



SEX SHE WILL
GO WILD FOR

101 Awesome Sex Tips That
DOUBLE Her Pleasure

LLOYD LESTER

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I believe that an active and healthy sex life, based on mutual consent and respect between partners, is an important part of a healthy relationship. I also believe in the practice of safe sex, through the use of contraceptives, regular medical examination, or both. Moreover, I respect that sex is a private matter and that each person has a different opinion of what sexual practices or beliefs are appropriate.

I am 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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SEX SHE WILL GO WILD FOR: 101 AWESOME SEX TIPS THAT DOUBLE HER PLEASURE

Lloyd Lester, Author, OrgasmByCommand.com

Everyone loves to have great sex. And contrary to conventional wisdom, women love sex as much as guys do, if not more! But what if you feel that your sex life has turned somewhat dull and dreary and needs a little "oomph"? Don't sweat it! There is plenty you can do to turn your ordinary sexual experiences into toe-curling erotic adventures in (and out!) of the bedroom. In this eBook you're going to discover 101 sensuous tips for making your wife or partner melt in between the sheets and giving her the best sex ever.

Before we get to those tips, here are some great resources you'll want to check out first:

[How To Enjoy Longer-Lasting Sex](#)

[How To Get Instant, Awe-Inspiring Erections](#)

[How To Trigger Female Orgasm "On Command"](#)

- Tip 1** The bedroom becomes a drab place if you've lost (or never found) the art of teasing your woman to arouse and excite her. Women aren't turned on instantly but once they do, they can stay aroused for a long time. Use your hands and tongue to heighten her anticipation and sexily craft an atmosphere of desire. Focus the first 10 minutes EXCLUSIVELY on her... it will soon get her erotic engine purring.
- Tip 2** Instead of the standard missionary position, let her get on top so that she has total rhythmic control over the speed and intensity of penetration. This position also enables you to stimulate her breasts and clitoris and build up her arousal quickly. For a variation of this position, have her face away from you. This allows you to have a

greater chance of stimulating her G-spot with your penis.

- Tip 3** Nothing gets a woman aroused faster than the risk of being caught in the act. It's the ultimate taboo. If she's all for the idea, try it! Be bold, be adventurous and use a little imagination. Try out this fun fantasy in the fitting room of a retail store. As she heads to the fitting room, slip in unnoticed, watch her undress, caress her and get in the act, all amidst other shoppers in the background.
- Tip 4** Watch an erotic film together during one of your intimate nights. Pick any suggestive videos that both of you could snuggle up to. Pay close attention to the scenes in the media material because after viewing some of them, you should be ready to relive each moment. Do a remake of the scenes and let these run for 15 to 20 minutes.
- Tip 5** When both of you are at home, one of you go hide out. Whoever finds each other will perform oral sex. Have fun for a few minutes then hide and seek out each other again. Do this a few times and soon her clitoris will be throbbing in ecstasy... and she will crave for you to enter her.
- Tip 6** A woman's mind is the central repository of all her sexual emotions and energy. Thus your words and the way you touch her can be the gateway to turning her on. Whispering sexily into her ears is a very powerful skill and a good start place to start. Gentle, non-sexual touching works wonderfully well too. This can be something as simple as running your fingers through her hair or holding her close to you.
- Tip 7** The fastest way to bedroom boredom is to keep doing the same things, same techniques, same positions over and over again. Try something new. If you regularly make out in the bedroom, try out in the backyard, on the dining table, in the laundry room (right on top of the washer!).

- Tip 8** Let her lie on her back, lift her legs up so that they embrace your shoulders and then enter her. This allows you to penetrate deeply and hit her G-spot, especially if you have a penis that bends slightly upwards when erect. Hint: Give her simultaneous clitoral stimulation using your thumb while you are penetrating her. This will double her pleasure and prime her for a truly fulfilling orgasm... only faster!
- Tip 9** Cliché as it may sound, sex is not something done with clockwork precision (sadly most guys think so!). Relax and enjoy each other's company and body. For a woman, sex is as much an emotional experience as it is a physical one. Start on the right foot and you will set the stage for a sensational orgasm for her later.
- Tip 10** Oral sex alone can trigger an amazing orgasm in a woman... even without sexual penetration. A good 10 minutes is enough to set her up for the big 'O' very quickly. Try tracing the letters of the alphabet with your tongue on her; she will find this extremely arousing as your tongue stimulates her in different directions. Hint: She will love the lower-case letter "i", with the dot hitting her with erotic pleasure.
- Tip 11** No matter how good you are in bed, sometimes you need a little "help" to maximize her pleasure. Why not bring along a sex toy? Choose one that is intended for anal stimulation. Anal stimulation, together with clitoral stimulation with your tongue, can provide a deadly "combo" and give a woman incredible pleasure.
- Tip 12** Have her lean over the edge of the bed so that the top half of her body is flat against the bed. Then penetrate her from behind while you're standing or kneeling. This position makes penetration extremely pleasuring for both of you.
- Tip 13** There are a thousand things you can do with food... in your bedroom!

Smear whipped cream all over your partner's body and then lick it off... sloooowly! You can even try chocolate for a more flavored experience. Spread the good stuff all over your partner's body. Licking it off slowly will take her over the moon.

- Tip 14** While you rub, stroke and stimulate her clitoris, do the same to her breast, mouth or even her toes - or anywhere that she LOVES to be touched. This works magically to ramp up her anticipation to a level that you can EASILY bring her to an orgasm later.
- Tip 15** Having intercourse in a standing position can be extremely arousing. Let her face you while standing, with her back to the wall. Open her legs just a little and penetrate her from the front. For the extra climatic factor, do this with both your clothes on, with her just wearing a skirt and no panties.
- Tip 16** Once she is well-lubricated, insert two fingers into her vagina to locate and arouse her G-spot (it feels a ribbed bump, a little like the roof of your mouth). Rub against it with your fingers using a "come here" movement. You can also stimulate the G-spot during penetrative sex - especially in the doggie-style position - and [give her sensational squirting orgasms](#).
- Tip 17** Women love to be touched on their necks with tender loving strokes. The lower neck are full of nerve endings, so every single touch with your fingertips to that erogenous zone will pleasure her to no end. Hint: Try planting some delicate kisses on her neck while you're stroking it. It will amp up her anticipation very quickly.
- Tip 18** A penis ring reduces the amount of blood draining out of your erection, and keeps you harder for a longer period. Did you know that a very hard penis stimulates a woman's vagina slightly differently? In fact, the

sensations are much more intense compared to a member that is getting soft around the edges.

- Tip 19** A woman's breast is an erogenous area that men love to touch. But it pays to be patient. If you focus on the rest of her body first, starting with her hands, wrist, her neck, it WILL get her aroused much faster. When she's highly aroused, move on to her breast and nipples, gently kissing, stroking and licking them.
- Tip 20** Many women fantasize making out in the kitchen, so why not have a go in the "hottest" place at home. If this is something new to her, chances are, it will blow her mind too. Think about it... your kitchen has plenty of comfortable nooks and corners that are comfortable for oral sex or even intercourse. Get her up on the kitchen counter, the dining table, or even the kitchen sink. Be adventurous, take your chances and spice things up. This little surprise will UP the excitement for her.
- Tip 21** Most men don't know what truly turns a woman on in between the sheets. The way to this is simply ASK HER! Get into some hot dirty dialog. Observe her when she touches herself and learn where her hot buttons are, then stimulate her the same way. This will get her sexual desires up in a hurry.
- Tip 22** Oral sex works exceptionally well to get a woman all hot and sexy under the sheets. If you want to send her over the erotic edge every single time, try this: gently stimulate her clitoris. When you see she's slowly getting aroused, vary the intensity of your tongue movement. This will push her closer to orgasm very quickly.
- Tip 23** Turn on a purple-colored light bulb in the bedroom for that extra sensuality. This color is known to intensify a woman's orgasm... plus, it

adds a really hot and sexy backdrop for any lovemaking session.

- Tip 24** There are plenty of erogenous zones where you can work her up to an erotic frenzy without even starting intercourse. Stroke the bottom of her neck at the back, and watch her get aroused. Now stroke AND kiss her neck... this will send her sexual anticipation soaring very quickly.
- Tip 25** The doggy-style is a great position that women love, because it is primal and can give them wild orgasms when you penetrate with the right angle and tempo. Here's a little variation that will blow her mind: Instead of getting her down on all fours, place a pillow beneath her tummy and let her lie flat on the bed. This slight elevation helps you thrust downwards into her orgasmic zone and stimulate the upper walls of her vagina.
- Tip 26** Still on the subject of doggy-style... While you are penetrating her, allow only your penis to touch her. Lick your finger to lubricate it with your saliva and rub it against her anus (make sure you keep your nails clean and trimmed). If she's clearly enjoying what you are doing, slowly insert your fingertip into her anus. Withdraw your finger and repeat again. The stimulation to both her vagina and anus can bring a woman to an amazingly intense orgasm.
- Tip 27** When you're penetrating her, vary the speed and intensity, and make sure your pubic mound is rubbing against her clitoris. When she's on the brink of orgasm, slow down your penetrations. She will want you to give it to her as feverishly as you can. This trick will not only make you last longer and [boost your sexual stamina](#), she will get a mind-blowing orgasm just knowing how erotically you're teasing her!
- Tip 28** You'll be pleasantly surprised that your partner has plenty of sex fantasies that she's probably keeping them from you - because you

never ask! So why not have some dirty talk with her. If she's too shy to open up, then share your fantasies with her! Both of you could very well act out her fantasies and have a night both of you will never forget.

- Tip 29** Most women need at least 10 to 15 minutes of stimulation before they can climax. Unfortunately, most guys last only a short 2-4 minutes. Kegel exercises are great for improving sexual stamina by strengthening the PC muscle. You can locate this muscle by halting your urine flow midway; the muscle that you feel contracting is the PC muscle. Doing kegels for just 5 minutes a day for 2 weeks can make you last as long as she does, or even outlast her.
- Tip 30** Her soft, sweet lips hold thousands of tiny nerve endings. You'd be pleasantly surprised how this simple gesture can turn her on very easily. Kiss her and give her lips some tender loving attention. The trick is to start slow, plant gentle kisses, then kick up into a more intense and passionate mode.
- Tip 31** When giving women oral sex, many men make the mistake of jumping right in and start stimulating their partners with their tongue. Women are like analogs... you need to slowly turn the dial to heat her up. Take your time to playfully tease her; kiss her on her neck and nibble on her ear lobes; gently stroke her inner thighs. All these little gestures will turn a woman on quickly and get her ready before you start going down on her.
- Tip 32** Don't undress completely during sex. Let the rough texture of your clothes work a little magic on her bare skin. Then undress her and watch her as your clothing brushes against her skin - your shirt buttons, belt buckles, the tail of your shirt... these things can create incredibly sexy sensations in her. No woman can resist the spell of a man on top

of her, fully dressed!

- Tip 33** Most men don't regard a woman's hand as sexy. But her hands and wrists are highly sensitive areas that she would love you to touch her. Try gently stroking her palm or on the inside of her wrist. Give a long gentle stroke from her inner wrist all the way to her lower arm. This will get her aroused and wanting more.
- Tip 34** Explore and act out her fantasies. Let her release all her hidden desires. If she's too shy to suggest any, lead her on! Have her play these delightful roles: high-school discipline master, cheerleader, White House intern or even a policewoman (complete with handcuffs and baton). Use your imagination.
- Tip 35** A woman's ears are one of the most sensual parts of her body. Try leaning your body against hers, gently whispering into her ear. Tell her how much you want and adore her. The gentle stir of warm air around her ear will heighten her sexual anticipation.
- Tip 36** Refrain from heading straight for her genitals. Instead, tease her playfully. For example, kiss her gently, allowing your tongue to work its magic on her sensual spots... from her ears, to her neck, down her navel (skip her vagina) and traverse down her inner thighs to her toes. When she expects you to go for her breasts and clitoris, purposely avoid them. This will escalate her sexual anticipation... and when you finally decide to reach those sensitive zones, her heart will be racing and her chances of achieving a [toe-curling, sheet-gripping orgasm](#) will increase tenfold.
- Tip 37** Instead of the bedroom, try making out in the bathroom. The steamy mist from the running hot water will ramp up her sexual temperatures. The bathtub makes for one hot titillating place to make out. Or have her

bend over the basin and penetrate her from behind. Better yet, do this in someone else's bathroom for that added erotic adventure!

- Tip 38** Observe where and how your woman touches herself during sex. Then do the same to her, stimulating her the same way. This will amp up her erotic enjoyment in the bedroom.
- Tip 39** Stimulating her clitoris alone can get her aroused; it just takes longer. If you also simultaneously caress another part of her that she loves - her breasts, lips, ears, even her toes - you will easily send her heightened anticipation through the roof.
- Tip 40** Just about everyone had fantasized about having sex in a public place. This can add plenty of spice and anticipation and make it a really hot sexual encounter. Need some quick ideas? Try the porch swing, on the hood of your car in a deserted gravel road, in a public restroom, in a quiet state park, or on the beach... right on the lifeguard's chair.
- Tip 41** The way you stimulate a woman's clitoris is important. When she is not properly aroused, touching or stimulating the clitoris may feel uncomfortable. Give her indirect stimulation first. Run your fingers on each side of her clitoris shaft and caress her clitoral hood with your thumb. When she becomes aroused, she will be breathing heavily and the clitoral hood will swell up. This is when you know she's ready for more.
- Tip 42** No matter how hard or how deep you penetrate her, you are unlikely to stimulate her enough to climax. Instead of thrusting straight in, perform a grinding movement, using your hips to mimic a rotational motion. This works great for her because your pelvic bone will rub against her clitoris and sufficiently stimulate her to an orgasm.

- Tip 43** Be consistent with your movement and rhythm during intercourse. If she likes what you are doing, keep at it. Many men forget about this and attempt to change the pace just when their partners are getting into the mood, only to bring their women back to square one. If you sense that she can't take it anymore, this means she's about to hit the peak. Keep the tempo going and you will bring her over the edge.
- Tip 44** Devote ample time to get her aroused and excited. Sensual massages work really well with many women. This form of massage is like any other types of massage; the only difference is that it focuses more on her erogenous zone or sensitive "hot buttons". Lavish her with your seductive ways and she will show you the signs that she is ready for you to take it to the next step.
- Tip 45** When you are giving her oral sex, there is nothing to stop you from leveraging on the magic from your fingers. If you know how to use both your fingers and tongue, you will exponentially intensify her pleasure. Here's the trick: when you are kissing her clitoris, use your thumb or index finger to rub it simultaneously.
- Tip 46** Tickle her fancy to make her more open to sex. Some erotic adult literature can be a great help too. For example, before you tuck her in for the night, read her some pages from those adult materials. She may have more than just sleep on her mind!
- Tip 47** A woman's mind is her most powerful sex organ... it is THE focal point of her orgasm. If you can make her feel comfortable in your presence and make out with you with total abandon, giving her a powerful climax is just a clitoral rub away. Hint: Learn to genuinely appreciate her body... this is extremely powerful in getting her to relax. Many women feel insecure about their bodies... so compliment her body and make her feel sexy about herself.

- Tip 48** Sex toys are great ways to learn more about a woman's body and what turns her on the most. Pay attention to her so you can sexually synchronize with her. For instance, if she has a vibrator, ask her to show you how to use it. Take note of the speed, angle and the kind of pressure that she likes and then replicate these on her using your tongue, fingers or your penis. She'll be blown away.
- Tip 49** There is something about engaging in sexual acts in the open that turns women on. If you have a balcony at home, it is a great place to slowly tease her into having sex "in the open". You can engage in some light foreplay in the bedroom and when you get her sufficiently aroused, offer to give her a more "sensual service" in the balcony.
- Tip 50** This is a variation to the missionary position. Instead of embracing her face-down, raise her lower back using a pillow, sit on your knees and penetrate her fully. While you are thrusting, moisten your index and forefinger and stimulate her clitoris simultaneously. To make things more fun, encourage your partner to rub her clitoris with you. After a few moments, remove your hands and enjoy the sight of her pleasing herself. Coupled with your simultaneous thrusting, this will enhance and intensify her orgasms.
- Tip 51** Sex and water makes for a tantalizing combo. If you have a swimming pool in your backyard, this will be great for some water oral sex with a little privacy. You can go down on her at the pool side, on the steps or even on an inflatable boat right in the middle of the pool. Don't have a swimming pool? Your own bathtub works just as great!
- Tip 52** The kitchen offers plenty of props that will spice things up if you plan to have oral sex. Whipped cream, ice cream or even liquid chocolate are all great companions to give her a sizzling oral session. And there is

no lack of locations in the kitchen too. The kitchen sink, the dining table, the counter all offer comfortable places to give her a great time.

Tip 53 Have you ever been in a situation where you wanted to try something new, but held back because of what your woman may think? If so, it's time to break out of that rut, because there's a great chance that she wants to try something new! But like you, she may be uncomfortable to bring this up. Don't let these thoughts hold you back. Get creative, get bold and spice things up a notch in the bedroom!

Tip 54 Surprise her once in a while by taking her on when she least expects it. For example, when she's expecting you to perform on the bed, do it against a wall and take her on. Do it with your clothes on (that a huge turn on for women); better still, get into the act about 10 minutes before someone is due for a visit! The sheer suddenness, the wildness and the thrill of getting caught with your pants down will bring her around in a hurry.

Tip 55 If you want her to enjoy sex as much as you do, take your time and make sure she is adequately aroused first. If you can focus some time on foreplay, you will actually intensify her orgasms later. Or for that matter, she may very well get one during foreplay itself. So heighten her anticipation first and the both of you will enjoy a far more sizzling time together.

Tip 56 Give your tongue some needed rest in between strokes during oral sex. To spice things up, try the "humming" technique. Make use of any melody that you can think of and hum it, with the position of your head remaining unchanged. The vibration from the sound you are making will reach the vagina, providing additional stimulation to her clitoris.

Tip 57 Ambience plays a great deal in making sex awesome. Spin some

romantic, sensual music to get her in the mood. Sip on a glass of wine and introduce some CD that is hot and delectable to turn up her passion. If you have a fireplace, cuddle up together and seek out her pleasure spots.

- Tip 58** Suck on an ice cube or sip on a cold drink just before you kiss her. Or consume some foods such as strawberries or honey to introduce some tantalizing sweetness in your mouth when you kiss. She will get hot really fast.
- Tip 59** Why not give her butt some loving attention? Lie her down on her front, apply some warm oil and gentle massage her butt. Then proceed to caress and lick them. When you sense she's totally relaxed and getting comfortable, part her buttocks and lick her anus. This will send her into a sexual frenzy like no other. When she's getting really hot and excited, turn her over and let your lovemaking begin.
- Tip 60** Sex furniture is a great way to spice up the whole sexual experience. You can experiment with intercourse positions that you don't usually get with flat surfaces such as like beds or mattresses. With these, you can fit your bodies perfectly together and ensure that her clitoris and G-spot are properly stimulated during sex.
- Tip 61** Penetrate your partner from behind, with both of you lying on your sides. Allow her top leg to slip over your hip while you pull her buttocks towards your groin. She will love the feeling of your chest pressed against her back and your arms wrapped around her. This position is also amazingly comfortable and you can heighten her orgasmic potential by caressing her breasts and clitoris while you are thrusting her.
- Tip 62** Men are visually stimulated; women are not. Men can reach a climax

within 2 minutes; women need at least a good 15 minutes on average. Women need good old-fashioned love, affection and attention to detail. This means the way you touch her, the way you seduce her verbally, the mood you bring into the lovemaking, all play vital roles in [giving a woman incredible sex](#).

- Tip 63** For men, sex is a physical thing. For women, emotions carry huge weight. This means you should never grope her right away. Value how she feels and make sure you connect with her at an emotional level. This will make her sexually attracted to you. (and when you give her an amazing time in bed, you will be rewarded with much more from her!)
- Tip 64** Send her erotic temperatures soaring through the roof by imitating "thrusting" movements against her... with your clothes on. Here's the trick: do this in a public place, such as a movie theater or a club. The trick is in performing this erotic act where both of you CANNOT proceed to full intercourse. This way, both of you will be ultra-hot for sex and you can make her come around in a hurry when you get home later... or in this case, sooner!
- Tip 65** Make your woman feel wanted and appreciated. When you kiss her, look into her eyes and run your fingers down the back of her spine. Spend quality time on slow, tantalizing foreplay. When you penetrate her, acknowledge her presence and ask if that feels great for her. Above all, be a man and focus on her needs exclusively FIRST. You will emerge a far better lover.
- Tip 66** When it comes to oral sex, use your tongue and mouth to explore her ENTIRE body. A woman's body is incredibly blessed with many erogenous areas. Start with these areas first, and when she is sufficiently aroused and stimulated, move on to her clitoris and start gently. Experiment with different tongue movements and intensity, and

see what gives her the most pleasure.

Tip 67 Observe what SHE does when she stimulates herself (a great majority of women can reach an orgasm through masturbation alone). Mimic the motions, the angles, the intensity she use on herself. Then replicate these movements on her.

Tip 68 Lick around her vagina, from her clitoris right down to her perineum (the diamond-shaped area between her vagina and anus). When she is sufficiently lubricated, insert two fingers - palm facing up - about 2 to 3 inches into her vagina to locate and stimulate her G-spot. Continue to arouse her with your tongue focused on her clitoris. You will soon prime her for very powerful clitoral-cum-G-spot orgasms.

Tip 69 Many men think that women are equally attuned to the speed and rhythm of a man's touch. This is a fallacy. How you touch and caress her can vary in speed but the rhythm should not alter. Starting sex slowly is a great way to get her all warmed up to the act. As the sex progresses, women prefer the speed (including that of thrusting) to increase, culminating to a boil as an orgasm approaches. But make sure the overall rhythm or tempo remain the same.

Tip 70 A woman's vagina is naturally blessed with lubrication but her anus isn't. If you really want her to enjoy anal sex without hurting her, make sure she is sufficiently lubricated. Start off by using a condom that has a great amount of lubricant. Or apply generous amounts of a water-based lubrication on your penis before you get started. And don't go thrusting deep into her right away. Begin with slow and shallow penetration and watch her reaction. Let her get used to this new form of penetration.

Tip 71 Unlike the conventional woman-on-top position that involves a

forward/backward thrusting motion, position her in a squatting position and raise her butt up and down during penetration. Let her control the pace, starting with fast shallow thrusts and then moving into deeper, slower thrusts. The incredible amount of friction will create titillating sensations along the edge of the vaginal opening during shallow thrusts, and hit the G-spot during deep penetration. Another trick: Let her lean backwards and rest her hands on your knees and thighs. This will create an amazing sensation in her clitoris. Plus, it gives you the opportunity to fondle her for added stimulation.

Tip 72 Lie on your sides and allow both your bodies to face each other really close. Raise her upper leg, slide inside her and drape her leg over yours tightly. Push both your feet against a wall. It adds greater power and intensity during penetration, and provides intense stimulation to her clitoris while she is hugging your trunk with her legs. Besides being great for creating intimacy, this position initiates sex at a leisurely pace that progresses into an intense, heart-pounding action that will blow her mind.

Tip 73 The G-spot is a very special place that you can easily probe and deeply awaken her innermost desires. And one of the best ways to achieve this is by first creating "neural pathways" between the brain and the female genitals through touch arousal. Let her know exactly WHERE you are pleasuring her as your hands (or mouth) move along the sensuous pleasure spots on her body. Basically, talk as you touch her. The auditory signals will help her feel the sensations FASTER and accelerate the neural connections.

Tip 74 During intercourse, take her hands and hold them over her head. Most women fantasize about being dominated in a primal manner like this during sex. In fact, many women also like to have their hands held down when they are in the throes of pleasure.

- Tip 75** Did you know that when a woman's feet are warm, they significantly increase the odds of her achieving an orgasm? The part of a woman's brain that controls genital sensations is also intricately linked to her feet. So when her feet are warm and cozy, the sexual sensations are wired directly to her nether regions as well. So try leaving her socks on during sex! Alternatively, giving her a sensuous foot massage with a warming gel will work its sexy magic too.
- Tip 76** When it comes to oral sex, most men allow their tongue to rattle the clitoris aimlessly. Instead, try running your tongue through the 10 and 12 o'clock marks on either sides of her clitoral head. Then gently use your tongue to stimulate her just under the clitoral hood. The thousands of nerve endings present around these sweet spots will get her aroused VERY rapidly and keeps her orgasmic engine purring on the edge.
- Tip 77** During sex, a woman's sense of smell is the most powerful among all her five senses. Firstly, anything that is remotely musky mimics testosterone and will boost her libido. Secondly, that part of her brain that deals with smell also handles sex and memory. Thus anything that arouses her through her sense of smell will leave a lasting impression. Hint: Put on that musky cologne BEFORE sex. It will turn her on massively... even if she doesn't notice it!
- Tip 78** Did you know that the right side of her spine will titillate her sexual nerves faster than her left? This is because her right side is controlled by the left hemisphere of her brain that handles logical cognitive abilities. So pay special attention to this erogenous part of her back. Kiss, caress and stroke her gently there. Make your moves curvy - it is a LOT more intense than a direct touch and you will get a LOT more mileage in preparing her mind for sensational lovemaking!

Tip 79 If you want to give her a different sexual experience while achieving an orgasm, try the “69” position, where you align your mouths near each other's genitals. This is considered one of the best oral sex positions as it enables both you and your partner to stimulate each other simultaneously. If your partner is much smaller in size than you, try having her on top of you. This position is also a favorite of men who want to get a woman started having orgasms while staying hard at the same time.

Tip 80 Women have this amazing ability to increase their alternate sensory awareness when one of their senses is inhibited. For instance, when you blindfold her, her sense of touch, smell and hearing will suddenly become amplified. Use this to your advantage and create a sensual build-up during sex. She will try hard to hazard a guess what you are going to do next, or which part of her body you are going to venture upon. Her sense of touch will become doubly sensitive when she cannot see, so pay your attention to those sensuous spots where she normally loves to be touched. These will send her temperatures racing very quickly.

Tip 81 Ice cubes can be a really kinky way to arouse a woman during sex. This works even better if she is blindfolded (see tip above). Take an ice cube and run it along her body, allowing it to get close to her sensitive nipples. For added excitement, try putting the ice cube in your mouth and then giving her oral sex. The warmth of your tongue coupled with the coolness of the ice will send her into spasms of pleasure!

Tip 82 Another great position to titillate her G-spot is to let her lie down on her back and straddle her legs on your shoulders, so that her body resembles an "L" shape. Begin intercourse in the usual missionary position and subsequently lift her legs up until they are over your shoulders. For better support, you can lean against her thighs while she

holds your hips firmly so that you can penetrate even deeper.

- Tip 83** Try inserting a lubricated finger into her anus as she is reaching an orgasm. Many women experience the most astounding orgasms during anal stimulation. This is because the anus contains thousands of sensitive nerve endings and thus even the slightest stimulation will trigger extraordinary sensations. (This "forbidden move" could induce several spasms of orgasms at once, so be prepared for the aftershocks)
- Tip 84** Some candles give off scents that can turn a woman on. Try lighting up the scent of jasmine when you are planning for a night of lovemaking. In short, make sure that you appeal to all of her senses... and not just sight and feel.
- Tip 85** Have her sit on top of you during intercourse and then let her rotate herself from a position that is facing you to one that is facing away from you. Make sure she does this very slowly so that she can feel every part of you inside her. This also allows her to get stimulation to her G-spot, one of the most intense pleasure spots in her body.
- Tip 86** Many women love the idea of being spanked. While you do not want to actually hurt her during the process, you can give her some light taps on her bare bottom that will have her squealing with delight. This makes you appear more in control (something that women really love) and also titillates her at the same time. Try this and get her squirming, hot and ready for more.
- Tip 87** Speak up when she's naked and tell her how much you appreciate her body. Many women worry about how they look when the clothes come off. Such inhibitions make it harder for a woman to orgasm. Also, women who feel embarrassed about their bodies are less sexually assertive. So if you love the way she looks when she's naked, share the

news! Make her feel hot and sexy about herself. Genuine flattery will go a long way in helping her relax and prime her for an orgasmic experience.

Tip 88 Bring her to a state of heightened anticipation, and then strategically back off from what she would expect you to do next. For example, if you are undressing her, stop halfway and then proceed to kiss her. When she is expecting you to perform oral sex on her after some heavy foreplay, turn your attention to her breasts instead. Tenderly move AROUND her hot buttons, not ON them. This sensual art of unpredictability will add plenty of sizzle and excitement in the bedroom.

Tip 89 When it comes to sex, most men simply stick to doing what they THINK their women will like. Chances are, there is a lot more she likes you to do to her that you are not aware of. Simply ASK her... you'll be surprised by the things you will LEARN about her! Try this: Ask her to write down 3 things she likes you to do during sex. It can be the type of foreplay she wants; the position she prefers or the role play she fantasizes about. Then go down the list and grant her wishes. The freshness and excitement of what you are going to give her will make sex truly out-of-this-world for her... as it will for you!

Tip 90 You can bring her to the heights of ecstasy even without first engaging in penetrative sex. Use your imagination and get a little naughty and provocative. Bring on some "erotic aids" to the bedroom - chocolate body paint, blindfolds, feathers, massage oils, handcuffs etc. Use these to discover and explore her body and bring her to a suspended state of ecstasy though playful teasing. Many couples experience the most sensational sex just through this journey of erotic discovery.

Tip 91 Every woman has her own ideas and fantasies about the perfect sex -

one that she is probably too shy to bring it out into the open. To keep her on the erotic edge all the time, ask her to write down her fantasies on one of those small post-it pads. Drop them into a small box and tuck it away in your bedroom. Every now and then, when you want to sizzle things up, just dip into the box, retrieve one of these and relive her fantasies on the spot!

- Tip 92** While the backseat of the car isn't the most comfortable place to make out, it is nonetheless an ultra-hot spot for an afternoon (or night) of romp... simply because it gives a glimpse of the great outdoors while still offering a little privacy of sorts. Bonus tip: A movie drive-in makes for a perfect excuse to get away for the night and have a good time right in your car. And you have plenty of time before the end credits start rolling!
- Tip 93** A woman's breasts are her gateway to her orgasm. When you engage in foreplay on her breasts, stay away from her un-aroused nipples first. Instead gently caress the side, top and bottom of her breasts before moving towards her nipples. When she is getting aroused, you will notice the nipples swelling up and flushed with blood, signaling that the time is ripe for direct stimulation. Give her breasts and nipples a good 2 to 3 minutes of your attention and you will induce greater blood circulation and lubrication in her genitals, priming her for an orgasm later.
- Tip 94** Her ears are more than just an organ for hearing. They are also the main bridge to her organ that is most sensitive to sexual stimulation - the brain. Try speaking softly against her ears and let your breath tenderly touch her sensitive skin. This will allow her to feel a momentary sense of pleasure that will be heightened once she hears you say the things that you plan to do to her.

- Tip 95** A woman's back is a HUGE erogenous zone. There are different sensitive points on a woman's back: the lower back or the area just below the scapula. Find out which part of her back is most sensitive to stimulation. You may let your fingers run tenderly along the expanse of her back and plant gentle kisses on her warm skin. Know when she whimpers the most because that area is the point of maximum thrill and frenzy.
- Tip 96** Try this for a change - make love in your bedroom with the lights on and curtains open. Most of us have a little bit of an exhibitionist streak, even if we do not openly admit it. This will add plenty of excitement to lovemaking, especially when your neighbors could chance upon the both of you making out (and perhaps be a little envious too!).
- Tip 97** Make it a sexual quest to have sex in EVERY part of the house. Make it more challenging: Do not have sex in the same place twice. This will compel both of you to look for "untapped love corners" where you can give her a romping good time! And if you have kids, have a go in their rooms too (just make sure they are at your parents' place when you are at it!). It's amazing how adding a simple touch of uniqueness to your routine can make a huge difference to your sexual enjoyment.
- Tip 98** Try making out in front of a large mirror. With a full frontal visual, you have never thought she will look that hot, have you? Alternatively, place a mirror on the floor and make love over it, doggie-style - and have an erotic perspective over your lovemaking!
- Tip 99** Why not amp up the excitement by making out in a place where there is a possibility you will get caught flat out? Well, her parents' place could be reminiscence of what you did when you were dating. Sneak into one of the bathrooms and have a quick romp while her parents are watching the TV, or even in their rooms when they are having guests at

home!

Tip 100 Don't head off to sleep straight after a lovemaking session. Women are emotional beings. They want to feel special not just during sex, but after sex as well. A good cuddle will make her feel wanted and appreciated for who she is. This can work magic into your relationship.

Tip 101 For some women, screaming during sex is what actually causes them to come to an orgasm. It's not so much the act of screaming that that causes her to climax. It is the act of letting herself go, the act of totally relaxing her mind and body, the act of totally losing her inhibitions, that leads her to a sexual ecstasy like no other. So encourage her to make some noise in bed!

So there you have it... 101 tried-and-tested ways to spice up your sex life and give your wife or lover amazing sex that will blow her mind. For starters, pick a few of those tips that YOU like, and put them to action tonight. I promise... you WILL see (and feel) something sensational when you do!

The key to sensational sex is to simply learn about your partner's sexual landscape, understanding how her body works and making her melt with passion. Make time to learn new things to do with each other in bed. She will be sexually and emotionally fulfilled, and you will be amply rewarded with the most wondrous sex you had ever imagined!

If you need more ideas to really weave some magic in the bedroom and please her erotically, check out these POWERFUL resources on the next page...

To your success!

Lloyd Lester

OrgasmByCommand.com



Recommended Resources



Discover how to get an instant, rock-hard erection ...and always be "ready" to ravish your willing and impressed lover...whenever you want.

(It's like "tricking" your body and mind into believing that you just popped one of those little blue pills, to get you going stronger and lasting longer!)

ErectionByCommand.com



Unlock these closely-guarded secrets to "hotwire" a woman's pleasure circuits and trigger powerful, instant, bed-shaking orgasms...on command!

(Warning: Pleasuring and satisfying a woman in such a deep and powerful way could make her "addicted" to you. She may not want to let you go)

OrgasmByCommand.com



Want to permanently end the pain and embarrassment of "coming too soon"?

Unlock these secrets to developing superior sexual endurance and enjoying transformative sex that lasts.

EjaculationByCommand.com

Recommended Resources



Discover these insanely powerful secrets that can give you the ability to make any woman explode with orgasmic pleasure!

(Imagine being able to enjoy the *best* sex of your life while causing the most adventurous, experienced, or even *shy* women to reel in intense, orgasmic delight...)

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