

SEAN JAMESON

BLACK BOOK

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Bad Girl's Bible

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Table Of Contents

Chapter	Page
Introduction to a Better Sex Life.....	3
Your Pleasure and Masturbation.....	10
More Powerful Orgasms During Sex.....	26
Heavenly Hand Jobs.....	34
Blissful Blow Jobs.....	39
13 Incredible Sex Positions.....	45
Sexual Tension: The Vital Spice.....	57
Saving & Maintaining The Passion.....	65
Time to Take Action.....	76



1

INTRODUCTION TO A BETTER SEX LIFE

Thanks for grabbing a copy of the Bad Girl's Bible Black Book. It's been hard work, but also a fun process writing this book over the last three years. It's resulted in some of the best sex advice that you'll find on the internet. Many of my best tips & techniques on how to pleasure your man **and make sure you are sexually satisfied** are in here.

Your man may even learn a thing or two by reading it.

Now if you know me well and get my sex tips newsletter, you'll know that I like getting straight to the point...so let's get to the important stuff...

(By the way: if you want to join the tens of thousands of women who already get my sex tips newsletter, you can sign up [at this link](#) .

What you will learn from the Black Book:

- How to have more powerful, enjoyable orgasms during sex and when masturbating.
- You'll learn the most important techniques for giving a great handjob.
- You'll discover the secrets to giving your man mind blowing oral sex (with demonstrations!).
- You're going to see what sex positions are most enjoyable and see demonstrations of how to perform them.
- You'll learn how to build sexual tension between you and your man, to keep him thinking about you and craving sex with you.
- How to reignite the passion in the bedroom **and maintain it**, as well as re-experiencing that burning desire you and your man felt when you first started dating.

What you will **not** learn from the Black Book:

- The Black Book will not teach you how to stand in front of a mirror and repeat affirmations to yourself. Affirmations can make you feel good, but they don't actually teach you anything.
- The Black Book will not teach you how to perform ridiculous, uncomfortable or dangerous sex positions or techniques. I'm going to focus solely on the most enjoyable and easy-to-perform sex techniques and positions.
- The Black Book will not give you that weird, strange, awkward advice that you'll find in most magazines. There are no tips like 'eat a donut off his penis' or 'tickle his feet with your nipples' or 'watch a horror movie during sex to heighten your experience'. You will only find powerful, tried & tested techniques that give both of you incredible pleasure.
- The Black Book has nothing to do with becoming slutty or doing anything you are uncomfortable with. I'm simply going to show you how some small, easy-to-make-adjustments can change your entire sex life and relationship with your man.

But better sex and more powerful orgasms are not the only benefits you'll get from applying the techniques in this book. You'll notice that your man will want to spend more time with you, he will value you more and you may begin to notice that he even starts to get a bit more protective of you when other guys are around...and don't be surprised if all of this starts to make your friends jealous of you and your relationship.

Something Important You Should Be Aware Of

The responsibility for having great sex rests with you. Think about this for a minute. Nobody else cares. Some massive industries would even prefer if you had a terrible sex life. **The pharmaceutical companies need you to have problems with your sex life.** If you didn't, they couldn't make money. Erectile dysfunction medications alone earn them billions of dollars a year. **The billion dollar porn industry doesn't want your man to suddenly become sexually satisfied** and hooked on you either; it would crush their sales. And there are countless more industries that make millions off of people's sexual frustrations and problems.

So I have a favor to ask you...

Please understand that these people don't really care about your (and your man's) sexual satisfaction.

The only people that truly care about you and your man having an incredible sex life are...you guessed it...**you and your man.**

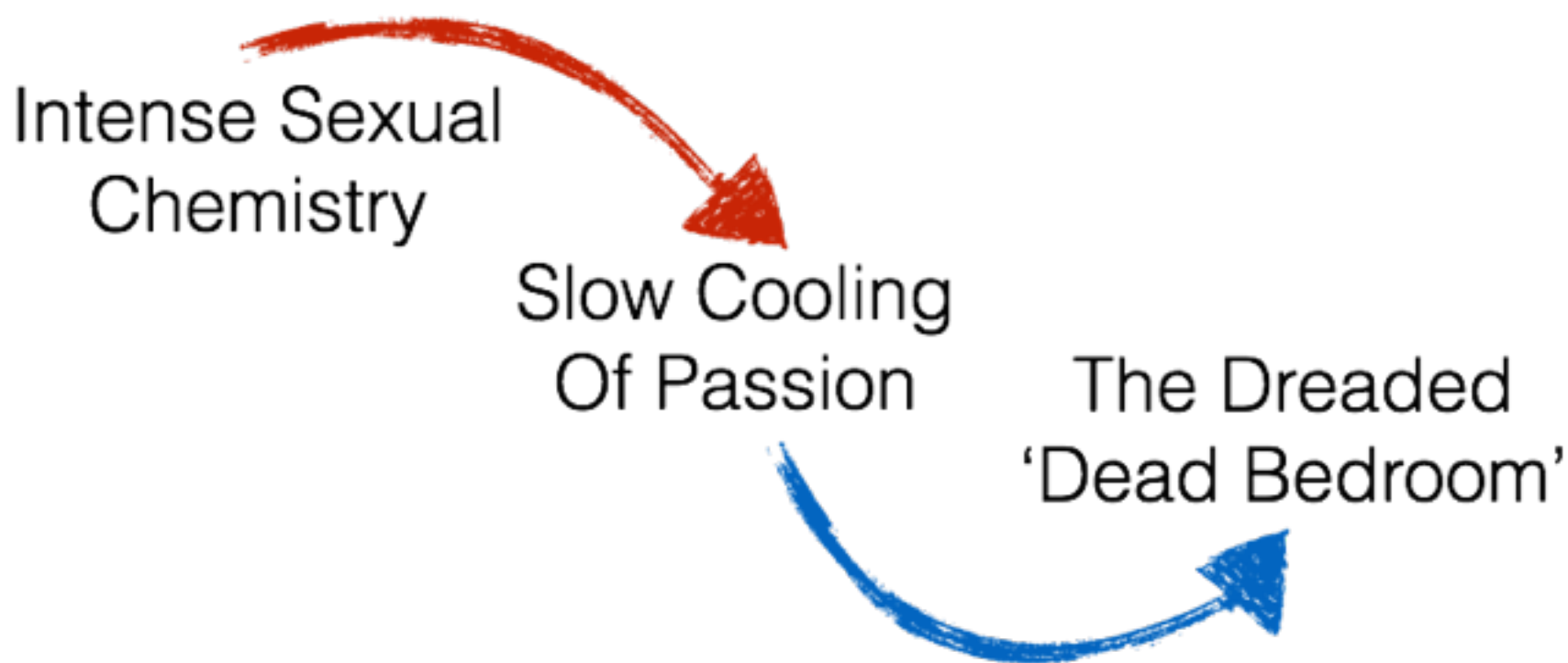
So if you truly want to improve your sex life, then take responsibility for it.

Actually, 'taking responsibility' may not be the most accurate phrase. A better one is to **take action** and take the necessary steps to improve it.

A great starting point is reading this book as you'll find some of the best advice, techniques, tips, tactics, positions and ideas you can use to have better sex and to keep your relationship passionate. But it will all be worthless if you don't **take action** and actually use the techniques I teach you.

The Dangerous Path Most Relationships Take, Don't Let This Happen To Yours

Sadly, many relationships follow a similar path...



Sound familiar?

So many people despair when they wake up to discover that their relationship has somehow slipped into the 'Dead Bedroom' phase, where their sex life has become almost non-existent to the point that it literally feels dead. *Maybe it's like that for you right now?* The dreaded Dead Bedroom is often the reason relationships break up and even why some people resort to cheating.

But you never need to experience this trauma...

This book will teach you how to prevent a 'Dead Bedroom' from ever happening to you.

But it won't work if you don't apply the techniques you're about to learn and actually **take action.**

I know I keep repeating myself and reminding you to **'take action'**. You may be wondering why...

It's pretty simple, really.

When I surveyed the women who signed up to receive the first copies of this book and newsletter, only 41% of them finished it and used the techniques inside it. The rest didn't finish it or use the techniques you're about to learn....and you know what? **Their sex lives didn't improve.** And they remained unfulfilled.

So if you're lazy, unmotivated or not willing to take action, stop reading now and go find some silly, time-wasting video to watch on YouTube instead.

Still here?

Great!

Before we dive in, you're probably wondering *"Who is this Sean Jameson guy anyway?"* Well...I'm the guy who wrote this book, as well as the bestselling [**Blow Job Bible**](#) & [**Dirty Talking Bible**](#). I'm also a contributing sex expert (or 'sexpert' as everybody seems to call it these days) to Your Tango and have been featured in numerous blogs, radio programs, podcasts and magazines teaching women how to please their men and themselves. Most people actually know me from my famous newsletter and website, BadGirlsBible.com, where over half a million women come every month to learn my most powerful and effective strategies to improve their sex life and have a more passionate relationship.

Who I'm not...I'm not one of those PhD.-educated, research scientists who has spent all their time in some laboratory writing scientific papers and coming up with theories

on sex that sadly don't apply to the real world. Does this paper, 'The “Booty Call”: A Compromise Between Men's and Women's Ideal Mating Strategies' sound like it was written by someone who actually knows about having incredible, toe-curling, back-arching sex in the real world?

Nope.

By the way, this scientific paper actually exists!

Before You Dive In

When reading the book, you may feel like finding the techniques you want to learn most and skipping straight to them. **Please don't.** You will learn much more if you first read through the entire book and then afterwards come back to the parts you enjoy the most and restudy them afterwards.

*Ready to **take action**?*

Let's dive in!



2

YOUR PLEASURE AND MASTURBATION

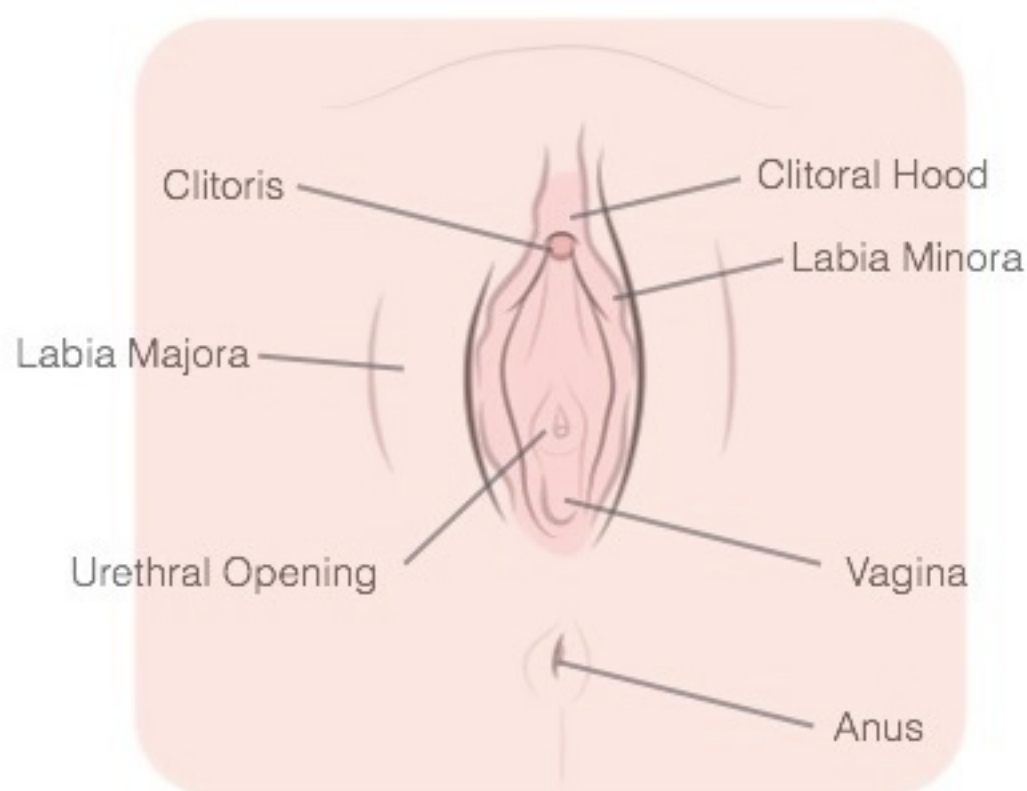
Before I teach you the techniques and positions to give your man toe-curling orgasms, **it's vital that you understand your own body.** Once you know exactly what type of stimulation, angles and pressure give you the most intense orgasms, you will be able to use this knowledge during sex to make it more enjoyable. Then you can start focusing on your man. This may sound a little crazy, but I'm seriously asking you to be a little selfish at first.

The best way to learn what makes your body respond most powerfully is through masturbation. Here's what this chapter is all about...

You're going to learn a lot of different masturbation techniques over the next few pages. Try experimenting with them all while keeping an open mind. You'll quickly discover that you absolutely adore some of them, but others aren't nearly as satisfying.

Remember the ones you enjoy the most. You're then going to incorporate these techniques into foreplay and sex, either by showing your man the techniques or by replicating the same motion/angle/pressure during sex.

Now let's dive in and start with your anatomy before learning some techniques.

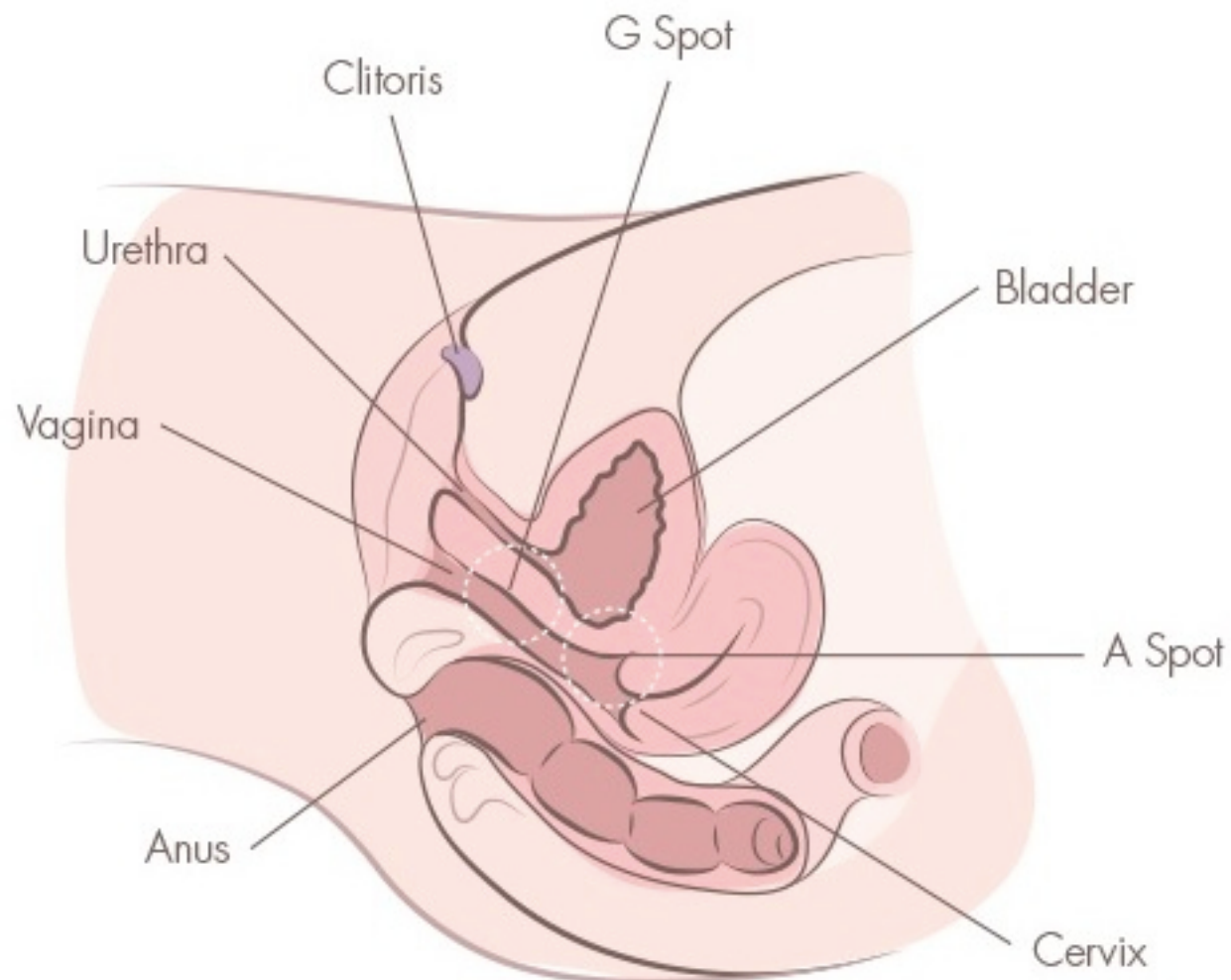


Clitoral Hood - At the top of the vagina, you can see your clitoral hood. This is the little flap of skin that covers your clitoris. It doesn't serve much purpose other than to protect your very sensitive clitoris from getting hurt.

Clitoris - Your clitoris is one of the most important parts of your body for sexual pleasure. It's that tiny nub of skin full of nerve endings that feels incredible when stimulated correctly. As you can see from the illustration, it's located just underneath your clitoral hood.

Labia Majora & Labia Minora - Your labia majora & minora are the flaps of skin indicated in the illustration that run along the outside of your vagina. As you can see, your labia majora are much larger than your labia minora. The sensitivity of these varies from woman to woman. So you may find them very pleasurable to have stimulated while others don't get much gratification from them at all.

Urethral Opening - Your urethral opening is where you pee from, so we won't be paying much attention to it.



Vagina - Your vagina is the other area of your body besides your clit that is super sensitive and there are multiple ways to stimulate it.

Anus - Your anus also possesses a lot of nerve endings and can be quite pleasurable to have stimulated too.

G Spot - The G Spot is located about 2-3 inches (5-7.5 cm) inside the anterior wall of the vagina. It will only feel pleasurable to have stimulated when you are aroused and turned on. So if you or your man look for it when you're not thoroughly aroused, you're going to have trouble finding it.

I will be covering some techniques on how to have great G Spot orgasms later in the book.

A Spot - As you can see from the illustration, the A Spot is located much deeper in the vagina on the anterior wall by the cervix. When stimulated it can lead to very powerful vaginal orgasms. The A Spot is also called the deep spot, AFE zone or even the 'epicenter'.

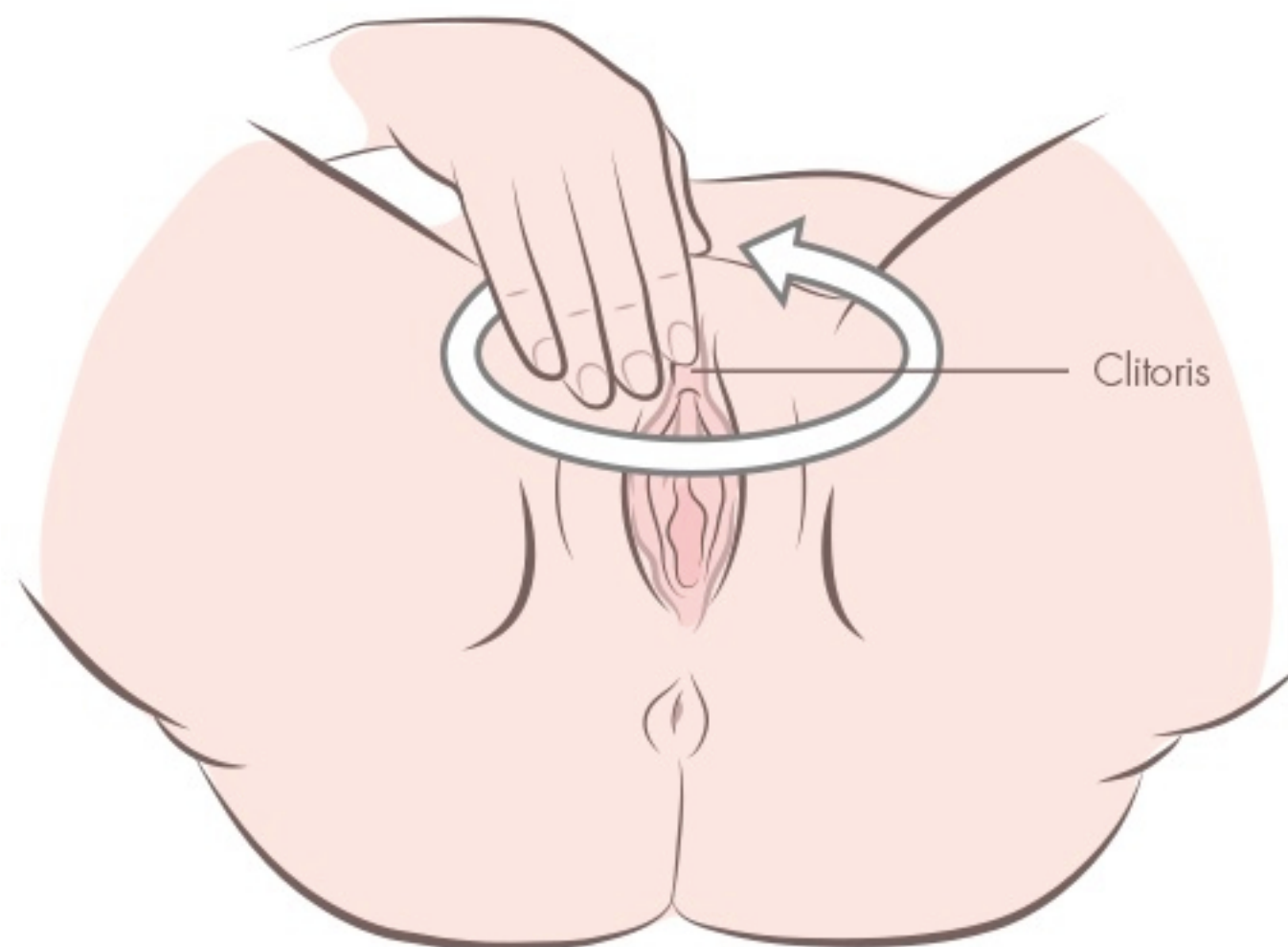
Vagina - The entire length of your vagina is sensitive and feels wonderful to have stimulated, especially your A and G Spots as I just mentioned above.

Cervix - Your cervix is very sensitive, but almost never in a sexual way, this means that you will probably want to avoid stimulating it completely...although there are a small number of women who enjoy having it stimulated during sex.

Rectum - Your rectum is the area inside your anus. How much you enjoy stimulating this area of your body depends on you. My advice is to always experiment!

Now that you know your anatomy and where your most sensitive spots are, it's time to learn the techniques for having more orgasms with more intensity. The absolute best way to do this is to first get acquainted with your body through masturbation, then by trying out some of these techniques with your man. Let's dive in with some classic masturbation techniques, building up to my most powerful ones. Remember, you might want to show your man the techniques you enjoy the most.

The Classic Masturbation Technique



This is probably the most used masturbation technique. It's simple to do and will work well for anyone that enjoys lots of clitoral stimulation. All you need to do is find a comfortable position where you can easily access your clit with your hand.

Then it's a simple case of holding your four fingers together and rubbing them back and forth over your clit like in the illustration above.

As with all the masturbation techniques you're going to learn, the key is experimenting with the direction and pressure you apply. Some women will prefer moving their fingers side to side, while others enjoy more of an up-and-down motion that also covers your labia and rest of your vagina.

You can also perform this technique using two fingers or just even just one finger like in the illustration below:



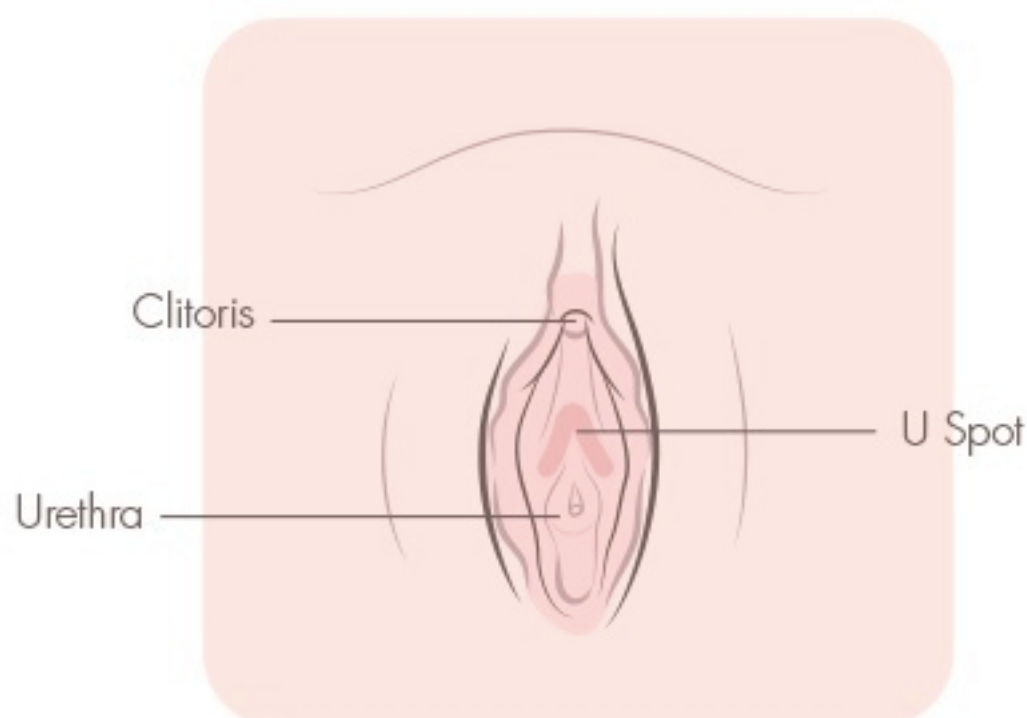
The Lovely Labia



Rubbing and stimulating your labia can be more like foreplay than masturbation. It may not bring you to orgasm, but it's a great way to build up to more intense techniques later.

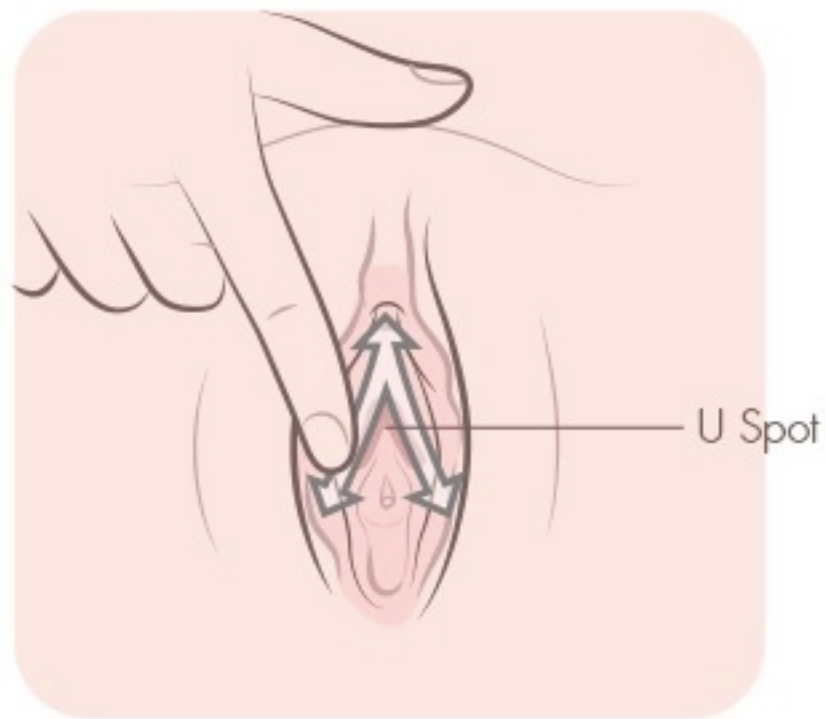
There are plenty of ways to rub your labia, but as you can see from the illustration on the previous page, a really fun way is to slowly drag your fingers up and down them. Make sure to experiment with using some lube too, to see what is most pleasurable.

U Spot Masturbation



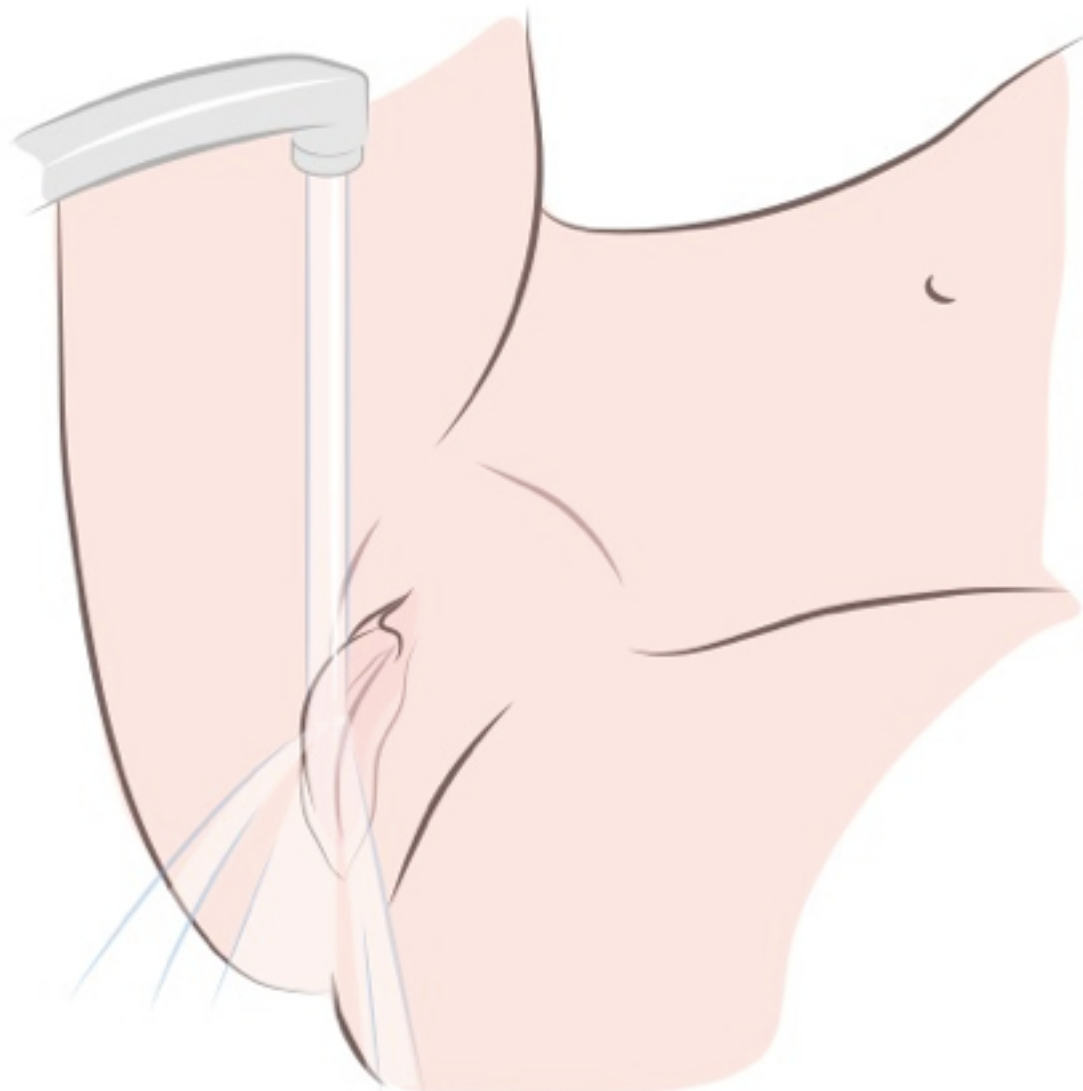
Not many people seem to know about the U Spot. You also may have noticed that I left it out of the earlier anatomy illustration. It's the area of skin just above your urethral opening and to the sides of it.

To stimulate it, you just need to very gently stroke it with the tip of your finger like in the illustration on the next page. You'll find that using lots of lube is best to help keep it pleasurable. For some women, the U Spot can extend higher than in this illustration, to right below the clitoris.



The Faucet and Shower Head

If you haven't yet used a shower head or faucet to get off then you are missing out! While it's not exactly a standard masturbation technique, it feels very pleasurable and different when compared to using your fingers.



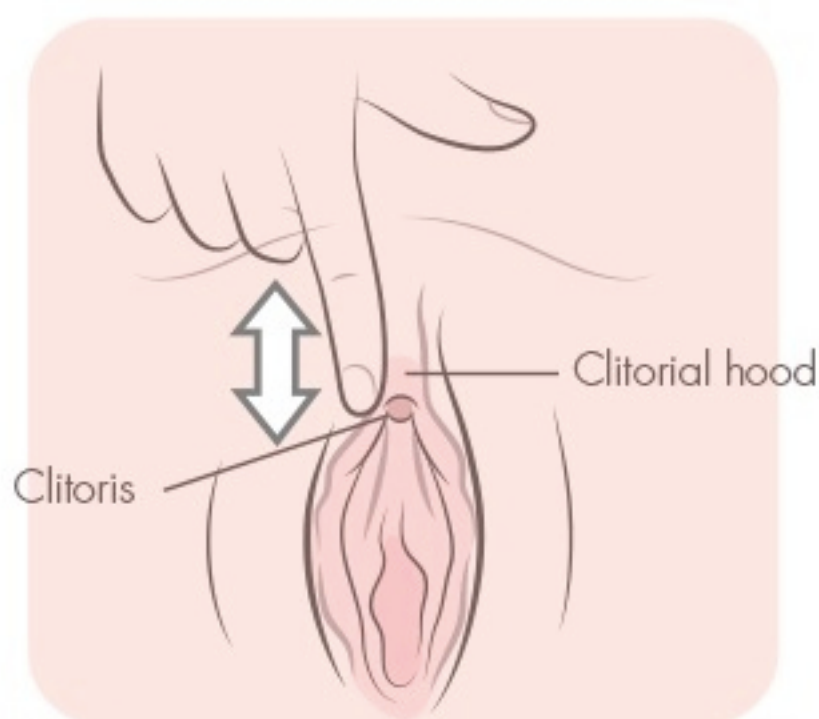
All you need is a water faucet that you can maneuver your vagina under so that the water can freely flow over it or a shower head that you can direct towards your vagina.

I don't know the exact science behind it, but everyone that tries it reports that the running water feels wonderful and can help you get off very, very quickly. So experiment with the settings on your shower head to find out what feels best. Letting your man take control of the shower head can be a lot of fun too.

Quick Hint: You may find that the 'pulse' setting is best ;)

The Featherlite Technique

The featherlite technique is just like it sounds - it involves a 'feather light' touch. It's best to perform the featherlite technique while lying down in bed, with your legs spread open.

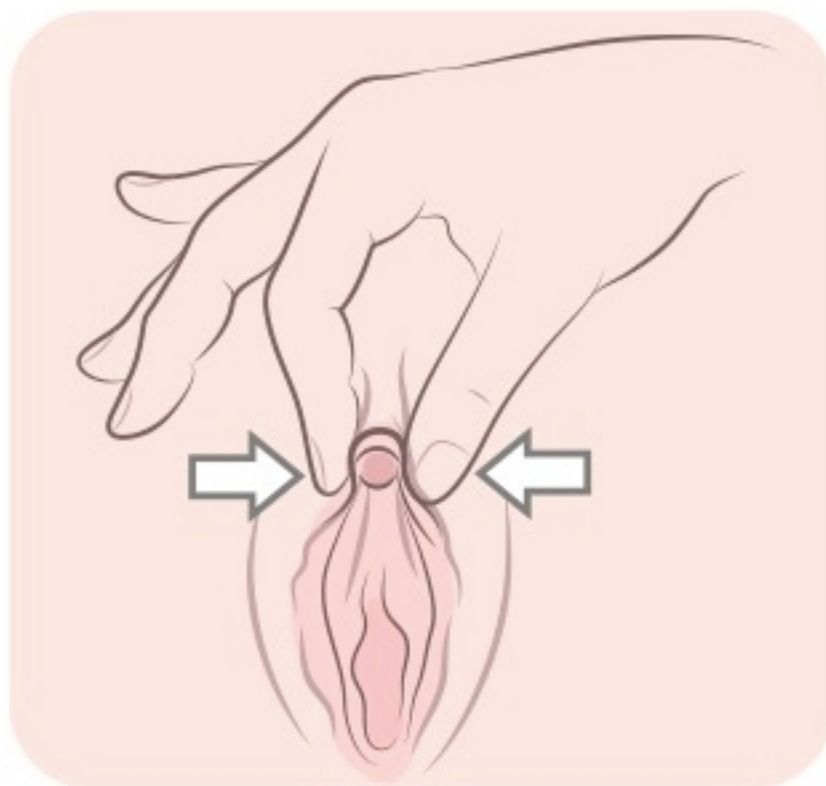


You're then going to use just one finger (usually your index finger) to gently apply the tiniest amount of pressure to the very edge of your clitoris as demonstrated in the illustration above.

You're only going to move your finger a few millimeters back and forth making sure to apply only the slightest amount of pressure to your clit. Many women report that it just feels too frustrating and they can't keep doing it for long, that it feels like they are teasing themselves, while others report that the longer they do it, the better it feels.

My advice is to at least try it and do your absolute best to hold out for as long as you can, making sure to always use the very least amount of pressure possible.

The Squeeze



The squeeze is a really nice masturbation technique that many have never even tried. While everyone seems to understand that the clit is a super concentrated area of nerve endings, what many people fail to realize is that it extends back inside you and along the vagina as well.

So the visible tip of the clitoris isn't the only sensitive part - the base of the clitoris, the part that's not visible is also hyper sensitive...and we're going to use the 'squeeze' technique to stimulate it!

All you need to do is place your thumb and index finger on either side of the clitoris like in the illustration on the previous page. Then press down and inwards so that you're 'squeezing' it between the folds of skin surrounding it.

Start by squeezing it quite gently. You'll quickly notice that you can actually squeeze it with a lot of pressure without it being uncomfortable. Then it's just a simple case of playing around with your clit between the folds of skin, by rolling it between your index finger and thumb.

One fun technique is to imagine that it's a tiny penis and that you can jerk it up and down slightly. As with the other masturbation techniques, make sure to experiment to discover what you enjoy most.

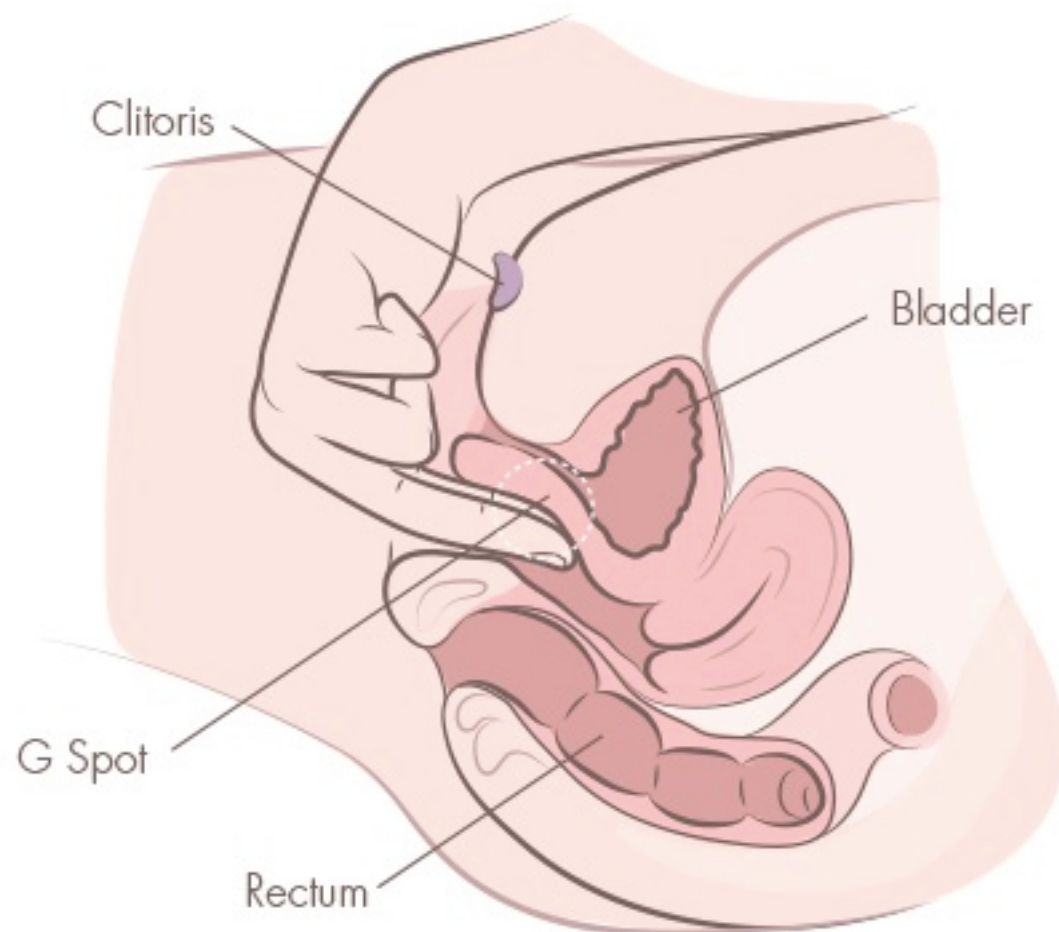
You've probably noticed that so far, all of these techniques involve the outside of your vagina and no penetration...

Let's fix that!

Finding and Fingering Your G Spot

Slide your hand down your stomach and then enter your vagina with one or two fingers. Try curling them backwards slightly so that you are pressing against the upper wall of your vagina just like in the illustration on the next page. This is where your G-Spot is located, just 2-3 inches deep inside your vagina.

You'll know it when you press and rub it because it feels kind of like the back of your palate in your mouth. Some even describe it as feeling sort of like a wet raspberry. In other words, it feels soft & wet with tiny ridges. Try concentrating on the G-Spot for some really intense orgasms.



I'm going to cover three different techniques to stimulate your G Spot in just a minute, but first there are two important things you need to know about your G Spot

1. Your G Spot will be impossible to find if you are not turned on.

2. You can see from the illustration above how the G-Spot is right beside the bladder.

A problem this often causes is the feeling that you need to pee when you stimulate it. So if you feel the need to pee every time you finger yourself and stimulate your G-Spot, then don't worry; it's perfectly normal. A great tip that will minimize this 'needing to pee' feeling is peeing right before you masturbate.

Now that we've covered the basics, here are some more fingering techniques that you can use to give yourself intense vaginal orgasms. Don't forget, your man may learn a lot from reading this section too.

Double Your Pleasure

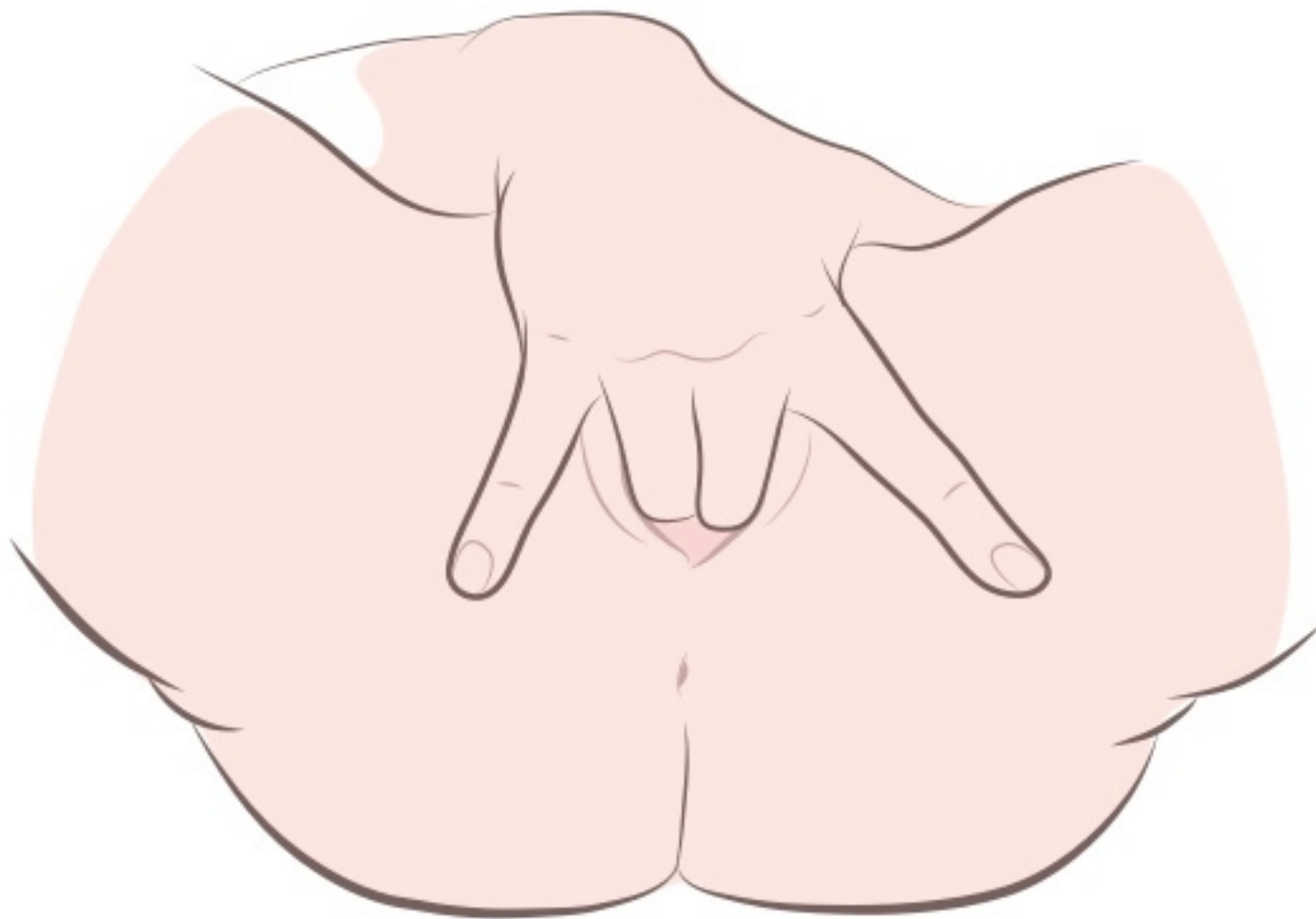
This fingering technique is the best if you are someone who normally struggles to reach orgasm when masturbating. It requires the use of both hands.



Your first hand will be fingering your G Spot in the same way I described earlier while your other hand will be rubbing, massaging and caressing your clit. It's super simple and makes reaching orgasm almost inevitable. Also keep this technique in mind during sex. While your man is thrusting in and out, you can start rubbing your clit.

Squirting & Gushing

While fingering yourself, it's also possible to make yourself squirt. To do this it's best to use your middle finger and ring finger like in the illustration on the next page...



These two fingers inside your vagina will still be pressing on your G Spot like in the previous illustrations. There are three different fingering techniques that I recommend you use to stimulate your G Spot if you want to squirt.

Push the Button - You can press your G Spot repeatedly with your finger like you would press a button. Make sure to experiment with how much pressure you apply. Lightly pressing can be enough for some, while others need intense pressure. This pressing can be pleasurable, but the next two techniques are much more likely to make you have a squirting orgasm.

Come Hither - Making a 'come hither' or 'beckoning' motion with your middle and ring fingers will allow the tips of your fingers to run all the way over your G Spot, providing yourself with a lot more stimulation. Again, make sure to experiment with the amount of pressure applied and with the exact location of where you apply the pres-

sure. You may notice from this technique and Push the Button that you can tire your fingers and wrist out quite quickly.

The Arm Shaker - The arm shaker is like a combination of Push the Button and Come Hither...on steroids. Instead of simply using your fingers and hand to provide stimulation, you are going to use your entire arm. First, you need to keep your fingers firmly in place, with the tips pressed against your G Spot. Then you need to start using your entire arm to provide pressure, a lot more pressure than previously.

Do this by keeping your arm quite stiff while trying to raise and lower it rapidly. As your fingers are pressed against your G Spot, you will be able to provide massive amounts of pressure to it. This is almost guaranteed to make you squirt.

Important Notes on Squirting

As your G Spot is stimulated whilst masturbating or during sex, you will start to feel a build up in pressure. Many women report that this feels like ‘needing to pee’. This feeling is completely natural for a 3 reasons:

1. The gland responsible for squirting, the Skene’s gland (which is located just above your G Spot) is very close to your bladder and it expands as you get turned on and as your G Spot is stimulated.. As it expands, it puts additional pressure on the bladder, increasing the feeling of needing to pee.
2. As your Skene’s gland enlarges, you will naturally feel like releasing the pressure, which means squirting or gushing. When you squirt/gush, fluid leaves the Skene’s gland through the urethra (this is the tube you normally pee from). So it will feel a bit like peeing when you do squirt. Simply put, there is no way to avoid this ‘peeing’ feeling.

3. Most women can squirt **under the right circumstances**, so if you don't manage to do it the first time you experiment with these techniques, don't worry. Just try again another time while trying to focus on what feels most pleasurable.



3

MORE POWERFUL ORGASMS DURING SEX

If you have read the previous chapter, *Your Pleasure and Masturbation*, you'll now know that there are a huge variety of techniques you can use to bring yourself to orgasm. Once you learn what techniques you respond to and enjoy the most, it's time to use them during sex and foreplay.

This is where great communication is critical.

Letting your man know exactly what you enjoy and need when you're in bed with him is going to be the difference between good sex and great sex. The way in which you communicate this to him is vital, as guys often let their egos get in the way...

So think about the most effective way of letting your man know what you want in bed. Here are two very different examples:

Example 1:

"I don't like it when you do that technique. You don't go deep enough. You're too gentle most of the time. I don't like being on top. I want more foreplay."

Example 2:

"I think you'd make me come like crazy if we tried this new technique I just read about. It feels incredible when you go really deep inside me. I get so horny when you are rough with me. I love feeling your body on top of mine, holding me down. The longer you draw out foreplay, the harder I come."

Notice how different each of these approaches are? The first approach is very negative and can make some guys really resentful as it will hurt their ego. The second is super positive, with specific suggestions, and will boost his ego. If you want him to listen then being positive, giving him specific instructions and boosting his ego will be vastly more effective.

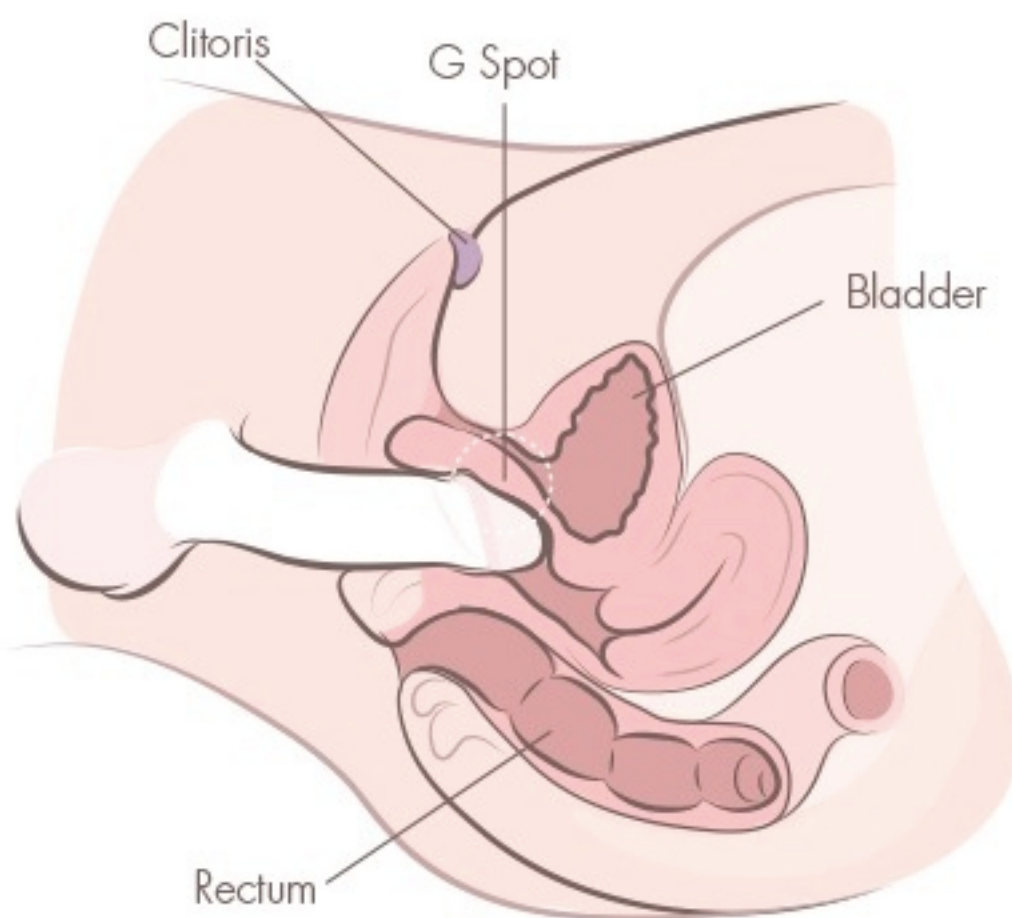
Additionally, your man may be more of a visual learner, so you may want to actually show him and teach him what you want. Just remember, sex is supposed to be fun, so it should only take a couple minutes at most to show him anything. And it shouldn't feel like he's being lectured by his teacher!

Your man can use all of the techniques in the previous chapter during foreplay, by simply replacing your hand with his. So rather than repeating them in this chapter, let's learn some techniques for having stronger orgasms during sex...

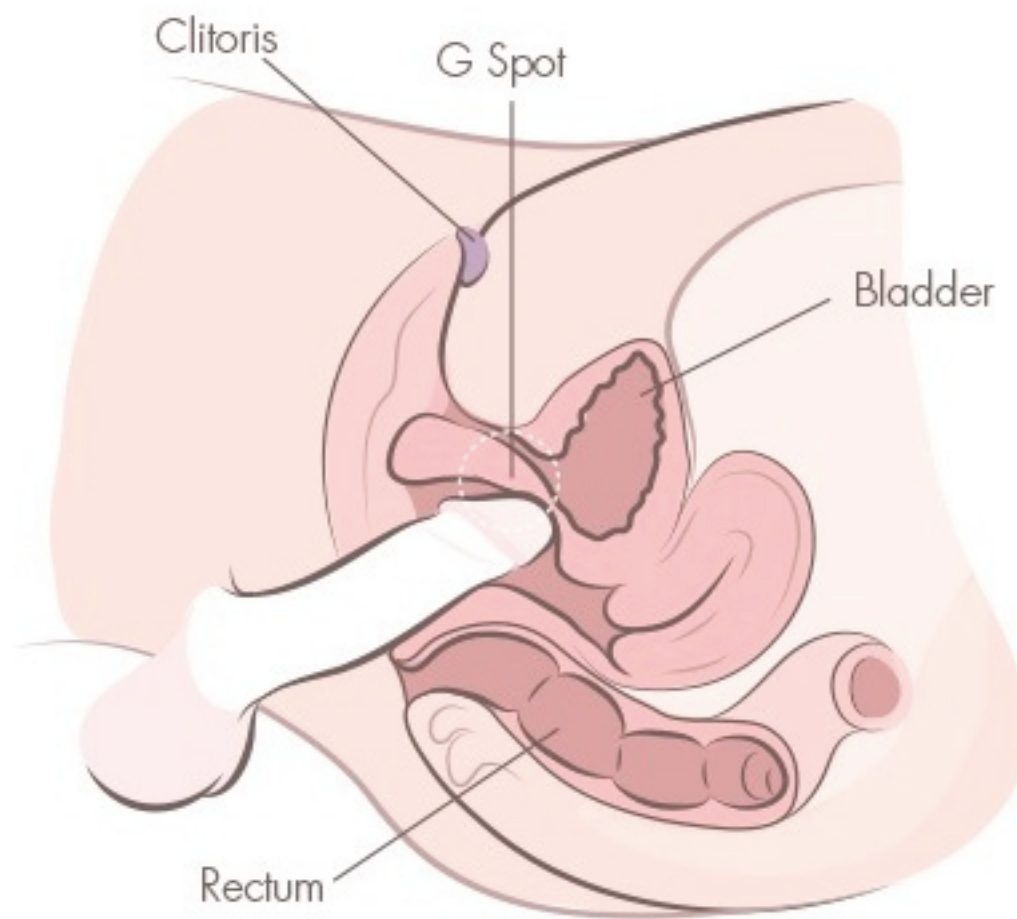
G Spot Stimulation

The most important thing to keep in mind during sex if you want to stimulate your G Spot is the angle and depth of penetration.

Remember that your G Spot is only about 2-3 inches deep inside your vagina, so even the smallest penis will be able to reach it. The illustration below demonstrates how deep your man needs to penetrate you and the angle he needs to make.



So your man will only really need to penetrate you with shallow strokes. If you find that you aren't getting enough G Spot stimulation from your man and you need more, then he should try to use a more extreme angle like the one on the next page.

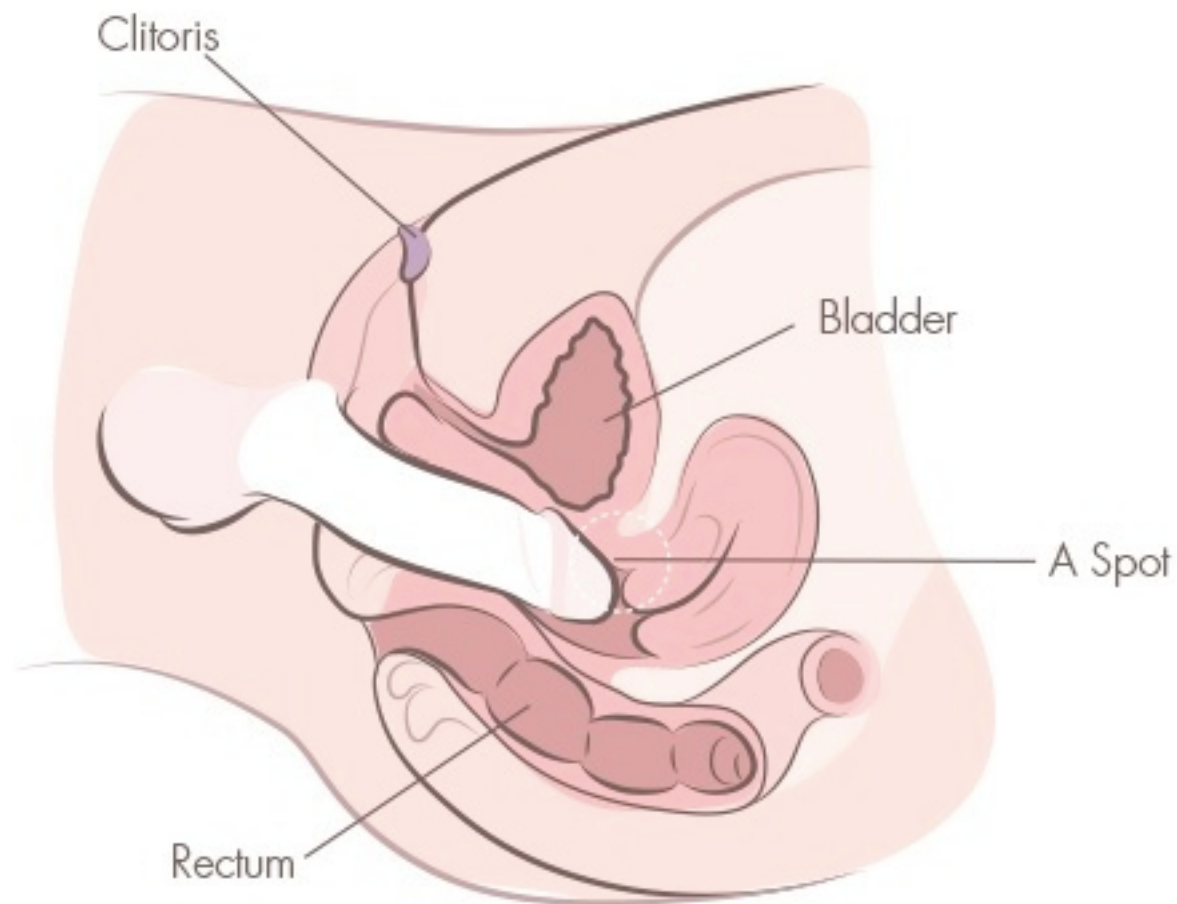


This is literally all there is to stimulating your G Spot during sex: shallow strokes at the right angle. I'll teach you which sex positions work best for G Spot stimulation later in the book.

Last note on the G Spot: as I mentioned in the Your Pleasure and Masturbation chapter, you are going to have trouble finding and stimulating the G Spot if you are not turned on enough

A Spot Stimulation

Everyone seems to know about the G Spot, but fewer people know about the A Spot. As you can see from the illustration on the next page, the A Spot is actually in a similar position to the G Spot, but much deeper in your vagina.



Making sure your man reaches your A Spot with the top of his penis depends on his length, the depth of your vagina and the position you are using. Thankfully, the vast majority of guys have no problem reaching it. And if they do, there are always positions you can use that make it much easier like the Anvil which I'll show you in the sex positions chapter.

There are two enjoyable ways for your man to stimulate your A Spot.

- 1) Simply by thrusting in and out...easy!
- 2) By thrusting deep just one time and then holding himself as deep inside you as possible, maintaining pressure on your A Spot.

You can see from the illustration above the position, angle and depth your man needs to use to hit your A Spot.

Clitoral Stimulation

A crucial component for many women who want to reach orgasm during sex is the **right** type of clitoral stimulation. This is usually a case of your man rubbing his public bone over your clitoris as he thrusts in and out during missionary style sex positions. But there are also other ways to stimulate your clit during sex too.

- In most doggy style positions, you will be able to rub it yourself using your hands or your man can reach around from behind and help you out with his.
- Some cowgirl positions will give you a lot of control over how much clitoral stimulation you receive.

If you've read the chapter, *Your Pleasure and Masturbation*, and have discovered which techniques give you the most enjoyable orgasms, then make sure to use this knowledge to get the exact clitoral stimulation you want during sex.

The best way for your man to understand what you need is by simply communicating it to him. So please follow the advice I gave earlier and let him know what you need in a positive way with specific instructions. And if that doesn't work, then show him exactly what you want. Just remember to keep it fun :)

I cover which positions work best for stimulating your clit, as well as your G Spot and A Spot in the sex positions chapter, *13 Incredible Sex Positions*.

While I've covered the physical techniques you can use to have more orgasms both when masturbating alone and during sex, it's important to remember that there is also a mental or psychological component that comes into play too. Having more intense

orgasms during sex isn't just about what you and your man do physically. It would be awesome if that was the case...there are actually three other major factors:

1. How comfortable you are with yourself.
 2. How comfortable you are with your man.
 3. How aroused you are.
-
1. Getting fully comfortable with yourself simply takes time, patience and some experience, as well as realizing that things don't need to be perfect or flawless. In fact, you'll quickly notice that your sex life will almost never will be 'perfect'. But that doesn't mean you can't continually improve it.
 2. Getting comfortable with your man is also a similar process. It takes time, but it helps if he's someone who's understanding, patient and caring, as well as someone who doesn't expect things to always be perfect either.
 3. Getting aroused depends on a huge amount of factors - here are some of the important ones:
 - Your current state of mind (stressed, excited, sad, etc).
 - Whom you're with (long-term boyfriend, one-night stand, etc.).
 - How tired you are (very tired and sleepy, awake and refreshed, etc.).
 - Whether or not you've had enough foreplay.
 - Your current stage in the menstrual cycle.
 - The location (bedroom, nightclub toilet, remote beach, etc.).
 - Sexual tension...more on this in the Sexual Tension: The Vital Spice chapter.

Everyone is very different when it comes to getting aroused. What works for you may not work for someone else...so **the key is to understand and remember what gets you aroused** and also communicating this to your man so he knows what you need to get turned on. This will help immensely to get you both on the same page as you continue to improve your sex life.

So I've covered some of my most powerful techniques on how you can have more pleasure during sex in this chapter and the previous one. Now let's learn how to do the same to your man and give him the kind of sexual satisfaction that will keep him addicted to you...



4

HEAVENLY HAND JOBS

I'm not going to spend pages upon pages talking about what a hand job is or why you might want to give your man one. The simple fact is that guys adore them, so let's skip the fluff and get straight to the important stuff. We'll start with the anatomy...



The Glans - The glans is the most sensitive part of your man's penis. It is the part of the penis that has the highest concentration of nerve endings. This means that it feels great for him when you stimulate the glans properly. But it is very painful for your man when the glans is stimulated too hard or when you accidentally use something sharp on it like your teeth or nails. In many ways, the glans is like your clit.

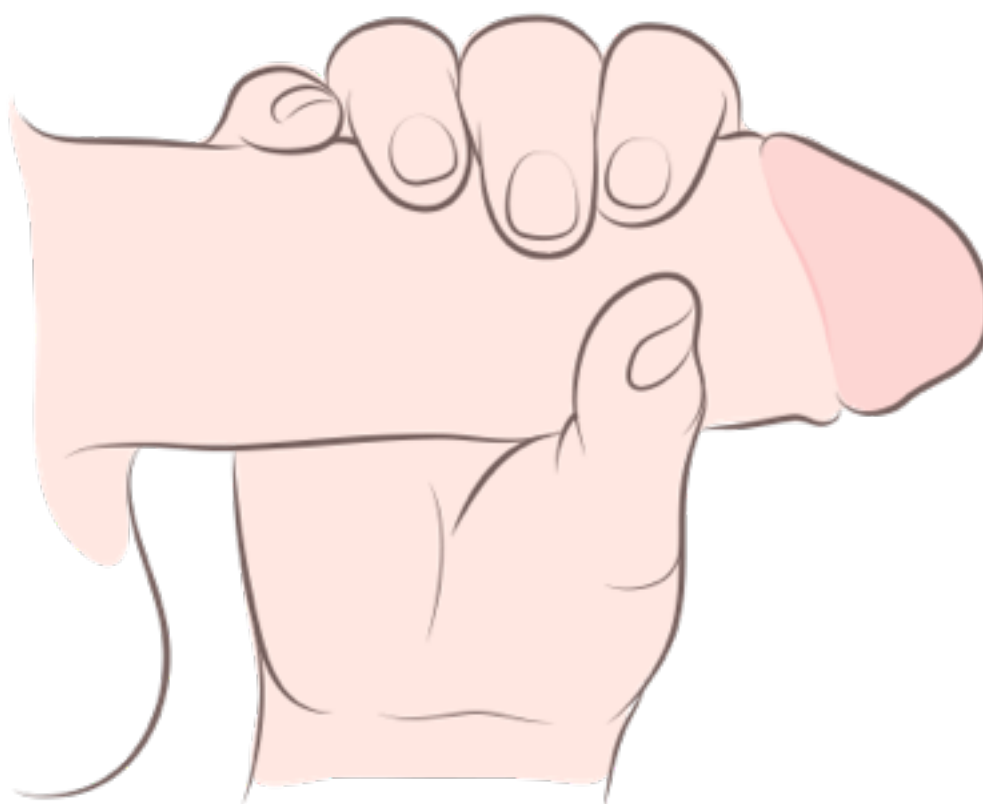
The Corona - At the very bottom of the glans is the corona. This is where the glans joins the shaft. It is a ridge of highly sensitive flesh that feels great when it is stimulated. The corona is indicated in pink in the illustration above.

The Shaft - The shaft looks exactly like it sounds. It's the long part of the penis that extends from where the penis starts up to the corona. The shaft is not nearly as sensitive as the glans, but this does not mean that you should ignore it.

The Testicles/Scrotum - A man's testicles are contained within his scrotum and are not part of his penis, but they are incredibly important to pay attention to when you are giving him a hand job or blow job. A lot of girls that I have been with didn't at first know how pleasurable it is for a man to have his testicles stimulated. But like the head of the penis, they are very sensitive to pain.

While I give much more in-depth and detailed advice (15 pages) on how to give your man an earth-shattering hand job in the Blow Job Bible, I'm going to cover some of the basics of giving a good hand job over the next few pages.

Starting Simply



The easiest way to start giving your man a hand job is by simply gripping his shaft like in the illustration above. But rather than just reaching for it and quickly grabbing it, try softly running your fingers over it at first. Then gently grab it. Then it's just a case of smoothly jerking your hand up and down his shaft. Many guys will orgasm and come from this motion alone, but...

Remember His Glans

If you want to make it even more enjoyable, then try paying more attention to his glans. There are a ton of ways to do this that I teach in the Blow Job Bible but for now, here's the easiest way to do it.



Simply use your thumb & forefinger to slide up over his corona & glans and back down again like in the illustration above. If you like, you can experiment and use more than just one finger. You'll quickly discover that you don't need much pressure at all when doing this and that your man is likely to come pretty damn hard!

Finishing Slow

But remember what I said earlier: the glans is very much like your clitoris. So when he starts to come, it's going to become incredibly sensitive to touch. This means that as he reaches orgasm and begins to ejaculate, slow your stroking right down and reduce your grip almost completely. Your man will be very appreciative!

The last thing to say about giving your man a hand job is that it makes for some nice foreplay, as do blow jobs...speaking of which...



5

BLISSFUL BLOW JOBS

Giving your man a great blow job is surprisingly simple. While there are over 125 pages of powerful blow job techniques, positions, ideas and tips to give your man the kind of oral sex that he will brag to his friends about in the Blow Job Bible, I want this chapter to equip you with the fundamentals so you can see for yourself just how effective oral sex is at keeping your man sexually satisfied.

So let's dive in and start learning some blow job techniques you can use tonight!

Up & Down

One of the biggest mistakes students make is thinking that blow jobs are only about using your mouth. **You should almost always be using your hands** when giving your guy a blow job. Here's why:

- 1) You can stimulate more of his penis during your blow job if you use your hand and fingers too.
- 2) You can switch to giving your man a hand job to give your mouth and tongue a rest.
- 3) Most importantly, **you can control how deep you take his penis in your mouth**, which is great if you happen to have a super sensitive gag reflex or if he can't seem to take his hands off your head.



With this in mind, the Up & Down is an easy-to-perform and satisfying blow job technique to use on your man.

As you can see from the illustration on the previous page, you simply need to take the glans (head) of your man's penis into your mouth. From here, there are many different things you can start doing...

- You can use your tongue to massage his glans.
- You can take his penis in and out of your mouth, stimulating his glans and corona with your lips & tongue as you do it.
- You can give him a hand job while holding his penis in your mouth.
- You can try doing a combination of all these things.

Whirl and Twirl

The Whirl and Twirl is all about concentrating on the glans of your man's penis. With the Whirl and Twirl, you simply need to use your tongue to massage the head of his penis in a circular motion. In other words, you just need to move your tongue in a circle around the head of the penis like in the illustration on the next page:



Thankfully there are many variations of this technique. Here are four:

- You can continuously move your tongue around in the same direction.
- Or you can alternate direction continuously.
- You can use the tip of your tongue to apply a lot of pressure to a small area of the head of his penis.
- You can spread your tongue over practically the entire head of his penis.

Massaging His Balls

As I mentioned before, there's more to giving a great blow job than just using your mouth on his penis. As well as giving him a handjob, you can also massage his balls with your hands and fingers. As I mentioned before, your man's testicles are incredibly sensitive, almost as sensitive as his penis. So make sure to be aware of this when massaging his balls during your blow jobs.

There are tons of different techniques that I teach for stimulating and pleasuring your man's testicles in the Blow Job Bible, but today I want to teach you my easiest-to-perform testicle massage technique.



Simply cup your man's balls in the palm of your hand (or hands) like in the illustration above, then **very** slowly and gently squeeze them. Then release them and then squeeze them again. Keep repeating this for a few minutes and make sure to pay attention your man's reaction so you can see how much he's enjoying it. Alternatively, you

can softly run his testicles through your fingers. The key, like I always say is to do some experimentation by varying your technique to see what your man prefers.

Caution: A very small percentage of men don't like having their testicles touched at all, so make sure that you test the waters first by gently stroking his testicles a few times to see if he likes it. You also need to make sure that you are super gentle with his balls. Remember that **the emphasis is on slowly and gently**. So if you are not sure about how much pressure is too much, just use way less than you think you should. Even the lightest amount of pressure is enough to provide an enjoyable amount of stimulation for your man.

You'll notice that if you've given blow jobs to more than one man, each has different preferences. Some like it fast and sloppy while others like it super slow and gentle. The key to improving your blow jobs is experimenting, combining techniques and learning what your man enjoys the most by getting feedback.



6

13 INCREDIBLE SEX POSITIONS

One of the quickest and easiest ways to improve your sex life with your man is by learning **and using** some new sex positions.

Now I could teach you the craziest, hardest-to-perform and weirdest sex positions and pretend that because those positions seem so exotic, they are somehow more fun and

pleasurable. Let me save you the trouble and explain to you now that exotic/weird does not necessarily mean more satisfying.

Yes, there are a few exotic sex positions that are quite enjoyable, but for the most part you'll find that the most satisfying positions are often the easiest and most basic. With this in mind I have put together a list of the best 13 best sex positions you should start incorporating into your sex life.

1. G Spot Sniper



The G Spot Sniper is very straightforward as can be seen in the demonstration above. Your man should be on his knees while lifting your hips off the bed. The key here is finding the angle and depth where you get most pleasure, so make sure to let your man know what feels best.

2. Coital Alignment Technique (CAT)



The Coital Alignment Technique is a variation of regular missionary position, except your man is going to focus on grinding on your clit instead of simply thrusting in and out. The Coital Alignment Technique is perfect if you love lots of clitoral stimulation during sex.

3. Jockey



You might think that the Jockey position is just a variation of doggystyle. It is, but it's also much more than that. If you enjoy lots of G Spot stimulation then you are going to fall in love with the Jockey. When your man is in the Jockey position, he should get as deep inside you as possible and stay there. Then he needs to start grinding on you while staying deep inside you. As he grinds forward, the top of his penis will rub off your G Spot. You'll find that he can put quite a lot of pressure on your G Spot in this position.

4. Basset Hound



The Basset Hound position is a really nice variation of doggystyle, as you don't have to support your body with your hands. However, one important thing to note is that it can put a lot of strain on your lower back, so keep this in mind if you happen to have back problems.

5. Launch Pad



The Launch Pad is another effective sex position for those who enjoy lots of G Spot action. It's also really useful as you have a ton of control in this position despite being on your back. Additionally, you can use your feet on your man's chest to help control how deep you take him.

6. Deep Impact



The Deep Impact position is great if you like taking a 'pounding' from your man, as he can thrust into you forcefully while pulling you towards him with each stroke. It's also really easy to transition into the G Spot Sniper position from Deep Impact. Additionally your man can change the angle of penetration by raising or lowering himself on his knees.

7. Anvil



If you want to take your man dominating you to the next level (and are flexible enough), then try out the Anvil position. The other great thing about this position is that your man can go incredibly deep inside you...perfect if your man isn't particularly long, but potentially painful if he is well endowed.

8. Spooning



Spooning is one of the classic, intimate sex positions. If you enjoy slow, passionate sex while feeling the full contact of your partner's body, then you will adore spooning. It's perfect when you're in bed or on the couch watching TV.

9. Mastery



If you want to bring your sex life outside of the bedroom and into the living room...or anywhere you have a comfortable sofa, then the Mastery position is perfect. Performing it is simple, as it's a case of straddling your man on your knees and then either grinding on him or bouncing up and down.

10. Lotus



The Lotus position is excellent if you want to some really intimate, slow sex with your man. Your man first needs to sit down on the bed or floor with a cushion under him and his legs in the most comfortable position possible, not necessarily crossed like in the demonstration above. You then need to sit down on his lap and get your legs into a comfortable position, not necessarily wrapping them around your man's back. You'll notice that the Lotus position is more about grinding on your man than 'bouncing' up and down on him.

11. Burning Man



If you prefer harder thrusting from your man, then you'll love the Burning Man sex position. All you need is a sofa or table to lean over while your man penetrates you from behind. The great thing about this position is that you are not going to be able to move anywhere, which means that you will be able to enjoy the full force of your man with each stroke.

12. Thigh Tide



Not many women know about the Thigh Tide position. It's one of the best positions if you prefer clitoral stimulation from your man during sex. You simply need to grind up and down on your man's thigh. One drawback is that if your man is not particularly long, then he will be prone to popping out.

13. Bucking Bronco



The Bucking Bronco position is a really awesome variation of the regular Cowgirl position that offers way more G Spot stimulation than normal. One drawback to this position is that it can be very tiring on your arms. To combat this, your man can raise his knees and you can rest your back against them.



7

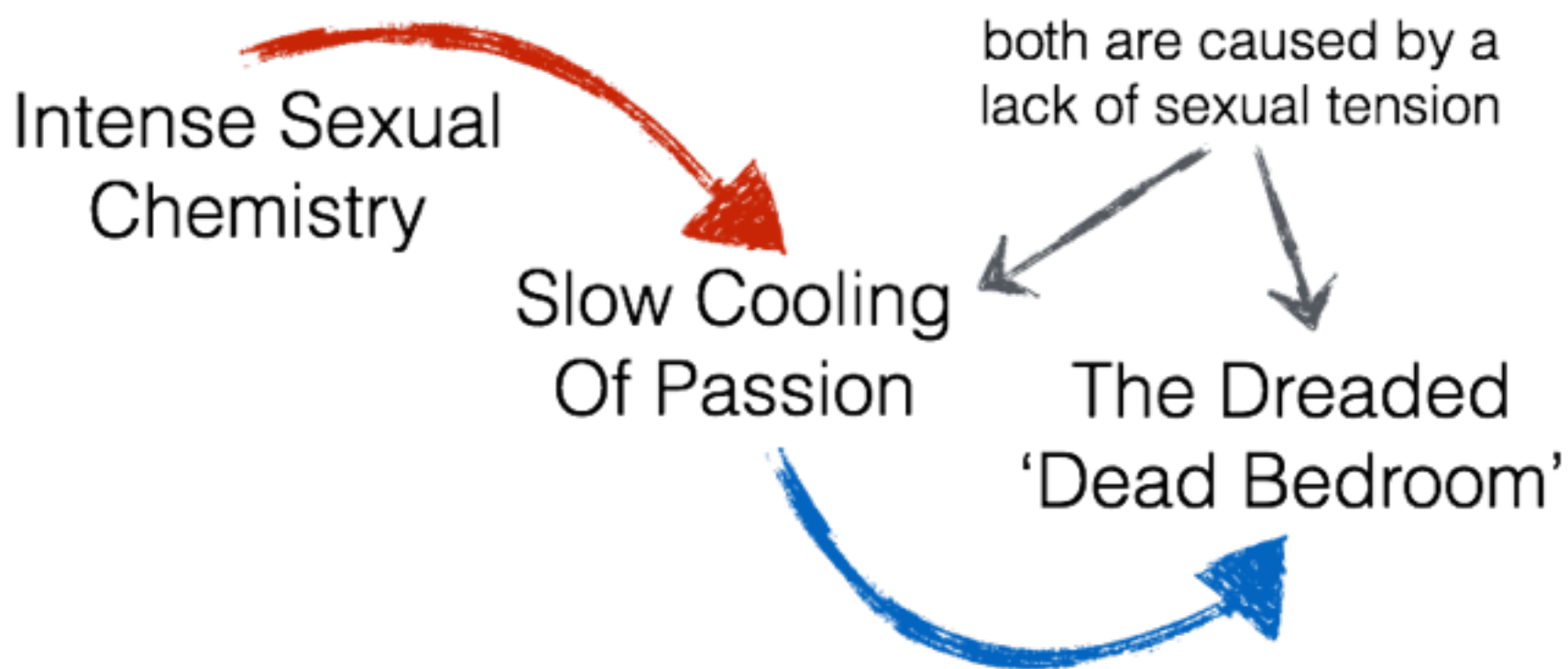
SEXUAL TENSION: THE VITAL SPICE

Up until this point I have covered everything you can physically do to improve your sex life with your man. Whether it's trying new sex positions or learning how to give a great hand job or blow job there are many different ways to ensure you have more orgasms during sex and when you're masturbating alone.

But what you do physically is only part of the equation. There is also a mental aspect to turning your man on and making him adore sex with you...

This is why **building sexual tension is vital to a long-lasting, satisfying relationship.**

Here's something interesting about this - your man will probably never verbalize this with you. He's probably never going to say, "*Wow, I really get turned on when there is intense sexual tension between us,*" so it can be very difficult to identify when your relationship is lacking sexual tension, unless you remember that simple diagram describing many relationships at the start of the book:



Maintaining a good level of sexual tension between you and your man is vital for keeping it passionate. However, like the title of this chapter, sexual tension should always be treated as a spice to your relationship. A little can do wonders, but too much is disastrous. So I ask is that you use my techniques with a little restraint. Overdoing them will just end up frustrating your man and straining your relationship.

Now let's dive in and learn some techniques you can use to build sexual tension with your man throughout your relationship, whether you've just started dating or have already been dating for a while.

Using and Drawing Attention to 'Barriers'

A wonderful way to create sexual tension with your man is by using 'barriers'. A 'barrier' is something that is preventing you from being intimate with him; **that is outside of your control**. Examples of barriers are:

- Being deployed to a different country.
- Having to go on a work trip.
- Staying with your parents for the weekend.
- Studying for a semester/year abroad.
- Being sick.
- Being stuck at a party you don't want to go to.
- Or it could be something as simple as having to work late.

Caution: Barriers that are outside of your control are great, but **creating artificial barriers that don't really exist usually ends in disaster** as your man will often sense what's really happening. Honesty is always the best policy.

Now most of these barriers aren't going to create much sexual tension on their own. It's only when you start to bring attention to the barrier and let your man know what you're thinking that he will start to get more excited. Here are a few examples:

You could send this text message when you're in the library: *“If I didn't have to study for this exam I would be on my knees, making sure I get every last drop out of you.”*

Or you could whisper this in his ear as you are leaving his apartment: *“Dam, if I didn't have work today, I would show you these new sex positions I just learned.”*

Try saying this to him the next time you are both at a party together: *“I just want to go home and have you fuck my brains out; I wish we didn't have to go to this.”*

Of if you're on a work trip away from home, try sending him a message like this: *“Ugh, I wish I didn't have to do such boring crap this week. I've been spending every night pleasuring myself thinking of what you could be doing to me. Can't wait to get home.”*

The great thing about all these examples is that you can just say them to him or use any of the do it by email, Facebook, WhatsApp, Snapchat, etc.

The Key to Effectively Using ‘Barriers’ to Build Sexual Tension

While I've given you some examples on what to say to your man to help build sexual tension using ‘barriers’, it's important to remember what I said earlier about not overdoing it. You should treat these phrases as a spice and not the 'main course'. So rather than constantly trying to say things to build sexual tension, just drop a few phrases into your conversations with him where it's natural to do so.

It's also important to do some experimentation with what you say. You'll find that certain 'barriers' and things you say to your man will have very little impact, while other phrases will be super effective.

Don't Stop Flirting

A really fun way to build sexual tension with your man is through flirting. Here are two powerful ways to flirt with him.

Teasing - Teasing is something you probably did a lot as a kid...especially if you had a younger brother or close friends. Teasing is the art of saying something a little mean while really just poking fun. Teasing should never be aggressive, passive-aggressive or about things that could deeply offend your man. Teasing should be something you do regularly with your man everyday, although, sadly many couples stop teasing each other completely as their relationship matures.

If you're not exactly sure what teasing is, then these examples should clear things up for you...

If you're joking around and you notice that his shoes are a little old, you could say something like:

“Cool shoes. Well they would be if it was 1999” and then stick your tongue out at him so he knows you're just joking with him.

or

“Did you buy those shoes off a hobo?” and then give him a cheeky smile

If your man cracks a really bad joke that falls flat, you could give him a cheeky smile and reply with:

“I think that was one of those jokes that you keep to yourself, but thanks for trying.” while giving him a sly smile.

or

“Why are we dating again?” Again give him a cheeky smile.

Remember the purpose of teasing your man isn't to put him down or make him feel bad. It's simply to remind him that you're fun and playful and not super serious. If you do it right, he will tease and flirt right back. The last thing to cover on teasing your man to build sexual tension is what I keep on saying: you need to use it as a spice, not the main course, so try not to overdo it.

You Still Touch Him, Right? - Another important tool you should be using is touch. How you touch your man plays a big role in building sexual tension. If you have just recently started dating him, then it will come naturally to you...but if you have been together longer or have been married for a while, then you may find that you touch him in a more loving way rather than a sexual, sensual way. Let's change that.

So how should you touch your man in a way that builds sexual tension?

It's as simple as stepping outside of your comfort zone and touching him in a more flirtatious way. Here are some examples:

- The next time you are joking around with him, try putting your hand on his chest and pushing him away flirtatiously and giving him a cheeky look.

- When you are standing beside him while he's talking to someone else, rest your hand on his lower back, really close to his butt.
- The next time you are saying goodbye to him and hugging him, gently pinch his butt without saying a word.
- When you are sitting beside him at a meal with friends, rest your hand on his inside leg where it's a little closer to his crotch than normal. Again, don't say a word.

None of these techniques sound crazily passionate or intense. They're not supposed to be. They're only intended to build the tension and get him thinking about you in a more sexual way. I know I'm starting to sound like a broken record, but please remember to use them as a spice, not the main course.

The No Sex Game

This last technique to build sexual tension is actually a game and it is intensely powerful at re-sparking sexual tension and making things fun again. The No Sex Game is extremely simple and you both need to be on the same page to play it. It's most effective if you still have sex regularly, but miss the fun and passion that you had at the start of your relationship. There are only three goals in the No Sex Game...

1. You need to entice your partner to initiate sex with you, using every means necessary.
2. You must prevent yourself from initiating sex with your partner.
3. Neither you nor your partner is allowed to masturbate.

So the goal of the game is to do everything in your power to make your man want to have sex with you and initiate sex with you. Flirting, building sexual tension, dressing provocatively, touching him, looking at him suggestively and even walking around the house naked are all great ways to get him to give in and initiate. But remember, he can do the same to you.

The first one to cave in and initiate sex is the loser, although it's a pretty fun way to lose! So if your man grabs you and tries to have sex with you, then he loses. Similarly, if you ask him to come to the bedroom and push him onto the bed and start having sex with him, you lose.

To make it really interesting, you can have a forfeit for the loser. The forfeit could be the loser buying the winner drinks or dinner or even just cooking the winner their favorite meal. Another great way to play is by putting \$5 in a jar every night you play the game and the winner gets to spend it on a joint activity of their choosing.

I don't quite know why this game is so effective. Maybe it's the fact that it's a competition or maybe it's the combination of tempting your man with everything you've got while he does the same to you...I'm not quite sure. All I know is that it's incredibly effective at building sexual tension.



8

SAVING & MAINTAINING THE PASSION

I get emails everyday from women who want to maintain a high level of passionate, sexual chemistry in their relationship, as well as those who want to recover the flame of sexual passion that they and their partner lost many years ago.

You may have similar questions in your relationship:

“What happened? We used to have sex everyday. Now I'm lucky if it happens once a month...and that's after I beg for it.” - Felicity

“We couldn't keep our hands off each other when we first started dating but now, just 2 years later, our sex life is literally dead. Help!!! ” - Ngozi

“After we had kids, sex took a nosedive. I know it's not the only thing in a relationship, but I want it back...what should I do?” - Name removed by request

“I'm worried he is not as attracted to me as when we first started dating. Do you have some advice that can help me?” - Kate

“Teach me how to make him want sex as much as me. Pretty please!!” - Wendy S.

This section is going to answer all of these questions. You'll notice that many of the solutions to getting the spark back in your relationship are surprisingly simple. They don't involve anything ridiculous like trying to hypnotize your man or spending thousands of dollars.

Just effective solutions. **But you need to do a little work and take action if you want them to be effective.**

A Cure for the Slow Decline of Sex

If you've been in a relationship for a while, you may find that your sex life hasn't suddenly fallen off a cliff and stopped one day. Instead, you may realize that it's been slowly declining for years.

The interesting thing is that **this is not your fault**. It's totally natural with any relationship as you spend more and more time together. As you get to know each other completely and get more settled and comfortable with each other, there will be less unpredictable moments. Less excitement. Less spontaneity. Less craziness. And this is often a good thing for your relationship in the long run.

But...

If you notice that your sex life is starting to disappear as you get more comfortable and settled into a routine in your relationship, then you are understandably going to be frustrated. Thankfully, there is a simple explanation for this that applies to the vast majority of relationships:

Your relationship is lacking sexual tension.

It's as simple as that. It's usually NOT a case of:

- Your man becoming less attracted to you.
- Your man cheating.
- Your man becoming uninterested in sex.

It's down to a simple lack of sexual tension. Thankfully, you'll find an array of techniques, tips and tactics in the previous chapter, *Sexual Tension: The Vital Spice* to get the sexual tension back into your relationship...without needing to do anything drastic. There's no need to try every technique at once with your man.

Experiment and see which techniques he responds best to. You may also want to try some of the techniques I teach in the sex position, hand job and blow job sections.

If you want to learn my most powerful techniques to build sexual tension with your man and turn him on, then you may want to read the [Dirty Talking Bible](#), where I explain everything you need to do to talk dirty so that you turn him on, build sexual tension and, most importantly, **keep him thinking about you.**

But We Have Kids and Less Time Than Ever Before and I Don't Have Time to Feel Sexy

I totally understand your situation. Extra responsibilities at work, looking after kids and all those other stressful 'life interruptions' are major factors that can contribute to a lackluster sex life.

So if you have noticed the passion fading between you and your man as you have less and less free time, don't worry! It happens to all of us.

So what's the solution?

I'm going to tell you, but first a little warning:

I'm going to be direct with you as I just want to just give you the right information (and solution) without any fluff. So please don't get offended, but instead think about how you can implement the solution...the solution is:

Make time.

That's it. It's a case of doing what it takes to give you and your man an extra 30 minutes or an hour a week, where you can be alone, not stressed out, not worrying about your kids and just be in the moment with each other.

“But how Sean? How can I make more time for me and my man?”

It all comes down to your specific circumstances, but here are a few ways to get started:

- Get your man to help around the house.
- Hire someone to help around the house.
- Hire a babysitter for your kids for a few hours a week.
- Have your kids do chores around the house.
- Organize your kids to sleepover at a friend's house.
- Do all your grocery shopping once a week.
- Try go to the gym at the same time as your man.

This list could contain an additional 100 ideas, but **the key is finding what works for you as a couple** to get you a few more hours a week of free time with your man.

The other important thing is explaining to your man why you're making these changes.

Seriously...try explaining it to your man....some guys don't understand that you can have a hard time 'getting in the mood' for sex when you're feeling stressed or tired. Many guys think you're just like them, "ready for action" almost all the time.

I Want Sex More Than He Does...or Vice Versa

Your libido is a fascinating phenomenon. It can be sky-high one week and non-existent the next. Guys' libidos are the same. They can't get enough today, but don't want it tomorrow. So if you feel that you want it more than he does or vice versa, don't panic, it's perfectly normal...

And thankfully, there are ways to make you both happy if you have out-of-sync libidos.

Step 1 - Think emotionally, not logically.

Many men won't get turned on when you ask for or even beg for sex. It's difficult to turn guys on with logic alone. Men aren't robots (well, most men). So think about how you can emotionally turn him on. There's a few obvious ideas like:

- Dressing provocatively
- Taking the initiative and initiating foreplay/sex

But if these don't work, then you need to try some of the ideas that I teach in the chapter on building sexual tension, *Sexual Tension: The Vital Spice*. You'll also find more powerful ideas to turn him on in the *Dirty Talking Bible*.

If this isn't working for you, then it may be time to try step 2...

Step 2 - Now think more logically

Talk to him. Let him know what you want and need. Of course some guys are a little behind the times when it comes to communicating sexual wants and desires, but if you can connect with him and let him know what you need in a way that he understands and appreciates, you're going to find that he will be more than willing to help keep you satisfied.

Hopefully this is enough to get him on the same page, but if not, then try step 3...

Step 3 - Take matters into your own hands

Some couples see this as a drastic step, but it's really quite simple and very effective...

If you find that you have a much higher sex drive than your man and you want to be intimate with him more often but you've already tried the previous two steps without much success, then try simply masturbating beside him in bed and getting him to help you out. It's not ideal, but it will help you to get your fix, while enjoying some intimacy from your man.

You may notice that as he watches you enjoying yourself, he will start to get in the mood too.

Unfortunately, there is no 'one-size-fits-all' solution to mismatching sex drives. The key is experimenting and figuring out what works for your specific situation using this three-step system as a guide.

I Want to Stop Him from Straying/Cheating

Another reason many women want to improve their sex lives is to prevent their man from cheating on them. There is a lot of scare-mongering out there...people telling you that, “Your man will cheat if you don't have the perfect body” or “Your man will cheat if you can't give him mind-blowing sex four times a day.”

Time for the truth...

All men fit into one of three categories:

- The guys who will cheat on you no matter what (about 10% of all guys).
- The guys who will never cheat on you no matter what (about 20% of all guys).
- The guys who might cheat on you, depending on the situation (about 70% of all guys). This is the kind of guy who doesn't ever plan to cheat on you, but in certain situations he may feel like he can't help himself...Imagine your man, drunk and alone in a bar in Las Vegas when his favorite celebrity starts talking to him and asks him back to her room...that's an obvious situation where this type of guy might cheat on you.

So how do you prevent your man from cheating?

Step 1 - Avoid the first type

These are the guys who cheat no matter what. Avoid them like the plague.

Step 2 - Try to only date the second type

These are the guys who never cheat, although sadly, there aren't a lot of them out there.

Step 3 - Learn to deal with the third type

If you fall in love with the third type, guys who might cheat depending on the situation (this is most men, by the way) then **make sure he is the kind of person that removes himself from situations where cheating may occur before anything bad can happen.**

It's like a former alcoholic that refuses to go to bars or parties where there will be alcohol...because he knows that it's a situation that makes it much more likely for him to have a drink.

Another similar analogy is a former drug addict that ditches his old, drug-addicted friends because he knows that being around them will increase the likelihood of him relapsing and trying drugs again.

So the key here is making sure that your man is the kind of guy who is wise enough to remove himself from any potentially disastrous situations.

As most guys fall into the category of 'potentially cheating depending on the situation' there are a few precautions you can take to reduce the possibility of it ever happening to you.

● Have great sex. This isn't the only aspect, but it's an important one.

- Maintain great communication. Hoping, assuming and presuming things are okay is not a good strategy to have with your man. Talking to him and making sure you're both on the same page is vital.
- Trust him. This may sound counter-intuitive, but if you are constantly making your man feel bad and guilty about something he has never even done (i.e. he has never cheated on you, but you act like he has), then he may do it anyway as he's already experienced all the bad feelings associated with cheating without ever doing anything wrong.
- Set expectations. Let him know that you expect him to flirt with other women from time to time, but that you also expect that he's not stupid enough to do something that would embarrass you or worse, **forget to remove himself from a situation where cheating might happen.**

Guys are just like kids: if you're constantly on their case, they end up rebelling and doing exactly the opposite to what you want. But if you give them some (fair) leeway, they'll usually respect you a whole lot more for treating them so well.

He Has Suddenly Stopped Wanting Sex - Why?

The answer is usually quite apparent...once you dig under the surface. Guys who suddenly stop wanting sex usually have had a big and often devastating change in their life. Situations like a close relative passing away, losing their job, missing out on a promotion, lack of sleep or extra stress at work are all reasons why your man may suddenly stop wanting sex.

And you know what the absolute worst thing about this is?

It's quite reasonable to jump to some completely different and horrible conclusion!

You may feel that he's suddenly less attracted to you or that he's getting it somewhere else...which will end up making you feel miserable too. So before jumping to any conclusions, talk to him and find out if everything is okay with him first.

Other common reasons for a sudden drop-off in sex drive in your man are usually more physiological in nature:

- Starting a new medication like SSRIs.
- Depression.
- Conditions like diabetes & obesity are known to affect your sex drive.
- Low testosterone levels.
- Low dopamine levels.
- Drug/Alcohol Use.



9

TIME TO TAKE ACTION

I'd like to sincerely thank you for taking the time to read the Black Book. You're one of the minority that has actually finished it and read it from start to finish, giving yourself a massive advantage over so many other women in the bedroom.

The most important thing you can do now is take action and start using the techniques, tips, ideas and positions that you have just read.

In case you are feeling a little overwhelmed, wondering what techniques you should start with, here's what I recommend...

Choose only 1-3 techniques/tips/positions to try with your man or by yourself the next time you plan on being intimate. Re-read them a few times beforehand to make sure you fully understand them. Then just go about sex or foreplay as you normally would with your man and try them out when it feels natural.

Trying to learn 25 positions and techniques at the same time almost never works, no matter how enthusiastic you are. So my advice is to start with a few new techniques, try them out, remember which ones are most enjoyable, and forget about the ones that neither of you finds satisfying. Then repeat this process by constantly trying out more new techniques.

In a short amount of time you will build up an arsenal of powerful techniques to make sex a constantly fun and satisfying experience for both of you.

What Next?

I hope you enjoyed reading the Black Book and learning my techniques to keep your relationship and sex life passionate.

If you want to learn my more powerful and advanced sexual techniques to completely satisfy your man & blow his mind, then you may be interested in my [**FREE Bad Girl's Bible Sex Tips Newsletter**](#) where you can learn even more!