exploring your dark side. If you're being honest with yourself you know it's there. The burning urge to ravish that beautiful girl walking down the street.

Rough sex at its core is about power exchange. Having a woman submit to you in the bedroom is one of the purest expressions of your masculinity. For women, submitting completely to a dominant man is the purest expression of their femininity.

In this day and age, however, you have to be very careful when it comes to rough sex. There are a lot of legal and psychological repercussions you need to be mindful of. The best way to escalate is by using baby steps starting from the most tame techniques to the most extreme.

You want to have non-verbal consent (her being comfortable) as you proceed at the least. Verbal and written consent are even better. Again, the legal repercussions are your responsibility so you should also have an understanding of the applicable laws in your country or province. The techniques in this chapter are laid out in order of escalation starting from the most tame to the most extreme and I strongly suggest you start with the most tame.

Here are the key areas to play with when it comes to rough sex:

Hair Pulling

Almost every girl likes getting her hair lightly pulled and at least 20% of women like rough hair pulling. Women are not special little flowers by any means. To start, grab her hair at the root and move her head where you want. This shows dominance and control over her mind and her body.

For added effect, you can bring her down a few inches and tower over her with a look of piercing cold dominance. This technique is extremely powerful in conveying your sexual power. Again, remember to be mindful of any signs of tension or discomfort.

Spanking

A light spank on the ass, like light hair pulling, is something almost every girl likes. With that said, you always have to monitor her for any signs of tension at least the first few times.

After the first few times of fucking her you can always debrief her on what she's into and not into.

When it comes to hard spanking you're looking at probably one in four girls who are into it. They'll usually be the ones into other rough actions like choking and hard hair pulling.

The proper way to spank a girl is with a firm open hand giving at least five seconds in between spans. Don't spank her as if you were playing the bongos. Make each hit count and let her feel the fear and excitement between each hit.

Choking

Controlled choking is a powerful way of exerting dominance. Again, this is not for amateurs and should always be done with consent. Ideally you have verbal consent before you escalate to choking. A great time to debrief a woman on what she likes is after the first time you have sex. The time not to ask for consent is in the moment. Asking "*Can I choke you now?*" is weak and will kill the effect of the move.

If you don't have verbal consent you can still escalate using baby steps but this is a legal grey area so **the responsibility is on you** in regards to how far you're willing to go without verbal consent. To escalate using baby steps, move up slowly from hair pulling to spanking to pinning her arms down. If she's into all of these things you can gently put your hand around her throat.

If she instantly moves your hand away or looks scared then she is not comfortable. **If she's uncomfortable that means choking is off the table, do not try it again.** In that case it might be something you can come back to months later as she gets more comfortable with you but you will definitely need verbal consent first. It's very important to respect her consent when it comes to rough sex.

When you're choking her, one thing to be mindful of is to avoid putting pressure on her windpipe. Windpipes are fragile and you don't want to have a situation where you damage her windpipe. The intent should be rougher than the actual physical action. Apply most of the pressure to the side of her neck not the front: you shouldn't be pressing down on the windpipe at all. In practice the effect is more of a strangulation than a choke as you're aiming not to cut off the breath but instead the blood flow to her head.

By cutting off the blood flow to her brain you will cause a buildup of carbon dioxide (CO2) in her bloodstream. That will relax her body and make it easier for her to cum. To show extra dominance you can tense up your shoulder and forearm but keep your hand relaxed and put pressure on the side of the neck but nothing on the windpipe. I like combining this with either cold or angry dominance, depending on the mood.

Again, you want to use rough intent as opposed to rough action. That way you get the benefits of dominating her body and mind without damaging her physically. With that said, you also want to be careful about totally cutting off her blood supply, you don't want her passing out on you.

Some guys like to get into using belts and things like that, but that's way too dangerous in my opinion. You want complete control over the process so I would never use anything besides your hand.

For some of you guys this might trouble your inner nice guy but remember that sex is just play. You're playing the image of a dominant man and all of a woman's primitive instincts respond to being dominated. You can still love and respect a woman, yet choke her in the bedroom. That's because the intent of the action is not to make her suffer but to give her pleasure. Giving and receiving pleasure is what good sex is all about.

Face Slapping

Face slapping is another area that might trouble your inner nice guy but remember that sex is play and the intent is what matters. With that said, the same rules and legal repercussions apply to face slapping as they do with choking so follow the same procedure and use your best judgment.

Before you think that only the freakiest girls like to be slapped there are a lot more women into this than you think. I would say one in five women will at least like to be lightly slapped in the face.

If one of her parents had a bad temper there is an even greater chance she likes getting slapped in the face. For women, the treatment they received as a child is their imprint for love and they tend to seek it out as they get older.

Slapping is another area you have to be extremely careful with. It should be the last boundary you test. You should start with light spanking, light hair pulling and light choking before you get into face slapping.

If she's into these things you can move up to a very light face slap and see how she responds. Do not slap her hard in the face out of the blue. **Consent is extremely important for face slapping.** A slap to the face in the wrong context can easily be classified as abuse.

Only after you see her enjoy a light face slap (ideally with prior verbal or written consent) can you escalate to a harder face slap. After you slap her hard for the first time you should monitor her body language closely. If her eyes widen in submissiveness and she lets out a whimper then she's into it. If she looks scared then you've gone too far and you should apologize.

Again, guys, **be very careful with this technique.**

BDSM

BDSM stands for Bondage, Dominance and Sadomasochism. Almost all women are masochists, the only difference is the extent of pain they enjoy. The average woman enjoys getting her hair pulled and a firm spanking. A hardcore masochist will like getting choked, getting her face slapped hard and spankings hard enough to leave welts.

Women who actively like to humiliate and dominate men are damaged and should be avoided. They're rare but they do exist. In almost all cases they've been abused by the men in their lives either verbally, sexually or physically and have responded by taking their anger out on men. That anger and distrust of men will come out against you with mathematical precision.

If you have submissive tendencies and you want to play with BDSM you need to get that handled. Women don't respect or respond to submissive men. Your role in BDSM is the dominant.

If you think only fucked up girls are into BDSM, you're wrong. Just look at how popular 50 Shades Of Grey is and you'll see the amount of women who are into it. With that said, most of them are not into hardcore kink. Light pink handcuffs and blindfolds are the extent of the average woman's kinks.

The reason BDSM resonates with women is because it's just an extension of their natural inclination to submit. The core of BDSM, however, is not about pain it's about power exchange. That means she voluntarily gives control over her body to you. You can use pain but pain is not what BDSM is about. In fact, your scenes don't have to involve pain at all. It's about her voluntarily releasing her power to you.

If you are going to use pain, however, it's important to know how to use it responsibly. Pain is one of the most powerful amplifiers you can use. But how much to use depends on the girl. For some girls light spanking is a lot whereas for others there is almost no amount of pain they can't handle. For me, girls who need extreme levels of pain like piercing, cutting, shocking etc. are too damaged and should be avoided.

There are too many legal and psychological repercussions that are beyond the scope of this book for me to recommend the use of extreme pain. I'm perfectly comfortable getting a bit rough but I'm not psychologically or emotionally comfortable doing things that would be classified as hardcore abuse even if my woman is into that.

When done in the right way, pain will massively amplify your dominance and your woman's ability to fall into a trance. When done in the wrong way, it will destroy her sexual state completely.

Pain not only increases your dominance in her mind, but it also releases endorphins. Endorphins, as we covered in Chapter 6 are nature's painkillers that produce a mild euphoria. Using pain ultimately should be looked at as a tool for putting her in trance.

For many submissives the right combination of dominance and pain will put them into subspace. Subspace is a heightened trance state where the submissive feels a blissful ocean of peace and calm. With that said, in subspace some submissives may not be capable of making rational decisions. It's your job as the dominant to monitor her state and ensure her safety and wellbeing. In some cases you might have to gently bring her back to reality.

As you can see, this stuff is heavy and not for amateurs. When you really delve into BDSM you hold a woman's mental and physical wellbeing in your hands. That's why it's very important that one, you know what you're doing and two, you have your heart in the right place.

If you're inexperienced, start by using baby steps to get up to what she and you are comfortable with. Take your time and be vigilant about not just monitoring her state but your own state as well. Some girls like to be slapped hard in the face but if you're not into that, you shouldn't feel like you have to do it.

To introduce a girl into S&M the first thing you need is a safe word. A safe word is a word she can use when she feels uncomfortable with something and wants you to stop. That way she can say no to you and still continue to enjoy the experience. This is the only time where no doesn't mean no. **That's because you've got verbal consent before the experience.** In this case **the safe word means no.**

Many women have rape or non-consent fantasies and S&M can be a fun way to explore them. With that said, **you have to be very careful about the legal and psychological ramifications. This is something you should talk through carefully with her before you get into it. You need full verbal consent before you start this type of play, written consent is even better.**

Once you've established a safe word you want to probe her for her limits. Some women might be uncomfortable with being tied up, for some women it might be the blindfold that makes them uncomfortable.

Once you've got a safe word and know her limits you can start to play. A fun way to start exploring together is to go to a sex shop and pick things out you both like. The basics are comfortable handcuffs, a blindfold, and restraints.

A good way to start is to put her on her knees on the bed face down ass up. Take her hands behind her back and put the handcuffs on. As she gets more comfortable you can move up to the blindfold and the restraints.



The best restraints hook up to the bed either under the mattress or to the legs of the bed and headboard. That way you can securely pin her hands to the bed. These are best used in missionary.

Your options are nearly unlimited, how creative you want to get is up to you.

Submissive Training

Training your girl for a dominant/submissive relationship is taking the element of BDSM and extending it beyond the bedroom. This isn't for everyone but for some couples this can be a mutually satisfying arrangement.

The best type of woman for this type of relationship is a girl who's naturally submissive. A submissive is a woman who gets pleasure by pleasing you. A good place to find them is on the BDSM site Fetlife.

For women who aren't extremely submissive a d/s relationship will not be a good idea. It's not about forcing a woman into an arrangement she doesn't want. It's about finding a woman who is already seeking out this type of arrangement.

You end up fulfilling their need for a father figure in their life. So only start this kind of relationship with a girl you're really into. Ultra submissive girls like this tend to attach very quickly when you move the relationship outside the bedroom. Also you have to be careful with women from this scene, many of them have had difficult childhoods and come with a lot of baggage.

To train a submissive start by getting her doing what you want. That could be a blowjob, a

sandwich or anal sex. Some dominants take this too far, in my opinion, where a girl has to ask him permission to go to the bathroom. I see this as insecurity on the part of the dominant. Plus I wouldn't want that kind of control over someone's life: it's far too much hassle. My main focus in life is my business and I don't have time for that bullshit. I prefer the **takeninhand** style of d/s relationship.

Taken in hand relationships are similar to relationships prior to feminism: the man is the head of the household and the women defers to him in all matters. They have more of a gentle edge than a BDSM relationship but the core structure is the same: power exchange.

This is not politically correct and definitely not going to be for everyone. A d/s relationship is probably not something you'll want to tell your neighbors about. With that said, there are many submissive women out there dreaming about this kind of relationship with a powerful alpha male. Look again at the success of 50 Shades Of Grey. A high-powered alpha male is sexy to every woman. A powerless beta male hunched over the sink doing dishes is sexy to no one.

Just remember not to make the mistake of trying to convert a woman to being a submissive. Submissives are born, not made. Many women would be miserable in this kind of relationship. The girl you want is naturally quiet, shy, sweet and happy to please you. When you can find this type of woman a d/s relationship is a beautiful thing.

CHAPTER 17

SPIRITUAL SEX

This book wouldn't be complete without delving into the spiritual side of sex. To be a fully sexual being it's important to understand the dark and the light side of sex. Sure, fucking random girls in bathrooms is fun but as you get older the novelty wears off. That's not to say you shouldn't do it but you should also know about more powerful options for bonding with a girl you care about and how to tap into bliss states.

Over the years I've taken much more of an interest in these kind of practices. To me, spiritual sex is more fulfilling than anything else I've tried. The feeling of ecstatic bliss you can have with a partner you really care about is worth more to me than all the kinky sex in the world. The key is finding a willing and capable partner.

Here are the two major types of spiritual sex:

1) Tantric Sex

Tantric sex is an ancient Hindu practice based on the principle of transmuting sexual energy into bliss experiences with the endgame of merging with the divine. It's part of what's called the left hand path to God. That means doing things that are forbidden in the Hindu religion in a ritualistic way by refining that base, coarse energy into light, ecstatic bliss.

Sounds pretty heady I know, especially considering all the dirty stuff we've been talking about but I promise you this stuff is real. This is not some hippie-crystal-tarot-card-bullshit. Once you feel that energy flowing through your body you'll understand what I'm talking about.

I haven't been able to experience a merging with the divine but I've had some pretty amazing experiences. It takes work and practice but the results are definitely worth it.

For me there are five necessary keys to be able to access these higher levels of consciousness:

Key number one is to stop masturbating and having orgasms completely. Like we mentioned earlier, having orgasms will drain your sexual energy. The tantric masturbation technique I outlined before is great but it can also become addictive and wreak havoc on your dopamine receptors if you abuse it.

Tantric masturbation is better than standard masturbation but the ideal is to avoid masturbation completely and focus all your sexual energy on spiritual sex with your partner.

Key number two is to cultivate your sexual energy by eating well, getting enough rest, waking up early and exercising regularly. Your body is a machine and the better you take care of it the better it runs. Your sexual energy and your vitality are one and the same.

Key number three is using drugs. For me those drugs are caffeine, phenibut and for SWIM - marijuana. They work synergistically and will really affect your sexual energy and heart-centered openness in a positive way.

Key number four is having a partner you really care about. Spiritual sex is near impossible with a random girl you don't have strong feelings for. You need to feel deep emotions for this person to be able to transmute that energy to a higher plane.

Key number five is to use the techniques described in the section on male multiple orgasms. I'm not able to have multiples successfully with women because one false move and I ejaculate. However I am able to circulate the sexual energy up my spine from my tailbone and kidneys and have felt some amazing states of bliss from this. I've also been able to open my heart with some women and feel a swell of energy there. It's an amazing feeling.

The whole key is to experiment, this is an area where you will always be a student because there is so much to study and the work is so subtle. Just keep that student mentality and tune in as much as you can to the subtle sensations in your body and watch what happens.

2) Karezza

Karezza is a technique originally pioneered on a Christian commune in the 1800's. As opposed to tantra, it involves no movement and denies the orgasm completely.

The premiere resource for information on Karezza is the site reuniting.info which has some terrific information available for free. Karezza is based on the idea of being able to wean yourself off orgasms completely and focus on heart-centered bonding with your partner. It's no surprise that Karezza came out of Christianity, a religion based on love.

To practice Karezza you want to get yourself erect and slowly position yourself inside your partner in standard missionary. Once you're inside her, lie completely still moving only enough to keep yourself hard. Kissing, caressing and eye contact are a big part of this practice but genital movement is not. Your focus should be on your spiritual heart (your breastbone) and the subtle blissful sensations around your body. The end game of Karezza is an emotional bliss that can last hours.

My experience with Karezza hasn't been that strong but I've definitely had some powerful experiences. To get the full benefit you'll need at least a month of no PMO (porn/masturbation/orgasm) to power up your spiritual energy. You'll also need to practice at least five times with a partner before you can start feeling the energy. This is especially true if you're a novice at energy work. If you're already experienced, your progress will be much faster.

Most women, however, don't have the patience for this so I end up merging it with some slight movement and using some tantric energy work to power up my energy. The balance of movement and modification is up to you: there are no rules in sex as far as I'm concerned.

I think Karezza is definitely worth exploring and you'll be surprised at how powerful something so simple can be. Especially if you're a guy who is struggling with sex addiction and you have a willing partner. Many couples who've made this a part of their routine have reported saved marriages, daily bliss and a constant desire for each other.

CHAPTER 18

TROUBLESHOOTING

When it comes to sex things aren't always going to go smoothly. In the past, you might have experienced some of the things in this chapter or you might experience them in the future. The first thing you need to understand is that it's OK, no one is perfect. These things happen to every guy at some point in life.

Whether it's cumming too quickly, not being able to get it up or putting on a bad performance, none of it is a big deal. Even Michael Jordan has off nights.

The important thing is not to beat yourself up or think less of yourself. Remember, your manhood is not who you are in the bedroom. Your manhood is who you are - period. Your manhood is your character, your strength and your integrity.

With all that said, to have great sexual experience it's a good idea to know how to deal with these situations.

Here are the key areas you might have trouble with:

Premature Ejaculation

Premature ejaculation is extremely common in men, especially young guys whose hormones are out of control. To get past it you need to focus on relaxation and overall arousal instead of focusing on excitement. As we've already covered, edging, meditation and the Fleshlight are all great tools for cock control.

In the heat of the moment you want to focus on the sensations in your body and go slow. Try and move the energy away from your pelvis, that's the danger zone, when your pelvis gets too full you'll ejaculate.

Be conscious of your breathing. Focus on the in and out breath and on slowing your breathing down. Breathe in slowly and deeply from your diaphragm.

Slow everything down, especially the rhythm of your cock. Many times she'll try and make you go faster as it starts to feel good but remember that you're in control of the pace.

Don't let her rush you: instead you can make it look like you're teasing her as opposed to

trying not to cum. Or you can just let her know how good it feels, let her know how close you are and that you have to slow down because she turns you on so much. Women love to hear things like this.

If you're really having trouble you can try and focus on a point on the wall, or on a non-sexual thought, like baseball, and take deep breaths in and out of the mouth. For some reason I find that more effective than breathing through the nose. If that technique isn't working you can go down and eat her pussy for a few minutes.

Also, you should try and work your cock so that your cockhead gets minimal friction. Move your cock head away from the wall of her pussy. Rubbing the head of your cock directly against her pussy is the easiest way to blow your load. With that said, every once in a while with a new girl you'll prematurely ejaculate. Don't worry, it happens to the best of us.

If you've got an 18 year old Brazilian ass in your hands it would be hard for Superman not to bust a nut. If this happens, just smile and tell her she's too sexy for you and go down on her until she cums: she'll be perfectly satisfied with that.

Modafinil, kratom and booze as we covered earlier also work well at delaying your orgasm. Modafinil also increases your sexual desire and in my opinion is the best of the three options.

Kratom will delay your orgasm but will also lower your sex drive as well as making your orgasm less powerful. Alcohol is good for raising your sex drive temporarily and delaying orgasm but will make it harder to get an erection and will destroy your cardio.

Whatever method or drug you want to use just remember to be mindful of the sensations in your body and focus on relaxing and enjoying the moment.

Impotence

The best insurance policy against not getting it up is 5 mg. or a quarter tab of Cialis (with a doctor's prescription). Even if your mind is working against you, the Cialis will almost guarantee you an erection. Unless you have an underlying medical condition, not being able to get it up is almost always a result of fear. To get an erection your nervous system needs to be relaxed.

When it's not, your fight-or-flight mechanism kicks in. It floods your body with adrenalin and noradrenalin making an erection nearly impossible. If you suffer from impotence also be careful about taking too much or any caffeine before sex because it has the same effect. As we covered previously, caffeine increases your sexual energy but also makes getting an erection more difficult.

Problems like this will become rarer as you improve your sexual skill set and become more

comfortable in bed. With that said, even at sexual mastery levels you still might have problems like this every few months. The key is not to beat yourself up and realize that it's normal and not a big deal when it's occasional.

In some cases your problem will be physiological. For older guys, impotence is usually the first sign of heart problems so that's something you should definitely check out with your doctor.

Other physiological causes of impotence are low testosterone or venous leakage. Again if you suspect that you have either of these problems you should consult with your doctor and get him to book an appointment with a specialist.

For low testosterone, the best option is a lifestyle change and if that doesn't fix it you should consider TRT. For venous leakage, the surgery is dangerous and the results aren't consistent. Even if you're diagnosed with venous leakage your best option will probably be Cialis. Restorative surgery on the penis is just not there yet.

Losing Your Virginity

For women their virginity is a source of pride. For us it's a badge of shame. At least that's what society thinks. As liberated, intelligent men we don't give a fuck what society thinks. If you're a virgin, that's nothing to be ashamed of. Even the most seasoned player has been there at some point.

Being a man in this world means everything is going to be harder for you and this is no exception. No girl is just going to hand you her pussy. You need to make losing virginity your mission for the next few months.

To get a woman in your bed, I recommend maximizing your sexual value and reading through my articles on getting laid through [OK Cupid](#), [POF](#), [day game](#) as well as my book on [Tinder](#). Playing the numbers game through online or day game is the easiest way to get laid. Don't be afraid to lower your standards either. You've got a whole lifetime to bang hot girls, for now any girl will do.

Once you've got a girl in your bed, I want you to completely forget about the majority of the techniques in this book. You're going to be too nervous to remember most of them anyway. You're also going to be bad. We all were our first time and it means nothing. What some random girl thinks is irrelevant.

For my first time it took me fifteen minutes of jerking off to get it up before I ejaculated in all of thirty seconds. It was embarrassing at the time, now it's just a distant, funny memory.

I would also reread the above sections on impotence and premature ejaculation because there

is a decent chance you'll be dealing with one of those issues. As long as you have those handled, all you have to do is worry about getting inside her.

All I want you to do is aim for five minutes of missionary. If you can make it through more than five minutes of decent missionary, you've done a great job. If not, it doesn't matter.

I want you to set your expectations low and take the pressure off yourself. Expect to be nervous. Expect to be bad. Expect to be awkward. Soon it will be a distant memory and you'll be enjoying an amazing sex life.

Think of the experience as if you were getting an injection. Part of you wants to just get it done, the other part wants to put it off indefinitely. What you need to do is just man up, get in there and get it done, that's it. And just like an injection, you'll feel much better once it's all over.

Having A Small Dick

Having a small dick is not ideal but as strong, confident men we don't argue with reality, we play the hand we're dealt. When dealing with this issue the first thing you need to understand is that you might not even have a small dick.

The average penis size is between 5 to 6 inches. Don't make the mistake of comparing yourself to pornstars: their cocks rank at the top .01% of the population. My average sized cock is 6.5 inches and I've never had a complaint, quite the opposite, women constantly tell me how good I am in bed.

You absolutely don't need a huge cock to be a beast in the bedroom. In fact, many girls can't even handle a huge cock. Most women get sore from 15 minutes of hard pounding from an average sized cock. Sure, there are women who have deeper vaginas that are size queens but they're definitely not the majority.

What you see in porn is not real. Most girls would need tons of lube and 10 minutes of inching it in to take a huge cock. Even then they wouldn't be able to take a proper pounding from it. The reality is that many female porn stars take painkillers among other drugs just to get through a scene.

If your cock is smaller than average but between 4 to 5 inches that still might be plenty for some smaller framed women, especially Asian women who naturally tend to be tight and shallow.

When it comes to sex as a smaller dicked guy you want to focus on two key areas, foreplay and positions where you can get in deep. Many women like foreplay more than sex so you should put a lot of your effort into mastering the foreplay techniques outlined in this book. Be the

best she's ever had in that department and believe me, she'll keep coming back for more.

As for positions your go-to position is going to be legs up missionary where you can really get at her G Spot. Remember, the G Spot is only 2 to 3 inches inside her vagina. Even though you're small she's still going to feel like you're going deep in this position. Another good position is standing doggy with her kneeling on a chair. This is a good position for getting in really deep.

Just don't make the mistake of talking about your small cock or showing weakness about it. This lack of confidence will destroy her image of you as a dominant man, which is much more important to her than the actual size of your unit. Just act as if it's not even something you think about.

If you're looking to increase the size of your unit there are four main areas for you to research. They are: penis enlargement techniques, penis enlargement products, penis extenders and penile surgery.

Penis enlargement techniques might sound like bullshit at first but I've read about a ton of guys getting benefits from them. Some guys can get as much as 2.5 inches in length and an inch in girth.

The best place to research this stuff is on forums devoted to the topic including goodlookingloser.com, mattersofsize.com and thundersplace.com. The techniques are free and you don't have to buy the expensive products they recommend to see benefits.

I can't directly recommend these techniques, however, because I don't recommend anything that's not from direct experience but it's worth a look if you're worried about this area. Just proceed with caution: you only have one dick.

As for penis enlargement products I can only recommend the Bathmate. As we covered in Chapter 11, the Bathmate is a great way to temporarily increase your girth (and possibly length) before sex. Again, as for permanent gains with it, you'd have to consult one of the forums as I don't have experience in that area. With that said, having a functioning cock is priority number one so always proceed with caution when using this or any other product.

When it comes to penis extenders, the product I recommend is the Oxballs Gym Boy Extender, which we covered in Chapter 11. It's the top rated extender on the market and the only one that doesn't slip off during sex. It's targeted primarily at gay men but don't let that put you off, it will definitely work with a woman. Just make sure to use lots of lube and go slowly. Also, this thing is huge so don't be surprised if your girl has trouble taking the whole thing.

Unfortunately, your final option for permanent cock extension is not something I can recommend. Penile surgery is just way too risky. Similar to surgery on repairing venous leakage,

the technology just isn't there for getting consistent results. Risking having a non-functioning dick for a few inches in length is just not worth it in my opinion.

First Time With A New Girl

Your first time with a new girl is always going to be the most exciting but because of that excitement it will also be the hardest to control your ejaculation.

Your gameplan shouldn't be to put on your best performance but to put on a decent performance and last at least ten minutes. The key is not to put too much pressure on yourself because that will work against you.

You definitely want to do more foreplay when you're with a girl for the first time. She will naturally be less immersed than a steady partner because her brain will be overactive from nerves. To relax her and get her immersed you need to use lots of physical contact. If she's a shy girl getting her immersed the first time will be difficult. For the first few minutes she'll be smiling nervously or will giggle with every subtle shift in position.

You'll know when she starts to become immersed when she starts responding to your body on a physical level and looks at you with sexual hunger. Turning the lights down low is usually good for the first time and so is having some music on.

For the first time with a new girl don't worry too much about making her orgasm. Many girls can't get comfortable enough mentally to be able to orgasm with a stranger. Remember, she's probably more nervous than you are.

If you put on a top-notch performance and she soaks your bed, awesome. But it's definitely not a requirement to keep her. The key is just to make sure that you give her intensity, most guys are boring and lame in bed: women want to feel passion, intensity and emotional connection. These are the most important things to her when it comes to sex.

For the first time you generally want to get her on the bed, this will usually be your best performance. If you're an experienced guy and the girl is up for it then you can maximize the excitement and bend her over the couch or slam her up against a wall but this usually isn't a good idea for inexperienced guys.

Many times with first time sex women will be resistant to it at first. Usually it's because they don't want you to think they're sluts. What you don't want to do is try and pressure her or guilt her into sex. These emotions will kill the mood. You especially don't want to use any force, because as we covered before, her consent is extremely important.

The best way to get her into it is by being patient and turning her on. Logic is not your weapon

here. Of course, you should stop every time she moves your hand away, but you can always try again ten minutes later and see if you're ready. Again, never with force. Your job as the man is to escalate towards sex: her job is to decide when she's ready. Your goal should be to get her to a place where she's horny enough that she's ready to go.

Don't get too fancy the first time, the key is good foreplay, passion and adjusting to each other's style. With that said, after sex is a great time to debrief her on what makes her cum and use that on her in the future. The more knowledge you have about what turns her on the better your future performances will be.

Dating A Woman Who Can't Orgasm

Some women easily have multiple orgasms from penetration. Some women need to rub their clit during sex. Some women can't cum from penetration at all and need oral sex to orgasm. Some women can't orgasm in the presence of a man. And some women can't even orgasm at all.

Unfortunately, most women have a very limited understanding of their body when it comes to sex. Many women also have a lot of psychological and body image issues around sex and protect themselves by detaching during the moment. It's not uncommon to meet a woman in her 20's who can't orgasm with a man.

If you're applying the techniques in the book and your girl still can't have an orgasm you need to realize this is not your fault. Her orgasm is her responsibility, not yours. If you're following the playbook you're going to be better than every guy she's had, so don't get too hung up on it.

If you're having trouble making her orgasm you've got a few options. You can keep at it, while at the same time not putting pressure on her. You can give up on making her orgasm and just enjoy the experience with her. Or if having a partner who views you as a sexual demon is really important to you, you can consider getting a new girl.

Having Sex With A Virgin

Having sex with a virgin can be exciting but in my opinion is overrated. Much like anal sex, it will be painful for her and will usually take many times before she can enjoy having sex. With that said, if you're a young guy and it's your first time then just having sex will be exciting enough.

There are two keys for having sex with a virgin, recognizing that virginity is nothing special, and doing your best to make the experience as comfortable and painless as possible.

Her virginity is no different than yours and no more special than yours. Sex is a natural

biological function not something you're "taking" from her. Sex is an equal value exchange: not something she's "giving" to you. Some girls will want to be in love for their first time but many will be happy to get rid of their virginity and start enjoying their sex lives.

With all that said, you should still empathize with her reality and recognize that she'll be nervous and will be in pain for most of the time. Just let her know your first priority is making her comfortable and if it hurts too much then you'll stop. Use lots of foreplay until she's emotionally comfortable and then flip her over onto her stomach.

I find lying down doggy style is the least painful for girls and the easiest position for entry. Start super slow and similar to anal sex inch your dick in millimeter by millimeter. Once you're all the way in you still want to microthrust millimeter by millimeter.

You'll find the thrusting will be the most painful thing for her so once you're in all the way stay deep and microthrust. She will rarely be able to handle full strokes the first time. In fact, she'll probably make you stop after a few minutes. If she makes you stop, make sure not to get upset and reassure her that it's no problem at all.

After sex, make sure to give her a lot of aftercare like hugging, kissing and cuddling. A million things will be racing through her mind and your emotional support will make her feel a lot better. Also, make sure to reassure her that the worst is over and it will hurt less and feel better as time goes on.

Understanding Consent

In this day and age, it's extremely important for every man to understand exactly what constitutes consent. Violent rape where some animal grabs a poor girl off the street and has his way with her is of course evil and he deserves the worst punishment the law has to offer.

With that said, the area of date rape in our feminist sponsored culture is extremely gray. Just by having a girl claim you raped her to her friends and to the police your reputation as a man will be permanently ruined.

Even if you're not guilty and you can beat the case in court many people will still assume you raped her and you will lose a lot of friends and money in the process. A girl can easily have a drunken encounter with you at your college while cheating on her boyfriend and later claim you raped her when her friends find out you had sex.

The first thing to understand when it comes to consent is the moral question. If a girl says no to you or resists physically this is rape. I fully agree with the position of the law on this issue and you should too. Even when a girl is visibly uncomfortable you need to stop or at least slow down to where she can get comfortable again.

You need to be very understanding of a woman's body language. Sometimes it takes a while before a woman is ready to have sex. She might gently move your hand away from her panties. You should respect this but it doesn't mean you can't try again ten minutes later. You can be persistent but at the same time you have to respect her limits. **Always seduction, never force.**

The key rules to remember are always to get non-verbal consent at the least. That means she's comfortable, turned on and enjoying the experience. If you notice her at any point tense up or become uncomfortable, immediately stop what you're doing and apologize if necessary.

Verbal consent is better and written consent is the best. It's also important to understand the laws in your country and state. For example, if you're at University in California it is now law that you need verbal consent through every step of the sexual process. Asking a girl for written consent to have sex is overkill but for hardcore BDSM stuff it's not a bad idea.

You also want to avoid drunk women completely because their judgment is impaired. Most cases of date rape involve alcohol. You want her to be clear headed and remember exactly what happened the next morning. You also want to make sure to send a day after text thanking her for coming over and telling her last night was hot.

The day after text will do two things for you. One, it will make her feel valued instead of "used". An angry girl is much more likely to press false rape charges than a happy girl. And two, by her responding that she had fun it well will give you written proof that she enjoyed the experience. Written proof of her consent and enjoyment is a good insurance policy against any future problem you might have.

STDs

The risk of STDs in this day and age is just something that comes with the territory of having an active sex life. The only surefire method of avoiding STDs is abstinence. The next best thing is always using condoms. If you're not going to use condoms, having a faithful partner and getting tested regularly is the way to go.

With that said, even using condoms won't protect against all STDs. HPV and herpes can be transmitted merely from skin on skin contact in the genital region. A scary stat is that it's assumed that at least 25% of people have some form of HPV or genital herpes. The stats have to be assumed because clinics can't test for these diseases unless you manifest symptoms. The good thing is most people don't manifest symptoms. Meaning, if you get HPV or herpes they have the tendency to stay dormant.

The most common STDs are gonorrhea and chlamydia both of which can be easily tested for and cured through low dose antibiotics within days. The major symptoms are burning during urination and discharge from your penis. These are not fun to get but aren't life threatening.

The most dangerous diseases are blood borne, syphilis, hepatitis C and HIV to name some examples. It's possible to catch them through a girl who bleeds during sex if you have a cut on your penis but this is unlikely.

Blood borne diseases are more likely to be transmitted during unprotected anal sex. This is why unprotected anal sex should be avoided at all costs. Even anal sex with a condom is riskier than vaginal sex when it comes to blood borne diseases because you can get micro tears at the base of your penis where the condom doesn't protect you.

As a playboy, sometimes it's easy to get caught up in the heat of the moment but it's better to be safe than sorry. Condom sex is garbage but you should always wear condoms with casual partners and get tested frequently. It's up to you whether to drop the condoms with a faithful partner, but if you're going to take the risk you still want to make sure to get tested regularly.

The Coolidge Effect

In biology and psychology the Coolidge Effect is a phenomenon seen across the animal kingdom where males and females show renewed sexual interest when introduced to new receptive sexual partners. In other words, men and women get bored fucking the same person and want someone new.

Nature does not want us to be consistently happy, it wants us to impregnate women and move on. In some cases, nature wants us to fall in love for a few years to raise children and then do it again with someone else.

The evolutionary reasoning behind this is so both men and women can produce as many healthy children as possible to carry on the species. Lifelong monogamy, however, is not part of nature's plan. That's why we have the business contract known as marriage. If marriage was natural we wouldn't need contracts, vows and divorce lawyers.

That's why as men we have an insane, constant drive to fuck other people. Despite what women say they have this drive too. In fact, in monogamous relationships women tend to be the first ones to lose interest in having sex. They say they have a headache or they're too tired but in reality they're just tired of fucking the guy they're with.

Unfortunately, the Coolidge Effect is very real. I choose to live the playboy lifestyle so this isn't a problem for me. For those of you guys in monogamous relationships you have to pursue different options.

Adding some kinky sex into the mix is great to spice things up, but in my opinion, the most powerful thing you can do is spiritual sex. Combine that with not masturbating and transmuting your sexual energy and it's possible to have constant desire for your partner.

With that said, that takes a lot of discipline from both sides.

CHAPTER 19

AFTERCARE

After you've devoured a girl in bed it's really important to make her feel taken care of afterwards. By fucking you, she's given herself over to you emotionally and all women want to feel like that investment is returned.

If you're new to the game it can seem very strange to be calling a woman a whore one minute, then switching to soft cuddling caresses the next minute. Yet, this is exactly what many women want and need in the bedroom.

There are a rare few girls who don't like to cuddle but they are usually damaged and to be avoided. Even if it's just a very casual relationship you should at least give her a courtesy cuddle for a few minutes. This can even be just lying next to her and holding her hand. Aftercare is especially if you want to see her again. Leaving right away, or worse, kicking her out immediately after sex is a quick way to never see her again.

CHAPTER 20

WHAT TO EXPECT

In my decade and a half as a playboy I've seen a lot of crazy things. From cheating, to threesomes, to girls shitting in my bed there's nothing that surprises me anymore. My friends think I'm joking when I tell them I have to get new sheets every quarter but this is the truth. Having an active sex life is fun and exciting but there are few things you should know in advance, especially if you're new to the game.

Here are the eight things you can expect:

1) It's Not Always Pretty

As I said before, a true playboy has to get new sheets every quarter. One out of ten times you fuck a girl she'll leave a bit of blood on your bed because she didn't time her period right or because of a microtear in her vaginal wall. I've also had two girls shit on my bed from powerful orgasms, not pretty at all.

2) The First Time Is The Worst Time

On average, but not always, the first time you have sex with a girl will be the worst time. It might be the most exciting but in terms of being in sync with each other's bodies it just won't happen on the same level as it would with a long term partner. That's not to say that sex can't be mind blowing the first time but it will almost always get better as time goes on.

3) Your Sperm Is Your Life Force

If there is one takeaway from this book as far as your mood is concerned it's that you should ejaculate as little as possible. I know that sounds like a contradictory thing to learn from a book about sex but the French don't call ejaculation *Le Petit Mort* (the little death) for nothing.

In general, the less I ejaculate the better I feel. The difference is especially noticeable when it's been months between ejaculations. If you do cum at this point you'll notice just how massive the drain is on your energy. I feel the effects of ejaculation as many as 7 days later.

Not ejaculating is especially important if you have a long-term girlfriend. Again, this might sound contradictory at first but because of the Coolidge Effect this is the only way to keep

the excitement in the relationship.

When you don't ejaculate even sex with a long-term partner will be exciting. This is especially true if you avoid masturbation and porn as well.

Overmasturbation and no access to fresh women means you'll end up having to watch gangbang porn online just to feel a thrill. At that point sex with a long-term girlfriend will become a tedious chore. This is why so many long-term couples have sex so infrequently and in my opinion this is the real cause of most breakups and divorces.

4) Confidence Comes With Experience

The more positive experiences you have the more sexual confidence you get and in turn the more relaxed in bed you'll be. The more confident and relaxed you are the better you'll perform. It's a positive feedback cycle. Confidence, like many things in life, is something you get after the fact. It has to be earned. With that said, until that point you have to act confident.

On your way to building sexual confidence it's very important to tell yourself positive affirmations. You have to assume confidence when you don't have it. This will make your progress towards sexual mastery much quicker. We are the stories we tell ourselves. When you tell yourself a positive story, eventually this will become your reality. When this positive story is solidified by real world experience you'll be a force to be reckoned with.

5) Porn Sex Isn't Real

Porn is not reality. In porn tiny women can take a twenty minute pussy destroying beatdown from a horse-cock-wielding-savage without smudging their makeup. In reality most girls can't take a sustained beating from an average cock for more than ten minutes without getting sore. Porn is great to watch to get an idea of positions, techniques and tactics but you have to keep in mind that these are professionals on drugs with many takes in between scenes. Also look at how rarely these women actually orgasm during a scene despite the guy being hung like an elephant.

Women rarely orgasm in porn because these women are not emotionally engaged with their partner. Many guys don't even kiss the girls they're fucking. Porn is a bad model for real sex because porn is completely lacking in emotional connection and trance - two extremely important keys to great sex.

With that said, if you're going to use porn as a learning tool there are two guys who are good to model. They're both good looking, make their co-stars orgasm consistently and have legions of female fans. When they fuck girls, as opposed to most pornstars, they kiss them, make eye contact and keep the level of intensity high. These guys are **Manuel Ferrara** and **James Deen**.

They tend to be on the rough side but are both sexual masters in their own right.

6) Good Sex Keeps Girls

For the better part of the last decade and a half I've rarely been monogamous with any one girl. In fact, most women know I'm fucking other girls but will keep coming back regardless.

In my not so humble opinion, a good part of the reason for this, in addition to being handsome and charming, is that I'm really good in bed. Girls will accept a lot more from you when you fuck them like no one else has. There is no better way to get a woman addicted to you than to fuck her like a demon. Many times she will keep coming back to you even after she finds a new boyfriend.

7) Condom Sex Is Terrible

Fucking a girl with a garbage bag on your dick will never feel natural. That's because it's not. Condom sex is maybe only 30% as good as regular sex and women hate it as much as we do. You'll never be able to put on a peak performance with a condom because you can't microadjust and hit her erogenous zones with complete accuracy.

Condom sex is so shitty it's almost not worth having. The only thing worse than condom sex is getting an incurable STD. I can't make you wear a condom but I strongly advise it. If you want to go condom-free it's best to have a steady partner where you both get tested regularly. The shittiness of condom sex makes a good case for having a consistent partner.

8) Every Girl Will Fuck You Without A Condom

As we covered in the point above, girls hate condoms as much as we do, sometimes more. Some women are allergic to latex and condoms can actually be painful to them.

In my experience only 50% of girls will make you wear a condom on the first date and half of those will let you hit it raw the next morning. By date number 5 almost all will let you fuck raw. If you think that you're the only guy she's fucking raw, you're delusional. Despite what she might tell you, if she's fucking you raw you're not the first and you won't be the last. If you want to protect yourself the responsibility is on you.

CONCLUSION

I want to thank you again for your purchase of this book and I truly wish you an amazing sex life. As you progress towards sexual mastery I want you to remember the keys to success. Keep positive, follow the ideas and techniques laid out in this book and be patient with yourself. Mastery doesn't happen overnight, it takes sustained effort and application.

Application is the key to mastery. Learning is great but taking action is what separates the winners from the losers. Remember, you've spent your hard earned money on this book and you deserve to get a return on that investment. To get your money's worth you need to take action.

As we covered in the introduction, I've written this book as a reference manual, not for casual entertainment. The content is dense and the more experience you get the more everything will make sense to you. That's why it's important to keep coming back to the book as time goes on.

The way to use the material outlined is to test and apply it. Try each technique, master it, then come back to the book and get started on the next technique. If it doesn't work for you or you're not comfortable with that particular technique that's OK. Just discard what isn't useful to you. But remember that just because one woman doesn't respond to something it doesn't mean that other women won't.

If you're a virgin you need to make finding a woman a priority. If you already have a partner then you need to make it a priority to start experimenting with what you've learned. Even if you're nervous or apprehensive about some of the things in this book you need to suck it up, take the leap and put it into practice. When you do, I promise you'll be rewarded. Remember, fortune favors the bold.

The way to look at sexual mastery is as a fun journey of exploration and experimentation. Keep a student mentality and an open mind. Learning is great but always keep the spirit of fun and play alive, that way you can enjoy the entire process. Remember, sex is as much about enjoying yourself as it is about pleasing your partner. Take your time, apply yourself, enjoy the process and I promise you, you will become a sexual master.

All The Best,

Will

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