

**the complete
photo guide to great
SEX**

**step-by-step pictures of all
you need to know to have
the most amazing sex ever**

Editors of Quiver Books





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Supine Sex

Most people think supine sex is limited to the missionary position. However, being on your back doesn't have to mean flat, boring sex. Little changes can bring big pleasure: A lifted leg or twist of the torso can throw all the right angles into the most basic of positions. A tilted hip can make all the difference when it comes to hitting her clitoris or G-spot. Change the angle of your legs, and you'll rub his penis in a completely different way or deepen penetration. Also, take advantage of her reclined position to explore her yielding body. Caress her breasts. Stroke her legs. Take a moment for a deep kiss. When it comes to supine sex, it's all in the details.

POSITION: Held-Feet Posture



This is all about penetration . . . deep penetration. The more you can elevate your partner's hips on your thighs, the deeper you can go. And the feet can be an erogenous playground all their own. Massaging her feet as you bring her closer only adds to her pleasure.



POSITION: G-Spot Simulator



Elevating her feet to your shoulders, lift her hips and allow your penetration to reach her G-spot. Keep the thrusting slow, strong, and steady to bring her to orgasm. Add to her pleasure by letting your hands massage her breasts and nipples.



POSITION: Rising Right



Some prefer to have both feet on one shoulder or the other. If you're feeling really adventurous, try switching sides during penetration.

Putting the feet to one side puts her hips and vaginal canal at a different angle and gives both of you a different sensation. If your member curves to one side or the other, this can also be a great position to play with.



POSITION: The Half Split

Once she assumes the half split, she is wide open to lie back and surrender to exquisite pleasure.



Joining your hands on her heart will make you feel even more intimate and connected.



Yes, there may be limitations in this position, but deep penetration is not one of them.



POSITION: The Fetal Flower



As she lies in a fetal position, he enters from below. A gentle bicycling motion of her knees will provide a delightful sensation on his penis. This position leaves his hands free to explore and hold her breasts. Some women can climax through nipple play alone.



POSITION: The Backward Bending Flower



If she can do this in yoga class, then you can try this in your lovemaking. A pillow under her lower back adds comfort for her and a better angle of insertion for him. Your bodies will be perfectly aligned to give her great clitoral stimulation.



POSITION: The Bridal Bridge



As she reclines her torso into a mound of pillows, he kneels before her and lifts her into him. By slightly arching her back, she can deepen his penetration. Your bodies are set up perfectly for deep, long thrusts.

Standing Positions

Standing positions provide excitement and variety to your sex life. Perhaps most exciting of all, they can be the result of a spur-of-the-moment sexual urge that finds you and your lover tearing at each other's clothing in some of the most unexpected places and situations. The spontaneous quickie is a thrill everyone needs to make part of their "raunchy repertoire." All you need is just enough time, space, and privacy, and you can fly to the moon and back in the time it takes most people to boil an egg.

Standing sex might happen more easily for some couples than for others. It all depends on your bodies' relative heights and configurations. All we can tell you is that if the two of you are sufficiently aroused, you are probably going to surprise yourself with how well you can make it work. And figuring it out will be all the fun.

POSITION: Standing Suspended



If he is well supported and can lean back against a high surface enough to bend his legs slightly, a somewhat smaller partner can easily “climb aboard!” He lifts her under her buttocks to bring her into the proper alignment, while she wraps her legs around his legs and her arms around his shoulders and “shimmies” her way to bliss.



POSITION: Standing Spontaneity



Standing positions don't have to be strenuous. Leaning against a sturdy surface leaves him free to concentrate on thrusting without the work of having to support all of her weight.

You won't need to take off all of your clothes. In fact, it might be more arousing when you are half dressed. Try to have something she can lean against to support herself once you are engaged. Even having her bend over or sit on top of you while in the throes of a quickie can spark the imagination.



POSITION: Standing Bamboo



If you are like most couples, she will be smaller than you are, and her eager yoni will be lower as you stand together. To help this, she can lean back against a solid standing object, bend one of her legs up, and hook it around your back. You may still have to squat slightly to find the right angle of entry, but once that is achieved, you are both off to the races.

Remember, there is a lot you can do with your hands if you don't need to use them for support. Take advantage of your free hands to caress her breasts and other hot spots.



POSITION: The Loving Chair



A good, sturdy straight-back chair can be an erotic jungle gym for an imaginative couple. Try starting out with her kneeling on the seat facing the back of the chair. Her out-thrust buttocks should prove hard to resist to a standing partner looking for a rear-entry opportunity.

He may need to adjust his height by squatting slightly, and then he can use his hands to guide her onto him. But once in place, he can use his hands to both fondle her breasts and give her clitoral stimulation. She can use her hands to grab the back of the chair and provide leverage for his outward thrusts.

POSITION: Freestanding Love



When there is no chair or other visible support, you have now entered the zone of Freestanding Love. Rear entry is, no doubt, the most exciting and successful way to meet this new challenge.



Try another variation of Freestanding Love: By bending over at steeper and steeper angles, she will find that she can change the angle of

his insertion and the sensations she experiences. Note: She can use her hand for additional support.



In this position, her vaginal muscles will grip him in a different way, which he is certain to appreciate.

Woman on Top

Sometimes the best way to her orgasm (and his) is for her to climb astride and take control. Woman-on-top positions provide great angles for G-spot orgasms and let her set the rhythm, speed, and depth of penetration. He also gets the thrill of watching her in the sexual driver's seat as well as erotic views of her breasts and buttocks. She may be doing most of the work, but he can amp up the excitement by playing with her clitoris, sucking her nipples, simply kissing, and making eye contact.

POSITION: The Loving Embrace



Lying directly on top of your partner is both relaxing and arousing. You may find the sensations vary in remarkable ways when you lie with your legs on the outside of your partner's, and then with your legs on the inside.



POSITION: The CatBird Seat



The amount of pleasure you can receive is limited only by your imagination and the angles of your body. Lean forward to get more clitoral stimulation and lean back to hit the G-spot. By shifting your hips, you can vary the degree of penetration. You control all the magic, while he can lie back and enjoy the view. Remember, watching your lover only adds to the pleasure.

POSITION: You're in Control



If you would like to delay your partner's climax, raise your torso and measure your pelvic thrusts. Using your bent legs to push his thighs closer together may heighten your sensations.

POSITION: Topping and Turning



Discover how your slightest movement can change the angle and the depth of his penetration. You can experience G-spot sensations, deep penetration, and teasing shallow stimulation by simply varying the angle of your body backward or forward and the degree of his thrust.

POSITION: Spinning the Top 1



Vatsayana warned his pupils that this series of movements requires dexterity and tenderness achieved only through careful practice. While sitting astride him, she raises her feet and swivels on her lover's member. Slow and easy movements keep her balanced and avoid crushing misfortunes.



Clasping his hands and arching your back will help to steady your balance as you explore pleasurable changes in the angle of penetration.



As you continue around the loving circle, lay your hands on his legs for balance and to relieve the weight your sensual seat.



POSITION: Spinning the Top 2



As you reach the “facing away” posture, you may lean forward and back to explore a new realm of sensations. You must communicate with your partner at every stage to make sure what is bringing you so much pleasure is not causing trouble down below.

The Kama Sutra suggests that in this variation, called “The Swing,” the man should lie with his back arched for maximum penetration and pleasure. We would advise that our modern spines can be too easily injured by such a maneuver, and most men’s ability to support the weight of their lover in this position for a length of time will be severely limited. Propping yourself on your hands or your elbows should solve this problem in a most enjoyable way.



POSITION: The Love Seat



By placing her feet flat on the ground, she can lean back into his upraised thighs. Clasping hands will increase the loving connection and provide erotic motion to and froe.

In this position, she sits astride her lover with her legs bent at the knees. He is lying on his back with his legs slightly bent behind her. Drawing his penis inside her, she can now display the strength of her vaginal muscles with a series of “clenching caresses and flutters.” She can also try running a strong sash behind his knees for greater leverage. By reaching back and pulling his thighs forward, both partners can reach even greater heights.

POSITION: Sharing the Reins



In this reciprocal control position, he can determine depth with his hands on her waist, and she can control thrusting with her hips.

POSITION: Yin and Yang



In this position, a loving couple becomes a single live erotic sculpture. She sits with her legs over her lover's thighs. He rocks gently with his legs crossed, providing just enough stimulation to prolong his erection into the night.



POSITION: The Loving Lift



This position is best enjoyed by a strong man with a partner who is on the lighter side. Sitting facing each other with her legs hanging high over his elbows, he lifts her onto his penis and supports her thighs in this position by closing his own thighs slightly together. Now he can move her from side to side or forward and back in a variation known as the “monkey position,” giving her ultimate sensation to the sensitive outer areas of her vulva.

Experiment with it! By rocking backward (see right), you will find that her feet touch the bed or floor and she can participate in the rocking motion. You can also use a pillow to support his lumbar region, so he can recline, relax, and enjoy.

Kama Sutra Positions

The Kama Sutra is one of the oldest and most revered sexual texts in the world. Much more than a book of positions, it is a study of sensual pleasure—the erotic tastes, touch, scents, and sounds that enrich sex and make it a mind-blowing experience. Mastering the following positions isn’t just about acrobatic maneuvers; it’s about minding the details. Play with the following positions by raising or lowering your hips, slowing or speeding up your pace, or simply locking eyes and breathing together. We guarantee you’ll take your experience to a whole new level.

POSITION: The Yawning



By opening her legs in the air and moving his knees closer toward her upraised buttock, he can both enter her more forcefully and support her hips in their raised position. By tightening her legs on his sides, she can help to sustain her position.

A word to the sensitive lover: When a woman lies in a “bended-legs-up” posture, her vaginal canal is necessarily shortened. The thoughtful lover must be careful not to thrust too hard.



POSITION: Improved Yawning



From The Yawning, it is a simple matter for him to relax forward with his chest on the backs of her thighs, bringing their faces close enough to whisper erotic encouragement. This simple adjustment can produce a delightful improvement in both the depth and angle of his penetration. And his chest on the back of her thighs allows the lovers one of the most intimate of acts: eye contact.



POSITION: Widely Open



With her hips raised to meet her lover, she is ready to take him in as deeply as possible. She can use her hand to massage her clitoris while enjoying the sensations of his thrusting.



POSITION: The Lotus



If she is flexible, she can take her lover inside her while he leans into her lotus-wrapped legs. Skilled practitioners have told us that the vagina reaches up to grasp the penis in this position.



POSITION: Wife of Indra



As the Hindu god Indra knew well, when her knees are bent and her thighs are pulled back, her vaginal muscles naturally constrict around the penis. Kneeling before her with her feet on your chest and her hips raised to meet yours will put your lingam in a perfect position to experience her “clasping yoni.” Raised hips and bent knees make for ease of entry.



POSITION: Half Pressed



This balletic alternative to the “reclining with bended legs up” series of positions from the Kama Sutra has the woman extending one leg past her lover while placing the sole of her other foot on his chest. Move slowly as you explore the interesting variations afforded by this position. By making small movements with her hips, she can experience greater clitoral stimulation while he gets to enjoy extra vaginal contractions around his penis. Don’t forget the foot! His massaging her foot on his chest will only magnify her desire.

POSITION: Pressed Position



In the pressed position, both of her feet are on his chest. He can look into her eyes as he thrusts (gently) inside, massaging her feet all the while. By rolling her pelvis, she can explore interesting variations in her clitoral response.

POSITION: The Crab



This may seem a lot like the Improved Yawning position. The difference is that the male lover stays in a more upright kneeling position. With her legs retracted in a “crablike” position, it is said that the vaginal muscles contract deliciously on his penis.



POSITION: Fixing a Nail



By placing her heel on his forehead, she transforms her playful leg into a hammer. By moving it back and forth, she can vary the sexual sensations for both of them. With the fingers of his idle hand, he can gently massage her waiting clitoris or play with her back door; this position provides perfect access to explore and tease.

POSITION: Splitting of Bamboo



While he leans into her on one knee, his other leg extended behind, she must be able to extend both legs out on either side. By raising one leg high and letting it rest on his shoulder, she can constrict her vaginal muscles around him. Now she brings that leg down and raises the other, thus “splitting the bamboo” and providing delightful friction for him.

POSITION: The Rising Position



By raising her feet, he can enter her more easily. As he does so, he is able to support her upraised buttocks with his thighs. This supported position allows her to rub her thighs against each other, sending new sensations in all directions.

POSITION: Twining and Pressing



Twining and entwining your bodies in a series of erotic embraces is at the heart of delightful positions such as this. Here, by raising one leg and hooking it behind her lover's thrusting hips, she can pull him toward her.



As your excitement grows in the twining position, you will naturally find yourselves relaxing into the fully reclined “pressing position.” Try to increase your bodies’ contact to its fullest and feel your erotic sensations spiral upward.



In his superior position, it is a simple matter for her to reach down with either hand to offer anal stimulation.

The Perfumed Garden

The Perfumed Garden is a classic work written by Sheikh Nefzawi in Arabia during the sixteenth century. Much like the Kama Sutra, it explores the intimate arts and the act of sexual love. Designed for maximum penetration, these positions require her to be fully aroused and him to be a careful and considerate lover.

POSITION: First Posture



Nefzawi noted that this position is especially appropriate for the more “well-endowed practitioner.” By supporting himself on both his hands and his knees, a lover with a long penis can carefully control his degree of insertion. By raising her thighs prior to entry and resting her calves on the backs of his thighs, she can raise her pelvis to meet his thrusts more easily.

POSITION: Second Posture



In the Second Posture, Nefzawi demonstrates his abiding concern for “the little guy.” Here her lower anatomy is upwardly angled toward his groin while her feet are over his head and in front of him. In this posture, he who is not so well endowed can have equal access to his partner’s offering.



The woman can reach down to assist her orgasm by stimulating her clitoris with either one of her hands.



By grasping her feet, he can still balance himself quite well and provide gentle massaging motions to her feet.



POSITION: Third Posture



In this position (possibly inspired by The Yawning position from the Kama Sutra), the man kneels into his waiting partner's opening while lifting one of her legs to his shoulder and snuggling her other leg under his arm. This position makes for deeper penetration and should not be attempted until she is fully aroused. This position provides an amazing angle for optimum penetration and mutual support.



POSITION: Fourth Posture



With both her legs reaching up past his shoulders, this is a posture that offers deep penetration. He can vary the angle and the degree of his penetration to play with the sensations for both of them. This position really lets him utilize his hands for extracurricular pleasure. He can also use them to stabilize her in her up-thrust position or to pull her toward him.



POSITION: Fifth Posture



In the Fifth Posture, the lovers lie facing each other. By raising her uppermost leg over her partner's, she can open herself up wide to his entering member. The closeness of the partner's bodies is great for those seeking positions with greater intimacy. By reaching and cradling her buttock or hip, his hand can increase the elevation of her leg and the angle of penetration.

POSITION: Sixth Posture



Rear-entry postures are incredibly seductive for him. They also provide a comfortable angle of penetration for her that comfortably hits her G-spot. She kneels on all fours with legs together, and can change the sensations for him and her by raising or lowering her torso.



He moves into her gently and uses his hands to fine-tune positioning and to provide additional stimulation to her buttocks, breasts, and clitoris.

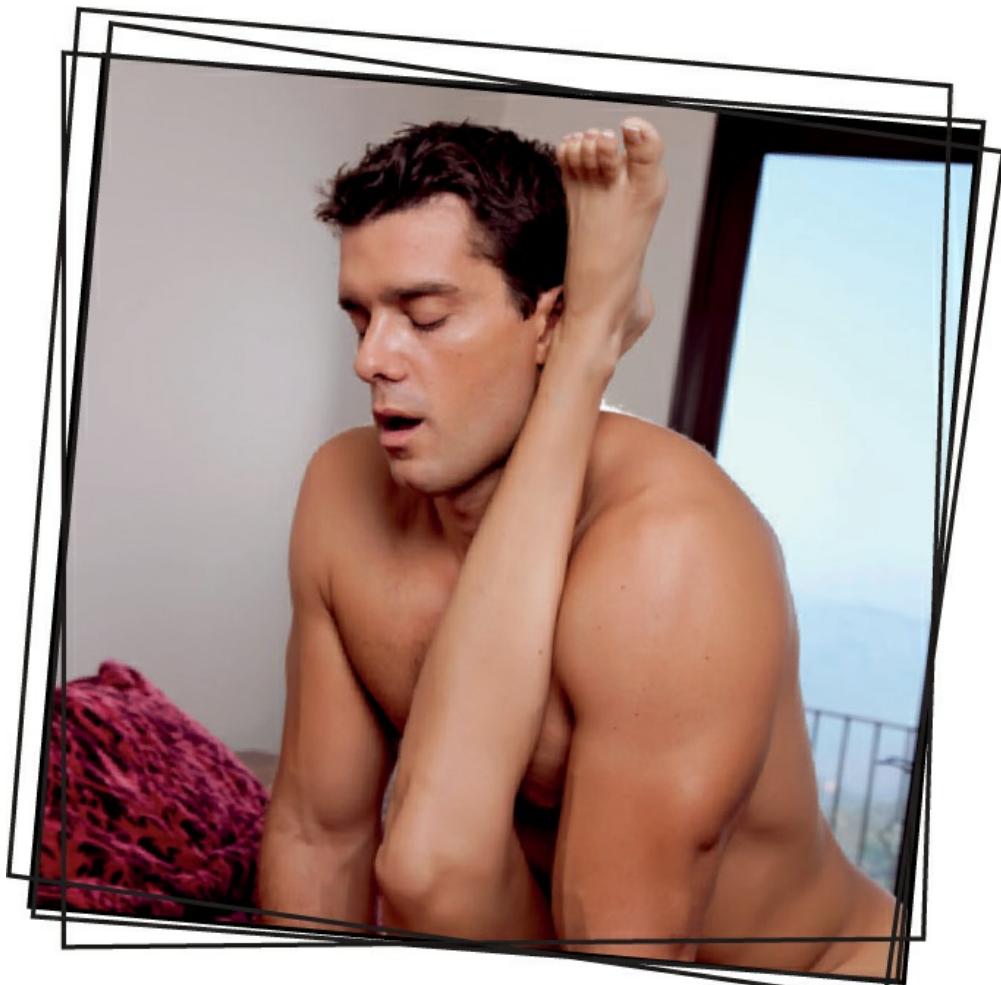


He and she can relax into a prone position while still actively engaging in rear-entry intimacy. A pillow beneath her hips will improve his angle of penetration and the likelihood of hitting her G-spot.

POSITION: Seventh Posture



The Seventh Posture traditionally features the woman on her side, but we find that much more can be achieved if she is on her back. He straddles her outstretched leg with his knees, while taking her other leg and gently placing it on his opposite shoulder. Both the angle of his penetration and the slightly skewed position of her yoni provide new and delightfully erotic sensations.



He cradles her outstretched leg against his body to improve and adjust the position.



A popular variation of the Seventh Posture features the woman reclining on her side and wrapping both her legs around her lover sideways while he pulls her into his loving embrace.



POSITION: Eighth Posture



The Eighth Posture begins with her lying on her back with her ankles crossed and her thighs spread as far apart as possible. With his knees outside to the left and right, he attempts to lower himself into her opening thighs and engage her waiting yoni.

One variation on the Eighth Posture takes special flexibility on the part of both partners, so familiarity with yoga is a big plus; however, if partners can pull this off, the sensations are magical. If she has the flexibility, have her cross her ankles and pull them up to rest on her chest, thus bringing herself to an upraised lotus position. He enters her with firm but slow rocking thrusts.

POSITION: Ninth Posture



The Ninth Posture is actually a series of three separate postures formulated especially for lovers in need of a swift but satisfying moment of pleasure. Yes, “the quickie” has been an important part of knowledgeable lovers’ repertoires for centuries. The primary position shows the woman kneeling against a bed or raised platform, which she lies across, offering herself to a rear entry opportunity.



This can also be done with her standing and leaning forward over the bed or other raised surface, similarly offering her upturned vagina to his excited member. Both partners can be partially clothed, making this the ultimate quickie.



A third possibility is for her to lie on her back with her legs open and her feet on the floor.

POSITION: Tenth Posture



The Tenth Posture is one of a group of Nefzawi's "Dominant Roles." These are postures that may include mild bondage and domination in which couples can explore the excitement of playing both the vulnerable and dominant roles. Just let your imagination go.



Here in the Tenth Posture, you will need some frame, such as a headboard on a bed, that both partners may grasp just to use for leverage. She lies with her legs parted and accepts his penis between them. She will find if she grasps the headboard behind her head, she is able to lift her torso and clasp her lover around his waist with her knees. Once he has entered her and their positions are reasonably comfortable, he may reach forward to grasp the headboard as well. The motion you are looking for is a rocking movement back and forth. She may be the one in the submissive posture, but it is she who determines the motion while he follows her lead.



An exciting variation on the Tenth Posture can be achieved when she rocks forward and away from the headboard, forcing him into a sitting position with her sitting astride.



POSITION: Eleventh Posture



Newfzawi's final posture is what most people both then and now think of as the very first. How wise of Newfzawi to realize that only after tasting all the other sensations in the Perfumed Garden can you truly find the magic in "the missionary position." After exploring the other positions, the man now knows how to vary and measure his thrusts by changing the angle of his entry, thus forestalling his erotic explosion. She can contract and release her pubococcygeus muscles to control both the pace and intensity of her partner's experience as well as bring her passion to erotic heights.

Acrobatic Positions

Differently sized bodies fit different ways. What looks like fun in the photo may turn out to be challenging in the bedroom. A lot changes when couples' heights relative to each other are radically different. If you are eager to experiment with acrobatic positions but have never actually performed in the circus, you may find that you are only able to hold these positions for a short length of time. Our advice would be to take full advantage of whatever support systems you may find at hand. Tables, chairs, pillows, and even ladders and stairs will allow the imaginative loving couple to prolong their acrobatic lovemaking long into the night.

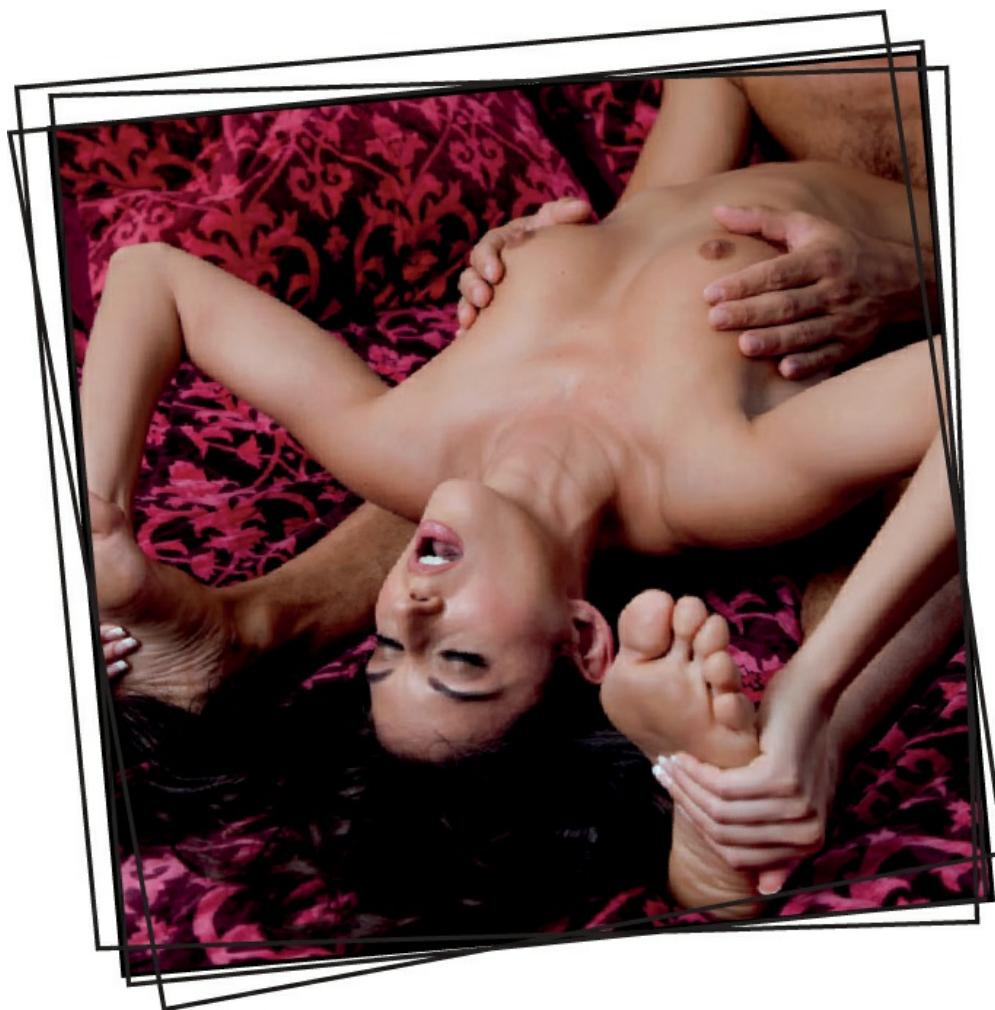
POSITION: The Spider



Sometimes the secret to an acrobatic move is balance and leverage and pure strength. In this acrobatic position, he thrusts his whole body aloft and then supports the weight of her body as she brings her yoni down to meet his lingam. She can make their success more possible by supporting as much of her own weight as she can with her outstretched arm and a firmly planted foot.



POSITION: Loving Worship



This acrobatic position begins with The Catbird Seat position (see page 34), in which the woman is seated astride her lover with her legs bent toward the rear. She then leans far back until her head touches the mattress and her hands can grasp her lover's outstretched feet. Now her lover can revel in the delights of her beautifully displayed torso and breasts. By grasping her lover's feet, she can complete the circle of passion. She can massage his feet and his toes, and use the leverage to rock back and forth.



POSITION: The Standing Split



If you have a staircase in your house, this may be the position for you: The Standing Split is best achieved by lovers of similar height, but if your hips are not in line when you face each other, a stair or two may be all that's required. You will have one foot on the ground and the other extended over your partner's shoulder. (That's right: You will probably need a stretching routine beforehand.) When everything is in alignment, you will be amazed by the feeling of freedom and intimacy-not to mention the exciting "frisson" of pleasure that what you are doing is truly "kinky." Special Note: An added bonus of trying this on a staircase is that the handrail is always there when you need it most.

POSITION: The Loving Gaze



This one starts with both lovers at the edge of the bed or large cushion. She is kneeling on the edge; he is standing close enough to touch. Now he steps into the bed with his right leg, planting his foot beyond her. He grasps her outside leg, and lifting it toward him, wraps it around his hips. At the same time she arches upward to gaze into his eyes.



When the eyes are locked, the sexual organs are in alignment. Now, the magic begins.



Hands are the key to make this one work.



POSITION: Sitting on Top of the World



While she reclines, she must thrust her hips high in the air. He steps through her legs, planting his leading foot on the surface beyond her. The upside down angle provides a unique sensation for her as well as a head rush. Then he grasps her right foot (which is to his left) and crosses it over his bent knee to meet her other leg. With her legs aloft, she becomes a throne, and he is now master of all he surveys.



POSITION: The Side Stroke



You will need just the right height bed for this one. His left foot is at 90 degrees resting on the bed while his right leg is planted firmly on the floor. She kneels on the edge of the bed in front of him and he pulls her right foot around his waist. Now the acrobatics begin. By lifting her right foot and tucking it behind him, her hidden orifice becomes open to him, providing an unusual angle on rear entry.



POSITION: The Wheelbarrow



The Wheelbarrow begins with you clasping your hands firmly around his ankles. Now let him lift your hips aloft until you can wrap your thighs around his hips, and, bending your knee, place your heels against his back. He now counterbalances your weight by leaning back, and the fun begins. He is in complete control of the depth and speed.

POSITION: Pumping the Well



When you are Pumping the Well, both partners need to be fully engaged. Because she is reclining, it seems as if her job is the easy one. Don't be fooled: It will be up to her to arch her hips high enough in the air and split her legs wide enough apart to give him the correct angle on her love canal so that he can penetrate from above.

POSITION: Weeping Willow



This position can be an easy and comfortable one for both lovers if he is seated on a rising slope and she engages him by locking her legs around his waist. But to take things to the next level, he can stand and support her on his bent thighs and with his arms. Both partners will need plenty of arm strength to hold this position correctly for the time it will take to get to orgasm.

The 360-Degree Turn

Erotic masters through the ages have often referred to “the motion of the ocean” as the secret to great sex. It’s the ebb and the flow, the in and the out. We like the 360 because it invokes the motion of the moon and the stars. Here the gifted lover may orbit 360 degrees around the seat of his passion, all the while his penis never withdraws from the passionate center of circumnavigation.

POSITION: Turning Position 1



The journey begins in the missionary position with the man's legs between the woman's.

POSITION: Turning Position 2



The philosopher and editor of the Kama Sutra, Vatsyayana warned that this position takes time to perfect. It is for neither the timid nor the impatient who are afraid to fall short and try again.

POSITION: Turning Position 3



Throughout the journey, he must support his weight with his arms just enough to navigate the erotic landscape over which he is traveling. Letting his arms, rather than his hips and torso, carry the weight allows for easier turning.



POSITION: Turning Position 4



As he turns, she can use her hands to play with his many erogenous areas that pass within easy reach. Using her hands, she can help to stabilize him in a posture that will hold his penis in place.

POSITION: Turning Position 5



At the halfway point, she can reach out with her other hand to explore the curves of his buttocks or provide anal play.

POSITION: Turning Position 6



At the ninety-degree point of the return, he will find that maintaining his penis in its position is the most challenging. Should you succeed here, it is likely you will master the 360. But beware of celebrating victory before your mission is complete.

POSITION: Turning Position 7



He will need to climb one more hill before he arrives home. As her waiting arms reach out to welcome him, be satisfied in knowing that you have both taken your lovemaking to a place it has never been before.

POSITION: Turning Position 8



Back to home base. Take the time to kiss and stroke each other . . . and get ready for the next spin.

Oral Sex

Fellatio: What She Needs to Know No one is a master of the blow job “from the get-go.” It is an acquired skill, and for many women an acquired taste. The secret is, don’t make any hard and fast rules. Let things develop in a way that is comfortable and exciting for you both. If you allow yourself the ultimate pleasure of both giving and receiving, you have a lifetime of erotic delight ahead of you.

Cunnilingus: What He Needs to Know You are about to devote all your tenderness and erotic attentions to what is probably the most tender and sensitive place on her body. This is not the time for the “macho” caveman approach. Let nothing be sudden in your approach. Take your time and use a slow hand.

POSITION: The Classic



The traditional position for cunnilingus. This allows her to completely surrender and enjoy the sensations. Intertwining your arms around her legs and pulling her toward you is a sexy “take-charge” move that lets her know you are in control and she is in for mind-blowing pleasure.



TECHNIQUE: The Sexy Tease



Half of giving him a great blow job is anticipation. Take your time working your way down and slowly unzip him. Give him a teasing smile. He'll be ready to explode before you take your first long lick. Control his urge to thrust by gently but firmly pushing down on his hips to set the pace. Also, his thrusting usually means that he needs more stimulation. Increase mouth speed and pressure or bring your hands into the act placing one hand on top of the other and pumping his shaft.

TECHNIQUE: Lick and Flick



Alternate between a few basic moves. Give her long licks with the flat of your tongue to build excitement. As her arousal peaks, flick the tip of your tongue across and in between her luscious folds or to circle her clitoris.

TECHNIQUE: The Slow Caress



The best sexual technique is anticipation. You need to get her wet before you go down on her. Stroke her thighs, caress her breasts, and kiss her neck. Take the leisurely route. By the time you arrive between her legs, it won't take much to bring her over the edge.

TECHNIQUE: The Slow Suck



Take his erect penis into your mouth in stages. Mix it up. Part way in. Part way out. Don't let him know your next move. Use both suction and a wet tongue to add variety to his sensations. If you intend to try to take him all the way in, do it slowly and without letting on what you are doing. You will be surprised to learn that he may not even realize you have done it. But once he realizes it, it will blow him away.

TECHNIQUE: Ball Play



Don't neglect his testicles as you lick his shaft. Cupping his testicles or a little ball play can take oral sex from great to mind-blowing.

TECHNIQUE: Take The Back Roads



Make the journey to the clitoris as long and as delicious as both of you can stand. Kiss your way up her thighs and use your hands and fingers to play with her folds and gently rub her clitoris. But don't linger in any one spot too long. Too much too soon will turn her off rather than on.

TECHNIQUE: Fingering



Nearly every woman we have interviewed has agreed that oral sex is great, but oral sex with additional manual stimulation is amazing. Use your free hands to dance your way around her vulva and let your tongue slowly massage the harder tissues that are the rims leading to her vaginal opening. Encircle her vagina with your tongue, then dance away to her clitoris above. Simultaneously penetrate her vaginally with your finger and she will be in heaven.

TECHNIQUE: Risky Business



Environment or a feeling of risk can make even the most basic blow job extra thrilling. The advantage of blow jobs is that they can usually be done almost fully dressed. So find a secluded spot, unzip him, and give him a thrill he won't forget.

TECHNIQUE: The Big O



Cover your teeth with your lips and make a soft, cushioned “O” with your mouth. Use your tongue to keep things wet and exciting. You can also make the shape of an “O” with your thumb and forefinger and use it to rhythmically stroke his shaft as you suck on the head of his penis.

TECHNIQUE: Slowly Tongue The Clitoris



Take your time getting to her clitoris. Once you are there, here are a few things you will need in your repertoire: a slow languorous tongue that moves like a moist massage left and right or up and down, a dancing tongue that floats like a butterfly and lands like a kiss, and lips that can gently encircle this sensitive little nub and create sensual suction.

POSITION: Woman Astride



For a man, there are very few things more exciting than having his lover “sit on his face.” Use your hands to stimulate both her nipples and her clitoris.

TECHNIQUE: The Pump and Twist



Using your hand to stroke his scrotum and rub the length of his penis while you concentrate elsewhere with your mouth will multiply his sensations and the speed of his response. Stack one hand on top of the other and gently twist in opposite directions while you gently nibble on the head of his penis.

POSITION: 69 Sideways



This is slow and sensual position that allows maximum comfort for your backs and necks. The sideways position also provides easy access if you want to get hands and fingers into the action.

POSITION: Him on Top



Him on top allows her to surrender while still giving him plenty of pleasure.

POSITION: Her on Top



Her on top may be more comfortable if he is significantly bigger than she is. This position also gives him a delicious view of her buttocks and the access for a little anal play as well.



POSITION: Standing 69



Have her place the top of her head flat on the floor. She can lean forward on her forearms with her head pressed against the inside of her interlocked fingers. He can stand behind her as she kicks one leg up and then the other. He can guide her legs over his shoulders as she kicks up. He lifts her up and holds her firmly around the waist while she wraps her arms around him. She can then take his penis into her mouth while he orally pleases her.

Anal Sex

Scientifically speaking, the anus is one of the most erogenous zones in the body for both men and women. It contains a proliferation of nerve endings, which can produce orgasms that have a very different quality than vaginal ones. The “back door” is also the entryway for the male G-spot otherwise known as the prostate. Whatever you are using for anal penetration, be it a finger, toy, penis, or strap-on, be sure to take it slow and wet with plenty of lube.

TECHNIQUE: Finger Insertion



Finger penetration is great way to experiment with anal play. Start slow and gentle by caressing the curves of her buttocks, and then trace small circles around her anal pucker. When she is ready, insert your finger and gently pulse it. You might just bring her to a new level of orgasm. In order to have the most fun in the backyard playground, take things slow and easy at first. A single digit, well lubricated, is the way to begin. You will want to softly massage around the sensitive rim of the anus before you take the next step. If you tease your partner in this way, you will find the muscles of the anus relaxing and inviting you in.



TECHNIQUE: Butt Plug Play



Before you leap into intercourse, start with some toy play. Butt plugs (with lubricant) are a great way to get him used to the sensation of anal penetration. For a fun twist on oral sex, give him some anal play with your finger or a butt plug while you pleasure his member with your tongue and mouth. Use a flared butt plug for pleasurable penetration and for stimulating the male G-spot, the prostate gland. **ALWAYS** make sure any anal toys have a flared base so you don't lose them AND that they have a generous amount of lube.



POSITION: Standing Doggy



Kneeling positions offer shallower penetration, which may be ideal for those just beginning to explore anal sex. He uses his hands to gently position her to receive him. Take it slow and watch her cues. When she is ready for deeper penetration, she can back up onto his penis or reach back with her hands to pull his hips toward her.



POSITION: The Rising Star



In this position, she lies on her back and elevates her hips with a pillow under the small of her back. Throwing her legs back toward her face will bring her “rising star” within easy reach of her partner’s gentle thrust. His hands provide leverage and support and regulate the amount of pressure on her tender opening. Her hands can fine-tune his alignment and push and pull her partner as her desires command.



POSITION: Nether Nesting



With both partners lying on their left or their right sides, she will be the one in front and will nestle the soft cushions of her buttocks into the nest of his groin. His knees between her legs will allow him to spread her legs to such an extent that he can slip his excited member deep inside her. By pulling her topside buttock toward herself with her hand, she can help spread her cheeks, thus offering her secret flower. With his free hand, it is a simple matter for him to reach in front and offer clitoral stimulation or a gentle pressure that snuggles her nestling body into his.



POSITION: Rising Pillows



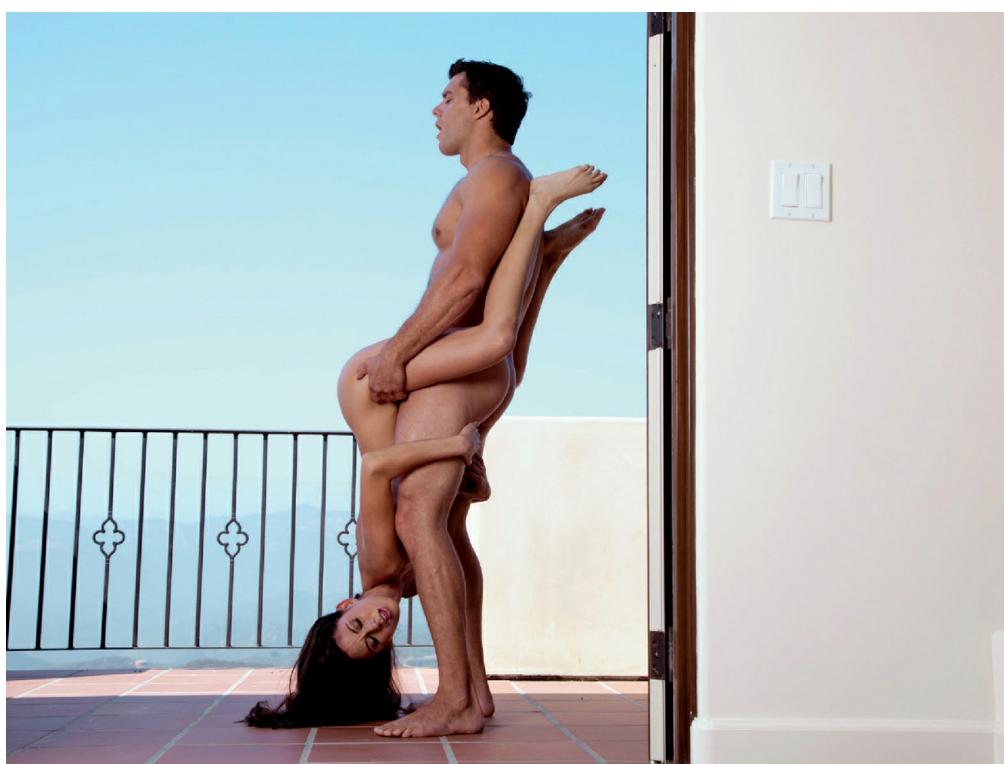
She kneels astride a mound of pillows and relaxes her breasts and face into the softness before her. With her knees well apart and her posterior thrust high in the air (supported by even more pillows), he can enter her and offer her slow, deep thrusting. He will need to support himself with his hands and perhaps other pillows to be able to lower himself slowly into her waiting cleft. His control is the key to her pleasure.



POSITION: The Loving Seat



While he lies with his torso propped at about forty-five degrees, she kneels astride him. If she is fully open and aroused, this angle gives him leverage for rocking and bucking. Her astride position still gives her the control to lower and raise herself on his shaft and control the depth of penetration.



POSITION: Advanced Adventure



You don't have to be part of a circus act for this one . . . but it would help. She is suspended upside down, facing her lover at precisely the right height to bring his throbbing member into her waiting rear passage. He is supporting her by holding her under her parted thighs, while she is taking some of the weight off him by grasping onto his legs. If you are fortunate enough to make this one work for just a moment, you can go to the head of the class.

Holding this pose long enough to actually have completed coitus is likely to be an impossible dream. Our advice for those who refuse to accept defeat is to find an alternate means of vertical support. A hanging harness could be just the ticket. Or if you happen to have one of those exercise machines that stretch your spine by turning you upside down on a padded board that swivels 180 degrees, you may have discovered the one use that makes the price you paid for it all worthwhile.



POSITION: Flower Facing Away



He reclines comfortably against pillows with his torso somewhat elevated and his proud member standing aloft. She backs carefully onto it until she is “sitting pretty,” using her arms for leverage. For this position, she will have to have both feet planted firmly on the bed in front of her and while leaning back, support her upper body with a hand on either side.

POSITION: Pleasure on a Bough



This reliable rear entry posture is best achieved if she slips a firm pillow under her midsection so that her buttocks are raised boldly in the air, enticing him and providing her with a great angle to accept penetration.



He uses one knee to separate her legs for easier entry and lies along her outstretched body.



Bringing his face next to hers allows connection and communication about depth and speed.



POSITION: Joining the Lotus



In this position, the woman lies on her right side and, turning outward, she bends her left knee and clasps the leg, pulling it to her breast. Her partner kneels against her upraised buttocks and enters her. The twist of her body provides interesting sensations for both him and her.



POSITION: Saying His Prayers



In this delightful reversal of roles, he kneels beside the bed, as if saying his prayers, and bends over the side of the mattress with his posterior thrust high. By placing one knee on the bed and the other foot on the floor, she finds the right angle to give him exquisite pleasure and stimulate his prostate.

Toys & Kink

Great sex is all about experimentation, and toys and kink are great ways to play with boundaries, reverse roles, and add playfulness to your lovemaking. For one thing, toys can vibe, angle, and add pressure in ways that fingers, penises, and vaginas can't. Toys can also be used to spice up solo sex and add incredible sensations to hand jobs and oral sex with your partner. Kink play allows you to switch roles, breathing new life into familiar patterns and positions. So hit the "on" switch and bring the thrill back to your bedroom.

POSITION: The Classic Recline



Lightly run the wand over and around your clitoris. For this move, you want to keep your panties on, because direct contact with the vibrator might be a little too intense. Keep the pressure light. Try simply holding the wand over your clitoris and letting it vibrate. If you are relaxed enough, this simple move will send ripples of pleasure through your body, and you won't need to move a muscle.

POSITION: Cowgirl Ride



Position the wand on pillows below you so you can move onto it from above. This relieves you of the job of holding it and more nearly approximates a woman-on-top position, and if you close your eyes . . . you are there!

TECHNIQUE: Vibing Together



Toy play is meant to be shared. Lean back in his arms and let him tease and explore you. He'll be even more turned on than you are.

TECHNIQUE: Hit the P-Spot



The P-spot is huge pleasure spot for him. If he is shy about anal penetration, you can stimulate it indirectly by running a vibrator over his perineum, those sensitive few inches between his testicles and his anal opening.

POSITION: The Ecstatic Swing



Often we spend way too much energy supporting our partner's weight or our own during sex. A sex swing saves your knees, arms, and back and lets you explore sexual variations you never thought possible. Use the suspension to have her gently rock and bounce on your penis without having to support her weight the way you normally would in standing positions.

TECHNIQUE: G-Spot Play



The G-spot can be hard to hit, even for the skilled lover. Using a dildo specifically designed for G-spot play will give you just the right angle for experiencing amazing orgasms and female ejaculation.



The secret is getting very relaxed and then slipping it in and moving in a smooth rocking motion with the right amount of pressure for your pleasure. Angle it toward the front of your body and firmly press. When you've found the spot, rock your wrist back and forth.



G-spot vibes come in all shapes and sizes, but be sure to find one with the distinctive curved shape at the head.

TECHNIQUE: The Penis Sleeve



A penis sleeve may not be quite as amazing as being inside someone, but it's as close to the real thing as anyone has gotten so far! Just add some lube and enjoy. The toy provides the kind of pressure that closely resembles oral, vaginal, or even anal sex with surprisingly accurate sensations.

TECHNIQUE: Strap-on Play



Strap-ons are great for anal play, and he may find that just looking at you wearing it is a huge turn-on in itself. Be sure the harness fits well and the dildo is touching you in just the right spot to get a good clitoral rubbing while you are giving it to him good.

TECHNIQUE: Bend-Over Boyfriend



Take it slow and easy. Even just gently penetrating his opening by an inch (2.5 cm) can be hugely orgasmic for him. With strap-on play, all movements should start small and subtle. As he becomes more aroused, you can deepen penetration and thrusting one delicious inch at a time.

TECHNIQUE: The Hot Striptease



He loves to look at your naked body. He'll love it even more if you make him wait to see it. Don some sexy lingerie and drive him crazy taking it off one piece at a time. If you really want to give him a show, touch your body and give him a XXX-rated striptease.

TECHNIQUE: Erotic Eating



A little honey, chocolate, whipped cream, or maybe even some champagne may feel delightful on the body . . . and taste even better. Licking it off will provide some nourishment and plenty of sensual delight.

TECHNIQUE: Naughty Spanking



For some, pain is pleasure. If you are just starting out, go slowly and explore each other's boundaries carefully. Most important, you and your partner need to designate "safe words" so you can slow down or stop the action if necessary.

TECHNIQUE: Sensation Play



Sex is about sensation play. Use a feather (or piece of silk or fur) to lightly tease her nipples and excite the nerve endings in her skin.

TECHNIQUE: All Tied Up



The beauty of bondage is that while your lover has you in his or her power, you have no choice but to give in to his or her sexual demands. Now is the time to lie back and enjoy it! Start experimenting with something like handcuffs, which can work well. Try lining them with fur or foam so they don't cut into your wrists when you are in the throes of passion.

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