

**The Secrets
To Having**

GREAT SEX

Everytime!

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We are committed to offering responsible, professional, and helpful advice about sexual matters. However, this book is intended as a reference only. It is not intended as a substitute for professional advice. Please consult a competent professional for your specific sexual, medical or other concerns.

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The Recipe for Great Sex

Imagine for a moment that you're sitting in a movie theater watching a really great movie. You're really having fun! There's adventure, excitement, romance, and even a touch of danger. But best of all, there's an air of mystery and unpredictability. You have **no** idea what will happen next! Emotions are stirring, your hearts pounding, and then . . . there's the grand finale! The perfect ending to a perfect adventure. You release completely with a deep sigh. You walk out of the theater totally satisfied and maybe even a little tired. After all, that was one heck of an exhilarating experience!

Now . . . imagine watching the same movie . . . twice a week . . . for the next 3 months.

What happens at the end of the three months? For most of us, that movie will no longer be fun. It won't be adventurous. The excitement won't be there any longer. And the unpredictability? Haah...what unpredictability? You're got the entire darned script memorized by now! Without even trying!

To re-experience the fun, excitement and intrigue of watching a great movie, you have to watch a **new** movie, with a new plot, and new twists. It has to be unpredictable so that, while you know that the end will leave you breathless, you don't quite know **how** or **when** it will reach the end. With a new movie, you are once again able to enjoy each moment as it unfolds before your eyes.

Great sex, in many ways, is similar to watching a great movie. And just like a great movie, to be able to enjoy sex again and again, it has to be unique. It has to have new twists and turns, and it has to be unpredictable. Because when it's predictable, you know exactly what will happen and exactly when it will happen. You're back to watching that same darned movie over and over again. It's predictable. It's just not fun anymore. In fact, it's downright boring.

So...the secret ingredient to having great sex is **variety**! If we were asked to explain great sex in just one word, that would be it - **variety**. In order to keep sex interesting and fun, the what, the how, the when, and the where have to keep changing. In other words, the techniques, the execution, the time and the place have to change. They don't all have to change at the same time. But there has to be at least one change.

You may be thinking to yourself "Man, that's a lot of pressure! How can I always add something new to sex?" Well, you don't *always* have to do something new. But when you do, you'll find lots of ideas in this e-book.

Let's go back to the movie example for a better explanation. If you watched a great movie one time, there is a good chance that you will be able to enjoy that same movie again **if** you saw it a few months later. You may not enjoy it as much as the first time around, but you'll come pretty close.

Similarly, if every now and then you end up having sex exactly the same way as you did a month ago, you'll still enjoy it a lot, as long as you don't do the same thing every single time. The great thing about having sex is that, unlike watching a movie, it's almost impossible to have sex in exactly the same way as you did previously. And after you finish reading this book, you'll have enough ideas to be able to create an Oscar-winning blockbuster almost every single time!

So, let's get to it!

The Differences Between Men and Women

In order for both you and your partner to enjoy the experience, it's important that you learn a little more about how the other person works. What works for you may not always work for your partner. If you're trying to row a boat and the two of you are peddling in different directions, it will get very frustrating, you won't enjoy the ride, and you'll never reach your destination.

So, let's learn a little about how you can satisfy your partner and how your partner can satisfy you, and make this ride a lot more interesting.

Men can usually be ready for sex immediately. And...the moment they're ready for sex, they're ready for intercourse. Most women usually need at least 15 minutes of foreplay before they are ready for intercourse. This isn't a habit or preference. It's just how their bodies work.

Since we are not born with this knowledge about the opposite sex, it is time we learn it. Trust me, it will serve you well!

The Assumptions

Since men are ready for intercourse right away, their immediate area of focus is their genitals. And, since they want to be touched and pleased in their genital area immediately, they assume that this is also true for women. As a result, during foreplay, men are in a hurry to get to the woman's genitals. For men, this is the best way to give pleasure to the woman because this is how they would like to be pleased.

In contrast, women need more time spent on foreplay before they are ready for intercourse. So, they assume this is true for men as well. And as a result, during foreplay, most women will touch a man everywhere but his genitals. Just like the man, the woman assumes that since this is how her body works, it is probably the best way to give pleasure to the man as well.

And so begins the dance of confusion where everyone's stepping on everyone else's toes. The man will want to touch and pleasure the woman in her genital area immediately or he will want to get to intercourse, which will make the woman feel rushed. The woman will touch the man everywhere else until the man finally grabs her hand and puts it on his genitals.

It's safe to say that the result of this experience is confusion and frustration. If the man gets his way and speeds through everything, the woman is left unsatisfied and sometimes sore. If the woman is able to slow things down so it works out better for her, the man may feel frustrated or even rejected. He may feel that he's doing something wrong.

It's a mess, to put it mildly.

So, how can we fix this?

Well, the fact that you're taking the time to read this book is a great start. The only way to fix the problem is through knowledge, as we've mentioned before.

What Men Should Know

The best advice we can give to men is to **s l o w d o w n**.

Men need to spend more time on kissing and touching her before they go anywhere near her genitals. (The actual techniques will be covered in more detail later.)

If needed, have a clock in the room as a guide. Of course, don't make it obvious that you're timing yourself. It's just an aid. The reason for this exercise is to illustrate that the time elapsed during sex usually seems much faster to the man than the actual time elapsed. While you're kissing her, it may seem to you that 5 minutes have passed when in fact it will usually be much less.

Here's a great comparison:

If a man and a woman were sitting across a table enjoying some ice cream, the man would usually be done with the ice cream very quickly. That's just how he eats. Some men will actually swallow it whole, if they could, within a few seconds.

Sitting across from him is the woman. The woman will usually take her time with the ice cream, or any other dessert for that matter. She will savor every moment, every molecule. She will tease herself with it. She will make the pleasure last as long as she can. She will take a spoon of it and barely touch her tongue with it. She will close her eyes and feel that tiny drop of sweet, creamy ice-cream melt on her tongue. Ummmmm....Heaven, thy name be Rocky Road.

That's a woman's idea of pleasure . . . Indulgence.

So, while there is a time and place for quickies, and we will definitely cover that later, for the most part, be the delectable dessert for her so you can both enjoy the experience for a much longer period of time.

What Women Should Know

In contrast, the advice we'd like to given women is to speed up just a little.

Start stimulating his genital area fairly quickly.

While you're both kissing and engaging in foreplay, you can provide pleasure to his genital area. When you do this, you will be giving him what he needs and there is a greater chance that he'll enjoy foreplay more, and for a longer period of time, since he's getting what he wants, for now.

If he starts to progress too quickly, keep pleasuring him his way as you say to him "Let's enjoy this a little longer."

Men are fairly easy to please. They just need to be trained to not rush but instead enjoy every second of the experience.

Additional Notes

It's also helpful that both men and women discuss their likes, dislikes, and fantasies with each other, especially if you are in a serious relationship. Ask each other what turns them on and what their secret fantasies are. This does not have to be done during sex. It can be done any time you're alone with each other. Make mental notes of what you learn during this discussion.

Both of you should also try to stay in shape and keep looking attractive to each other. What we mean is, don't dress like a slob simply because you now have someone to have sex with. Don't stop exercising now that you're with someone. The longer you've been together, the more important this is. Physical attraction may not be high on your list if you've been together for a while, but it definitely will not hurt.

Regular exercise and healthy eating is good for you regardless. Exercise also increases libido and ensures that all your sex organs are functioning at optimal level. Studies have shown that regular exercise also helps men last longer in bed. In women, exercise has shown to improve their ability and frequency of achieving orgasms. Exercise is very important for having great sex. That's a great reason to hit the gym together. And afterwards, you could hit the showers together too. See how well that "works out?"

Care enough about the other person to find out what turns them on and what turns them off. Take mental notes, during sex, about their likes and dislikes related to sex. If you're doing something that turns the other person on, make a note of it and use it sometime in the near future. And if something doesn't seem to do too well, lose it.

If the man in the relationship is the one who initiates sex all or most of the time, the woman should work on being the initiator more often than she normally does. This also helps the woman to be more open and comfortable with sex. And it tells the man that she's just as excited about having sex with him and that he doesn't always have to be the pursuer.

It seems that many women, no matter how beautiful, feel insecure about how their body looks to her partner, especially during sex. They need to relax more during sex and not be concerned about what they "think" the guy is thinking about her body. That fact of the matter is that you're willingly there with them, **and** you're naked. At that moment, you are the best looking woman he has ever seen. Trust us on this one.

Foreplay

For most men, sex equals intercourse. For women, intercourse is just one part of sex, and they are correct.

Think of it this way, if you really wanted to see a great movie and were really looking forward to watching it, how would you feel if I came over to you and gave the ending away? Would that ruin the movie for you? You know it will. That is exactly how most women feel during sex. While they are thinking of enjoying every fulfilling minute of the movie, most men usually give the ending away and ruin it.

Not a good thing. Let's change that.

Men can usually be ready for sex immediately; they can get an erection quickly. Most women usually need at least 15 minutes of foreplay before they are ready. Without foreplay, a woman's vagina and clitoris do not get aroused enough and are not ready for direct stimulation.

Men need to realize that foreplay can be just as enjoyable for them, as it is for women, if they only take the time to try it.

To make the most of foreplay, it has to be fun. You have to be relaxed and be ready to make the most of it. While men are usually in a hurry to get to the end, they should remember to relax, take long deep breaths and learn to enjoy foreplay. The sex that will follow will be all that more intense and pleasurable.

While we don't want to discuss the mechanics of the techniques too much in this chapter, we will briefly elaborate on a few of them as needed. (We will get into the techniques in more detail in another chapter.)

I'd also like to point out at this time that "Kissing" can be one of the best and simplest forms of foreplay.

A great kiss from their lovers can also tell women that great sex is usually just around the corner.

As one woman put it, "If my partner wants to get me ready for sex, the best way to do it is with a long, slow, passionate kiss!"

Since the subject of kissing is a fairly important one, we will cover it in further detail in the next chapter.

Now, here are a few tips on making foreplay more fun and enjoyable:

Both partners should use their hands, fingertips, lips and tongue in as many ways as they can think of.

Keep the other person guessing.

Vary the pressure, speed, and strokes of your touches to add the sense of unpredictability.

Instead of starting at the lips and moving straight down in a linear fashion, alternate. For example, if men usually start at the lips and then move to the neck, chest, tummy, and set up camp in the nether regions, they need to try a variation as follows: start at the lips, move on to the neck, then the chest, and up to the ears. Then move back to the lips, and then the tummy. Remember, if your partner can predict what your next move is, it will usually become boring.

Here's another suggestion: if you always start by kissing on the lips, let's change that. Next time, start by kissing your partners fingers and hands. Or start at the feet and work your way up. Keep it light, fun and unpredictable.

Experiment with different textures and temperatures. Use lotions, oils, silk scarves, feathers, ice cubes and so on, on each other's bodies. The keyword here is variety. Sex will never be boring as long as you're willing to be creative and open to new sensations.

Feed each other dessert. Try chocolate ice cream, water-rich fruits (strawberries, oranges, cantaloupe, etc.), or just whipped cream.

Or, instead of feeding each other, try eating or licking foods off each other's bodies.

Giving each other a sensuous massage is also very enjoyable form of foreplay.

The possibilities are endless. All you need is an open mind and a sense of adventure and fun! For more ideas, read the chapter on "**Variety.**"

Tip for men: While 15 minutes is usually enough to get a woman ready for sex, don't let that limit you. I'm sure you can enjoy it for a much longer period. I have faith in you!

Extended Foreplay

While foreplay just before sex is always helpful for a more enjoyable experience, that is not the only time you can indulge in foreplay.

Foreplay doesn't have to start right before sex. It can start hours, and sometimes even days before the main event. It can start even when you're far away from each other. And boy are you going to love it!

All-day foreplay

Plan an entire day for just the two of you and plan to have sex at the very end of the day. Do your favorite things together: a picnic, hiking, shopping, enjoying a favorite sport or hobby, and so on. Touch and kiss each other a lot. Tease, seduce, whisper in their ears, talk dirty, and more. Do everything except have sex.

Tell each other how turned on they make you. Let each other know how eagerly you're awaiting and looking forward to the night. It may be difficult to last the whole day, but the rewards at the end will be well worth the wait. We should warn you: it may involve some clothes-ripping or property damage, or both.

Show a woman that she's lustworthy and she'll prove it to you! If you can sincerely, through your words and actions, let a woman know how much she turns you on, not only will this be the best foreplay she has experienced, she will also deliver sex beyond your wildest dreams.

Whisper in her ear while you're out in public, at a party or any other gathering or event. Tell her that you can't stop thinking about seeing her naked tonight. The key here is to drive each other crazy through your words and touch. When you do get to the sex, it will be all that more amazing. Women can also use these ideas on men.

Tell each other how crazy they drive you everytime you look at them. Touch each other in ways that tell the person that you can't seem to keep your hands off of them. Make your partner feel sexy, attractive and desirable, and they will show you just how wild they can get in bed.

Women can do the same to men. Whisper in his ear and tell him what exactly you plan to do to him when you two are alone. Get as graphic as you need to be to get the point across. Remember, men are visual. The right words will get them visualizing in advance!

Indulge in foreplay and turn each other on at night just before bedtime, and when you're both at the brink of climaxing, stop and call it a night. That's right, we're saying stop before you're both about to reach orgasm and say goodnight. Arrange this ahead of time so you both know what the plan is. When you wake up the next morning, continue from where you left off. We're not saying that this will be easy to do, but...if you can survive the night, the sex that morning will be unforgettable.

The Kiss

To most guys, a kiss is a way to get to sex. And for this reason, they usually don't spend much time on it. To many women, a kiss is everything! To some, it is also the best form of foreplay. And since most women need foreplay before they can get ready for sex, spending time kissing is very, very important.

Forget the movies and take it slow. While a passion-filled, furniture demolishing, clothe-ripping kiss is great on occasion, try the slow motion version for most kisses. You have a much better chance of achieving mutual satisfaction.

Use this as a guideline: Spend at least 5 minutes on kissing before any clothes are taken off.

Here are a few tips on making you a much better kisser:

A kiss has to start out slow, and very soft. Don't immediately involve the tongue into the kiss.

Start by letting each others lips touch very softly and gently, almost to a point where you can't really tell whether you've started to kiss or not. Very slowly increase the intensity, using light strokes and gentle nibbles.

Another great way to start is by softly and slowly circling the outside of the other person's lips with your tongue, or the tip of your finger. And then start the actual kiss.

When your tongues do finally touch, it's still done softly and erotically. Let your tongue play with the other person's tongue.

Men can gently suck on the woman's lower lip while kissing.

Enjoy the kissing. Don't worry about what's coming next.

Give each other a chance to kiss you back too. And enjoy how that feels. Take turns leading while the other receives. Then let the other person lead while you receive.

A good tip for men is to hold her face with your hands lightly when you first kiss her. Women love that! It's warm, romantic, and sexy all at the same time.

Men can also lift her up by the waist occasionally during the kiss. This makes her feel slim, and sexy, and very feminine.

Use your fingertips to slowly trace each other's faces and neck. Many find this very romantic and sensual.

Spend at least 30 seconds kissing on the lips before moving to the ears or her neck. And then, be sure to come back to the lips again. Remember . . . be a little unpredictable.

This may sound obvious but is often forgotten or ignored. Men should kiss a lot more **during** intercourse, not just before and after. And definitely kiss her just as she's about to have an orgasm. It will take her breath away.

Variety

Far from Ordinary Sex

As you are already aware of, if you use the same positions, techniques, and surroundings for sex every time, the sizzle dies away. It's not fun anymore. There's no sense of adventure and intrigue. It's predictable and therefore boring. You may be able to enjoy it the first few times, but after that, it doesn't have the same effect of excitement and passion anymore. You know exactly what's going to happen next. You've heard the joke before. You know the punchline. It's time for a new one.

Variety is what takes ordinary sex and turns it into extraordinary sex! It's turns boring and tedious sex into a fun and intriguing, wild adventure.

And remember . . . variety does not just mean trying all the different things that you know of at different times, it also means trying **new** things that you have not tried before. It means being open to adventure and new experiences, as long as it is mutually agreeable.

Keep in mind that if you're planning on trying out something very kinky or outrageous, it is advisable that you discuss them with your partner in advance so there are no surprises or uncomfortable moments. This will also show that you respect the other person. Mutual agreement is very important.

With that little insight out of the way, here are a few suggestions to spice up your sex life:

It Just Makes Sense

You have five wonderful and powerful senses at your disposal: touch, sight, smell, taste, and hearing. Why not use them all!

The most obvious one for most of us is the sense of touch. You may already be familiar with the use of your hands, palms, fingers, fingertips, lips, and tongue. You may also be using your feet, toes, rubbing limbs against limbs, etc.

Here are a few more suggestions that you may or may not know of to get all your senses involved:

Experiment with different textures, temperatures, and pressures. Vary the intensity, speed, and stroke of your touches to fully activate the senses.

Use silk scarves, feathers, ice cubes and such on each other's bodies. Some people have even experimented with hot candle wax and enjoyed it. You can decide for yourself if that's for you. The key here is variety. Sex will never be boring as long as you're willing to be creative and open to new sensations and adventures.

Give each other a sensuous massage using lotions or scented oils. This will activate the sense of touch and smell. Take your time and cover every inch of the body.

You could also use your tongue to lick something edible off your partner's body.

Try using chocolate and/or whipped cream. Feed each other or feed **off** of each other's bodies, and of course, use your tongue to clean up afterwards.

There also a lot of toys and novelty items available for adventurous couples that can provide new sensations and great vibrations. Visit your neighborhood adult novelty store or check out the Internet.

Wear sexy and revealing clothes, underwear, and/or lingerie to appeal to the sense of sight.

And of course, we've heard that the birthday suit also works very well, but we prefer it if something is left to the imagination.

How about doing a striptease for your lover, or watching an erotic movie together.

Turn of all the lights and use only candles. The candlelight as well as the shadows it casts on the walls from the activities in the room will definitely appeal to the senses.

Use incense, scented oils, and lotions. Wear the perfume/cologne that your partner loves the most. Use any scents. You can even combine this with the previous suggestion and use scented candles.

You can also use fresh flowers and/or rose petals on the bed or in a bath.

Feed each other a favorite dessert. Try chocolate ice cream, water-rich fruits (strawberries, oranges, cantaloupe, etc.), or just plain whipped cream.

Use music to set the right mood: romantic, sexy, wild, sensuous, etc.

Also experiment with theme sounds such as sounds of nature, wilderness, jungle, tropical, waterfall, etc.

Read seductive poetry or share an erotic story together.

Talk dirty to each other. Tell the other person what you'd like to do to them. (Start out slow when talking dirty or discuss the likes, dislikes and limits of it in advance. It is not for everyone.)

Try phone sex with each other, or simply describe what you would do during sex, from start to finish.

Many people are also turned on by the sounds their partners make during sex. You can also add to the moanings things like "That feels so great; You look so wonderful, beautiful, sexy; You taste/smell so good" etc. Some people like talking this way during sex.

Again, you are only limited by your own imagination. The possibilities are endless. Sex does not have to be boring, ever again!

What, When, Where, and How

Activities

Watch a scary movie together. Studies show that people, especially women, tend to mistake the feelings of fear with that of being aroused. Well, we can use this! After watching a scary flick together, don't let that arousal factor go to waste. You may even want to create your own movie. For private screening only, of course.

Watch an adult movie together. Yes, we know that women are not supposed to enjoy this as much as the guys. The next time you watch an adult movie "together", notice how many positions you can pick up on. Try out the tasteful ones. Of course, if you have to watch it alone, then so be it. Be sure to take notes.

And to balance it out, you may now have to also try watching a romantic movie together. Yes, I hear the guys booing in the back. Just try it anyway. And while you're watching, hold hands, be in each other's arms, maybe even kiss occasionally, or heck, maybe even a little touching and fondling. But no heavy stuff till the movie is over. And then, pull out all the stops.

Exercise together. Exercise tends to not only increase your stamina but it also increases your libido. And it helps all your systems function better, including the sexual ones. That means longer, more enjoyable sex. What more reason do you need?

Play a sport or game together that involves a lot of touching and holding. How about a game of naked Twister?

Take showers together. Can this also help save on water? Yes. But the important question here is...whose turn is it to pick the soap up from the floor?

Take a hot shower or bath together. Slowly and erotically lather each other up. Spend additional time on the erogenous zones: chest/breasts, buttocks, stomach, back, back of neck, inner thighs, etc.

Offer to wash her hair and give her a scalp massage. Oops, someone just dropped the soap...ahem...by accident. Come on, one of you has to get on your knees. And while you're down there, you could actually try looking for that soap, if you're into that sort of thing.

Read sexy bedtime stories together.

If you can't find any, ask her to share one of her romance novels. If she doesn't have any, just step into any major bookstore and you'll find an entire row full of these novels. They vary from light romance to hard-core porn. Take your pick.

Talk dirty to each other. Start slow and see what works for the two of you.

Enjoy mutual masturbation. You will also get to learn more about how to please your partner more during sex. And it will bring you closer to each other.

Take afternoon naps on weekends. Whoever wakes up first can wake the other up with oral sex. Talk about this and discuss the idea ahead of time so there is no surprise or weirdness to it. It may not be for everyone.

If that's too much for one of you, stick to massage or slow, soft fondling using hands and/or tongue. Wake each other up this way instead.

Dance can be a great foreplay. Being close to each other, breathing, light touching, combined with the aroma of colognes and/or perfumes can do just the trick. Dirty dancing anyone?

Dance in your underwear. No, not the ones you wear on laundry day. Try something sexy and erotic. Something along the lines of Victoria's Secret and International Male.

Play strip poker or any other games that you can attach the word "strip" to. There are no losers in this game.

Take a "quickie" break while out hiking. Camping can be a lot of fun too - Be sure to pack a sturdy tent. Being around nature somehow gets people thinking about sex. See if it brings out the animal in you!

Timing Makes Champions

Think your lives are too busy for sex? Think again.

Here are a few tips to overcome the 'time' challenge and a few added bonuses:

Call your lover out of the blue and schedule a "lunch" date. In fact, skip lunch and just go straight for dessert. Is that what they call a "nooner?"

Wake up an hour to 1/2 hour earlier in the morning. Sex hormones peak in the mornings for both men **and** women. What better time to have sweaty, steamy, passionate sex?

If you still have the energy, hit the showers together afterwards. Sex in showers is not just for mornings though. It can be good anytime.

Get to bed 1/2 hour earlier than usual. Hmm, what could we do with the extra 1/2 hour? No, watching TV is not what we had in mind, unless it involves steamy scenes.

How about a midnight snack? Make plans to wake up in the middle of the night and play chess. Or you could just have incredible sex instead. Your choice.

Of course, whomever wakes up first can enjoy waking the other one up using hands and tongue only.

Get creative. Think of all the things you do during your day and how you could do those things together. Showers and lunches are just the beginning.

Never again will you say, "I don't have time for sex."

Location, Location, Location

Again, building on the fact that change kills boredom, start by setting a clear rule:

As often as you can, you are to have sex anywhere **but** the bedroom.

That simple rule can open you up to a lot of creative alternatives: couch, coffee table, bath tub, the shower, kitchen, kitchen table, rocking chair, exercise equipment, standing against a wall or laying on the floor of every room in the house. And that's just "inside the house."

How about the backyard, the garage, in the car, hood of the car, out in the woods during camping or hiking or picnicking.

Any public place can spice things up for that matter. Having sex where there's a probable danger of being caught adds a unique spark and excitement to sex. Try the swimming pool, the host's bedroom at a party, sneaking away after dinner at your parents, a stairwell, at work in your office (or an empty office or even your boss's office!) Some have also tried the airplane restroom. But do all of this at your own risk. If you get caught, don't blame us.

You could also rent a motel room, or even a romantic hotel package.

Take a cruise together; rent a cabin or timeshare in another city, state, or country.

We've provided a lot of suggestions to start you up.

However, anything that changes the scenery and breaks the monotony will work! Imagine that you're teenagers having sex for the very first time. All you need to do is spend a little time, put a little effort into thinking of new things and places to use. Your brain will provide the rest.

Some people also find it fun to delve into the fantasy world. Go out to a bar and meet each other as if you're on a first date. Or try picking each other up as if you've just met for the very first time. It will be fun for others watching too. Just don't leave the bar with someone else unless you want to check in to good ol' Fido's place for the night.

Technique

Improving your technique does not just mean learning the mechanics of new moves, it also means being flexible enough to adapt moves you already know to different situations, moods, and moments.

The basic idea, again, is to kill the boredom, to stay as far away from "ordinary" as you can. Your goal is to be **extraordinary**! Remember, the keyword is variety.

As we mentioned earlier, if you use the same positions, techniques and places for sex every time, the sizzle dies away. There's no sense of adventure or intrigue. It's predictable. It's boring. It's just not fun.

Also, as stated earlier, men can usually be ready for intercourse immediately. Many women usually need at least 15 minutes of foreplay before they are ready. It's just how the male and female bodies are different. Accept it, and learn to work with it.

As we started to discuss in an earlier chapter, men and women are different.

Generally, men go straight for the woman's genitals, because that's what they would want to be done to them. They are ready now! And they assume that women function the same way. Women usually go along with it. They don't usually give verbal or physiological feedback to correct the mistake - probably to save the male ego. After all, most men think they know how to please women.

Women, on the other hand, don't go straight for the man's genitals. In fact, they will touch him everywhere else but the genitals until the man finally takes her hand and puts it on his genitals. She's touching and kissing him the way that feels good to "her" - the way that she would like to be touched. She assumes what feels good to her will feel good to him.

So . . .How can we correct this?

For Men

Men need to slow down. Touch her everywhere but her vagina and/or clitoris, at least for the first 5 to 15 minutes. Females have erogenous zones and hot spots all over the body. Hit them all, and enjoy them all. The female body is a work of art. If she's taken the time to show you all, appreciate all of it.

To really drive her crazy, when you do get to the genital area, instead of touching directly on the vagina or clitoris, tease her. Touch her all around the vaginal opening, the area under the vagina, the inner thighs, etc. When she absolutely cannot stand it any longer, slowly touch the main areas. Using this teasing technique, you may sometimes be able get her to climax with the first few touches since the intensity has been built up so much.

Here's another way of looking at it...

Notice how men eat ice cream. They will usually be done within a blink of an eye. Now, watch women eat ice cream. Most of them will take their time, and savor every moment, and every molecule. They will tease themselves with it, place it in their mouths, close their eyes and be lost in heaven as it melts on the tip of the tongue. Ummm . . .

That's their idea of pleasure. So, while quickies and nooners have their place, in most cases be the dessert for them that they can enjoy for longer periods of time.

You may be asking yourself "Why should I do all this for her?" Well, for one, you're reading this book to become better in bed. Correct? Good. If you still need a reason, here's one good one: If you can fully satisfy a woman and really give her pleasure in bed, she will give you pleasure 10-fold, in return! Good enough for ya?

Let's continue...

Most men start by kissing on the lips, then move to the neck, the breasts, the stomach, and raise camp when they get to the end zone.

It's predictable. She knows exactly what you're going to do next, every time you play the same movie again. She knows you're going to start at her lips and head straight down in a straight line, kissing once or twice in between.

That is the quickest road to boredom. Since erogenous zones are present all over the body, hit them all and alternate them. Use different strokes, rhythms, speeds, keep her guessing. Zig where you would normally zag. Keep her on her toes, keep her guessing.

Here's a quick example of what you could do:

While you're kissing her on the lips, slowly brush your hand on her crotch while her panties are still on. As you're doing this, move from kissing her lips to her neck, and then her breasts. Then, throw her off, and go back to her lips. Then down to her tummy. Brush your lips over her pubic hair ever so slowly. Then, back up to her breasts. The mystery and unpredictability will drive her nuts! It will turn her on and when you do get to her vagina, it will be that much more pleasurable for her, and for you!

The next time, try a variation of the above. Add something new; omit something that was done before. Try new positions, different thrust speeds and angles, try new places - forget the bed. Try the recliner or the couch.

Sometimes, a new technique can simply be to use a previous technique in a different theme or context.

Direct stimulation

When you're using your hands or tongue to stimulate her clitoris, don't make direct contact with the clitoris right away. Instead gently rub the hood and folds of the clitoris for a minute. Then, slowly expose the head and gently move your finger/tongue in circles around the clitoris. As you notice her getting closer to orgasm, start rubbing against the clitoris directly, but be very gentle. Also be sure that there is adequate lubrication or it will be painful for her. When she begins to orgasm, switch back to stimulating around the clitoris instead of direct stimulation. During her orgasm, the clitoris will become highly sensitive and direct contact can be painful.

Multiple orgasms

The best way give her multiple orgasms is to slow down after she climaxes. No direct contact to the clitoris. Give her a few moments to catch her breath, and then start building her up again by using semi-direct contact/stimulation of the clitoris. Usually, she will be able to have another orgasm within the next 2 to 5 minutes.

To really take her breath away, kiss her with your lips as she orgasms.

For Women

Women can in turn speed up just a little. You can touch and kiss him on the chest, neck, tummy, and sides for a bit and then bring the penis into play. While you're kissing, you can rub against his crotch from the outside of his pants. Men usually enjoy a little more pressure than women do during the rubbing and fondling. Then, slide your hand inside his pants and do the same. Move on to stroking the penis with your hand. Gently rub against and fondle the scrotum. Don't worry, it won't break, as long as you're gentle. You can even squeeze them a little, but not too hard.

The goal here is to prolong foreplay for you while you're giving the man what he wants. Since men need direct contact immediately, this will keep him happy while you're on your way to getting fully aroused.

Churning

When you're stimulating the penis, add this step for additional pleasure. While stroking the penis, use your other hand to gently hold the scrotum. Then, as you continue to stroke the penis, slowly and gently massage the scrotum with the other hand. He will love it.

The Milking Technique

Just as the man is about to have an orgasm, squeeze his penis. This usually intensifies the orgasms. If you're using your hand, squeeze around the penis while stroking. During intercourse, squeeze your vaginal walls to create the same effect. This technique works best when the woman is on top since it's easier for her to squeeze.

Modified Woman on Top

In the standard 'woman on top' position, the man lays on his back while the woman sits upright, on top of him. The woman has more control of the angle and speed of the thrusts and can therefore reach orgasm more easily. For the man, laying on his back usually delays ejaculation. So, it works well for both partners.

The modified version of this position helps both partners more. Instead of sitting upright, the woman can lean forward anywhere between a 45-degree to 60-degree angle, and use her hands for support. Then, instead of moving up and down, she moves her hips back and forth. This position allows for more clitoral stimulation for the woman and further helps the man to last longer when compared to the up and down motion.

While the woman is on top, she can use her hair to brush against the man's chest for his added pleasure.

Women can also work with their male partners and teach them to slow down and even last longer. Some tips are given later on in this chapter.

One final, yet important advice for women: The best way to get your partner to enjoy sex more is to simply have more sex. It helps to repeat the advice that women need to initiate sex more! This one step alone will improve your sex life dramatically.

Learn from Each Other

Just as you can satisfy each other by simply reversing the things you used to do to each other, you can similarly learn more about how to satisfy each other in different areas. By this type of sharing and interest in your partner, you can become better lovers for each other.

Show each other what your idea of the perfect kiss is. Take turns kissing each other but the other person cannot kiss back and just enjoys your kiss. Then switch. This will show you exactly how the other person likes to be kissed which you can then imitate.

Masturbate in front of each other while the other person watches - and takes mental notes. The observer can also join in by some basic touching or kissing eventually. This will help you, and your lover, learn a whole lot about satisfying each other.

Some people may find this technique to be uncomfortable at first. But work through it because doing so will also bring the two of you closer and more intimate. This in turn will increase the enjoyment and pleasure during sex.

Try to get each other to orgasm without intercourse. Use only your hands and lips and tongue. Or, use only your hands today. And tomorrow, use only your lips and tongue. The person being satisfied can provide feedback verbally or physically, as needed.

Last Longer in Bed

One of the most frequent complaints, from both men and women, is that men tend to reach orgasms much faster than women. The bad news is you may be one of these men. The good news is that it's a fairly common problem. You're not the only one. The really great news is that the problem can be fixed.

Here are two simple techniques men can use to increase their lasting time:

1. Build and Stop

This technique requires the man to stroke his penis with his hand until he feels he is close to reaching orgasm. Then, stop stroking, take a deep breath in, and then slowly breathe out. Repeat the breathing until the urge to climax surpasses. Then, repeat the process. This process will help the man to gain better control of his orgasms.

When he is able to control his orgasms, the next step is to try the same technique using lubrication. The goal here is to duplicate the sensations of actual intercourse. This process will be more difficult than the one above.

When he is able to control orgasms using lubrication, he can then graduate to using this technique during actual intercourse. With practice, men have been able to last as long as they want during sex by delaying their orgasms using this 'build and stop' technique.

2. Kegel Exercises

Doing kegel exercises is another way to delay ejaculation and last longer during sex. It is done by contracting and relaxing your PC muscles. To locate your PC muscles, try moving your penis without using your hands. The muscles used to do this are your PC muscles. They are also the muscles you use to stop yourself from urinating.

These muscles, on an average guy, is usually not strong enough to stop ejaculation. However, just as is true for any other muscle, by exercising them, they can become stronger and help you to control your ejaculations.

Simply contract these muscles, hold for a second, and relax them. And then repeat the process. Start by doing 50 repetitions per session and build up to as many as you can do without feeling any pain. You can do these anywhere, even while you're sitting in the car waiting for the light to change or sitting in your office surfing the net. No one will know.

You can do them once or twice per day, every day. If you feel any discomfort or pain the next day, take a break and continue the following day. Just as with any other exercise, start slow and don't over do it.

Most men see improvements within 1 to 3 months. After the first 3 months, it may not be necessary to do kegels every day. However, to maintain the strength, continue to exercise the PC muscles occasionally. If you can handle doing it everyday, that's great.

Now it's time to put your stronger PC muscles to the test...

As you feel yourself reaching closer to orgasm, clamp your PC muscles by contracting them as hard as you can. Hold for up to 1 minute or until the urge to ejaculate surpasses and then slowly relax the muscles. As you relax, let a long deep breath out. Repeat this process for as long as you need to.

Strong PC muscles can practically help you last as long as you want in bed. When you do finally allow yourself to ejaculate, the ejaculation will be much stronger and the orgasms more intense.

Move over, Viagra!

Positions

If you start with the missionary position and end with the missionary each time, it's time to get creative.

While there are many different positions to share, we will cover some of the best ones that we feel will improve the quality of sex for both partners as well as help solve the most common problems/complaints among couples.

The positions we discuss will:

- ensure that women have more frequent orgasms during sex
- help men last longer
- solve the "penis size" problem, and of course
- offer enough variety to kill boredom

And the nominees are . . .

A Position That Almost Guarantees Orgasms for Both

This is called the modified missionary position. While in the missionary position, the male will move his body up by one or two inches without pulling out of the female. While in this position, he will use only his hands and elbows to move up and down instead of moving his hips to penetrate in and out. This position will allow the man to last longer and it will also provide more stimulation to the woman's clitoris. The chances of both parties having orgasms is increased exponentially. There's also a good chance of simultaneous orgasms.

Modified Woman on Top

While this one is covered in a previous chapter, we felt it was worth repeating here.

In the standard 'woman on top' position, the man lays on his back while the woman sits upright, on top of him. The woman has more control of the angle and speed of the thrusts and can therefore reach orgasm more easily. For the man, laying on his back usually delays ejaculation. So, it works well for both partners.

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Sideways

Both the man and woman lie on their sides, facing each other. They can both bend their top legs (the legs that are furthest from the ground) at the knees, the man keeping his leg between the woman's legs while the woman rest her upper leg over the man's waist. The woman can rest her head on the man's lower arm (the arm closer to the ground.) This position also allows men to last longer while providing women with greater stimulation/friction. Also, neither one of the people involved has to support the other's body weight on top of their own. Both partners can rest on their sides.

If Size Matters . . .

Deeper Penetration

The female is laying on the table (or bed) on her back, using only her upper body so that her butt rests on the edge of the table. Her lower body is vertical, legs fully extended and toes pointing towards the ceiling. The man enters her while allowing her to rest her legs on his shoulders, one on each side. This position allows for deeper penetration.

A Variation of the Above

The female lays in bed on her back while her legs are vertical, fully extended. The male is sitting upright, legs folded, one knee resting on each side of the woman's body. She lifts her legs up and puts them on each side of his shoulders. The male can gently hold on to her legs for stability as he moves his hips back and forth. This position also allows for deeper penetration.

More Friction

This is a variation of the previous two positions. The difference is that instead of the woman resting her legs on each side of the man's shoulders, she rest both legs on just one of his shoulders and then she places one knee over the other so that her ankles are crossed. This allows both her thighs to press against each other creating a narrower opening in her vagina which in turn creates more friction during penetration. Both partners will feel more friction and more stimulation during intercourse. Be certain that there is adequate lubrication.

Doggie Style

The female assumes the kneeling position, resting on her knees and elbows. Her upper arms are extended in front of her on which she can rest her head. The male, resting on his knees, enters her from behind. This position also allows for more penetration.

Variation of Above Position

This is a variation of the doggie style. The female lays on her tummy on a bed or table while her legs are hanging from the edge of the bed/table. The male is standing, and enters from behind, again allowing for greater penetration.

Caution: Keep in mind that greater penetration is not always better. If the penetration is too deep, it can cause the woman pain and can sometimes also cause internal damage. Use good judgment.

An Added Tip Regarding Size

Some experts suggest that when a woman is fully aroused before penetration, her vaginal opening appears to decrease in size and also creates a suction mechanism around the penis. This can compensate for a not-so-large penis.

So, the best thing guys can do is to enjoy lots of foreplay before intercourse, if size is an issue!

Other Positions for Variety

Try having sex standing up. The woman can lean against the wall. The man lifts one of her legs up and enters her. This is not an easy position and may require some practice. If the man is taller than the woman is, he may have to stand with his feet spread further apart to compensate for the height difference.

Try different positions in the tub. This can be a lot of fun. Although, be careful of slipping accidents.

Don't let this limit your imagination. Using different "places", for example, the recliner instead of the couch, will give you a chance to find new and more interesting positions for both you and your partner.

Generally, women prefer that you don't break contact once you're inside her. So, unless you're changing to another position that requires you to pull out of her first, stay inside her for as long as you can.

While we're on the subject, here's another way to make things more exciting:

Start with one position, and change to up to 5 other positions **without** breaking contact, i.e. without pulling out. Let's see how creative you can get. Take your time with this one. Don't rush during the changes and don't pull any muscles. You don't want to injure yourself or your partner.

Quickies

The most important thing you should keep in mind is that quickies are **not** meant to be an alternative to regular sex. They should not replace regular sex. A quickie is an added spice you can sprinkle on to your existing incredible sex lives to make it even more exciting.

Quickies, if done right can be good for both partners! Here's how you can make them a lot more fun:

Quickies seem to be a lot more fun when they're unplanned and spontaneous. This usually catches the other person off guard. It's not predictable and that is a "good thing."

It also tells the other person that you desire them and are very attracted to them, that you can't control your lust for them and that you have to have them now! It may also help to verbally convey these things to your partner. Everyone wants to feel desired.

Quickies need to be passionate, maybe even a little rough. Imagine the sound of clothes being ripped off, while kissing passionately and hurriedly. Imagine one of you pushing the other down towards the bed or sofa. It's like going from zero to 60 in 5 seconds!

The spontaneity and raw passion involved in quickies can usually get women aroused and ready for intercourse just as quickly as men. They may even have an orgasm during quickies if the right ingredients are present. This is one of those rare cases where foreplay is not required. Besides, there's no time for it. Hence the name "quickie."

However, if she doesn't seem to have enjoyed it as much as the man, the man should promise to make it up to her at a later time. And he should definitely keep his promise! And when he does, he should make it all about her. Give her oral pleasure and make the whole thing last for as long as you can, without expecting anything in return. Of course, if she insists on repaying the favor immediately, who are we to stop her?

Quickies are also great when done spontaneously, in an "unfamiliar environment," i.e. not in your own bed, and hopefully not on a bed at all.

Also, as mentioned earlier, a little danger of being caught somehow enhances the pleasure. Some examples: in a public place, in a not-so-secluded parking lot, sneaking away to an empty room while at a party, under a stairwell, etc. Of course, if you get caught, we're not sending you bail money.

Think back to what sex was like as a teenager. Do you recall wanting to have sex every chance you got, at every place you could find that could offer you just 5 minutes of privacy? That's the kind of lust and passion that makes quickies satisfying.

And, lastly, as we mentioned before, quickies are not meant to be an alternative to regular sex. It should instead enhance your already existing, incredible sex life.

Aftermath

This section is mostly for men.

If you're in a serious relationship, and the other person means something to you, there may be a few things you would want to do (or not do) after you've had sex with her:

Don't roll over and fall asleep.

Don't get up immediately after you're done and walk out of the room either.

Most women actually prefer it if you spent a little time with her afterwards, holding her in your arms while you lay down together. Yeah, we know it probably sounds mushy to you. But it won't kill you to do so, and it will probably score you some major points because women love this stuff!

You could also stay inside her, after you've had sex, while you cuddle or lay next to each other. If you're using a condom, be careful with this one. There is a chance that the condom could slip out of your penis and get lodged inside her vagina.

The next time you have sex, think of how you could make it more fun, more romantic, more passionate and exciting for both you and your lover.

The tips provided in this book are just the beginning!

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