



Easy Orgasm SOLUTION

HOW TO ORGASM EASILY EVERY TIME
DURING SEX & MASTURBATION

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INTRODUCTION

Easy Orgasm Solution is the book that people have been begging me to write.

The orgasm tips & techniques you're about to learn work...crazy well.

You're going to learn exactly how to orgasm when masturbating alone and while having sex with your partner, so that you can experience intense sexual pleasure.

In this introduction, I'll outline everything you need to know before showing you the exact step-by-step techniques you should be using to ensure you orgasm when and as often as you want.

Orgasming effortlessly and experiencing multiple, full-body orgasms is possible for most women IF you can put your ego aside and follow these "3 Steps":

Step 1 – Learn How To Turn Yourself On By Removing The Brakes To Your Sex Drive And Ability To Orgasm

In Step 1 you'll learn how to remove the obstacles that act as Brakes to your sex drive and your ability to orgasm. Once you remove these Brakes, you will be shocked at how easily you get aroused.

Step 2 – Learn How To Make Yourself Crazy Horny By Amplifying The Accelerators To Your Sex Drive & Ability To Orgasm

Step 2 is all about making yourself aroused and horny by using the right kind of foreplay so that your body responds powerfully to sexual stimulation. Important: Effective foreplay for women is very different to the foreplay that makes men horny.

Step 3 – The 39 Techniques That Will Make You Moan (& Cry) With Pleasure

Step 3 comprises two separate chapters. These are the essential skills, tips, techniques and positions you need in order to orgasm. You'll learn how to finger yourself for maximum pleasure when masturbating alone and all my secret techniques to make you orgasm harder than ever before when having sex with your partner.

But before we dive in and you become a master at getting the pleasure you deserve in bed, there are a few quick things that can derail this otherwise simple process. Ignoring these warnings will lead to lousy results and never reaching your full orgasmic potential.

Here we go...

Warning 1 - Don't Skip Step 1 & Step 2

If you skip Step 1 or Step 2, you will mess everything up.

Trust me.

Every one just wants the physical techniques I teach in Step 3, but they are not willing to put in the (often very easy) groundwork of Step 1 & Step 2 that will ultimately lead you to orgasmic bliss.

The Bottom Line - Step 1 & 2 is what will boost your libido and put you in touch with your body so that reaching orgasm is shockingly easy. If you don't follow the instructions in these two steps, then all the techniques you use from Step 3 will be useless.

Warning 2 - These Are Guidelines, Not Rigid Laws

Everything I'm about to teach you is a guideline that you need to tailor to yourself personally and to your relationship.

Some things will work great; others won't...

You need to figure out what works for you to bring you closer to orgasm while discarding everything else.

If you approach sex with an open mind, can communicate with your partner about what's effective and enjoyable, and adapt my advice to fit your own body and relationship then you're going to start experiencing a lot more sexual pleasure.

If neither of you talks about your sex life, and think this advice in Easy Orgasm Solution is something that must be followed rigidly and without debate, then you will end up with lousy results.

The key to learning how to orgasm during masturbation and sex is being flexible and tailoring these tips to your own circumstances.

Warning 3 - Generalizations

I have made some generalizations throughout Easy Orgasm Solution to make it easier to read, easier to remember and easier to use.

Of course, human sexuality is a deeply complicated subject with tens of thousands of research papers having been written on the subject, so these generalizations will not cover every possibility, for every person, in every situation.

I've used generalizations to make Easy Orgasm Solution as short and easy-to-use as possible.

However, these generalizations are clearly offensive when taken to the extreme and applied to every last person on earth. I'll try to note these generalizations when I make them and presume you are smart enough to understand that they apply to a large percentage of people, but not all.

Warning 4 - Have Safer Sex

If you're not having safer sex, you're an idiot.

You're putting your health and your partner's in jeopardy and opening yourself up to the risk of pregnancy. You can minimize risk in a few ways, but you can never be completely safe (hence the phrase "safer" sex).

Before you engage in sex with a partner, you have to take safety precautions. One of the easiest ways to have safer sex is to use a condom to protect against pregnancy and several STIs [1, 2, 3, 4, 5].

Now, you might not want to use a condom. Some guys think that sex with a condom doesn't feel as good as without. But sex with a condom certainly feels better than no sex at all. There's a secret to make it feel a little more natural: use lube. A dab of lube can exponentially improve your and your partner's experiences when wearing a condom, and it may help prevent the condom from breaking [6].

When choosing condoms and lube, you'll see those that include spermicide. But the active ingredient used in spermicides — nonoxynol-9 [7] — has been shown to increase the chance of transmitting an STI due to the damage it does to your tissues [8, 9, 10], so you may be better off skipping lube that contains a spermicide like nonoxynol-9.

For a condom to be effective, the wearer has to use it right [11, 12]. That means choosing one that fits well, is made of the right material, and is not expired. They must put it on correctly and replace it as advised on the package.

Condoms don't prevent against all STIs. Infections like HPV spread from skin-to-skin contact [13, 14, 15], so it's virtually impossible to remove risk when you're having penetrative sex. Oral sex can also transmit gonorrhea, syphilis, HIV, chlamydia, herpes, and HPV [16]. One way to minimize spreading infections during oral sex is to use a condom or to use a dental dam — a square of plastic or latex [17] — against a your body when your partner performs oral on you. You can also cut open a condom to use it like a dental dam [18].

Now you're ready for Step 1 – Turn Yourself On By Removing the Brakes To Your Sex Drive And Ability To Orgasm!

STEP 1 - TURN YOURSELF ON BY REMOVING THE BRAKES TO YOUR SEX DRIVE

Women & men are very different when it comes to getting turned on. A lot of things that turn guys on DON'T turn women on and vice-versa. Here are three generalizations that sum it up...

1. Most guys are turned on visually, hence the popularity of porn with men. In general, women are not quite the same; many women find that they are turned on more by how they feel and their imagination, hence the extreme popularity of 50 Shades of Grey and romantic novels amongst women.
2. Almost all guys are turned on and ready to go when they see a girl in stripper heels and a thong, even if they've never met her before. An anonymous guy in a G string probably doesn't have the same effect on you. In most situations, it will most likely send you running, no matter how hot he is. But put this hottie in a well-tailored suit and your opinion may change.
3. A lot of guys get turned on by a giggling, 20 year old, bimbo that laughs at all his jokes and is way too forward. Is a giggling, 20 year old idiot, who is too forward something that you fantasize about? Probably not.

As you can see from these examples, there are some clear differences between what turns on men and what turns on women that you need to understand to master how to fully turn yourself on.

Many women already understand this, but what they don't understand is HOW TO TAKE ADVANTAGE of these differences when it comes to turning yourself on and experiencing powerful orgasms.

To further illustrate my point, here's the general process for how men get turned on:

- They see something that they find hot
- Or they hear something that they find hot
- Or they think of something they find hot...

And, they are turned on and ready to go. It's often that easy.

Here's the general process for how women get turned on:

- You first need to have some Brakes removed to allow yourself to get turned on (I'm talking about things like stress, hormonal issues, shame, guilt, feeling unattractive/unworthy, etc.).
- Next, you experience something that turns you on (it could be a romantic guy, a guy that cares about you, sexy memories, a bath, candles, erotica, massage, kissing, getting a bit tipsy, sexual tension, etc.).
- Finally, they are ready to go and eagerly want sex.

Breaking things down, you can clearly see that most women need three steps to happen in order to fully let go, get turned on and enjoy incredible sex with their man.

Step 1 - Remove The Brakes To Your Sex Drive And Ability To Orgasm

Women often experience a number of Brakes that prevent you from getting turned on in the first place. Performing Step 2 & 3 is pointless if you don't first overcome these Brakes to getting turned on. I explain these Brakes AND how to overcome them in this chapter.

Step 2 - Amplify The Accelerators To Your Sex Drive And Ability To Orgasm

As I already mentioned, women generally get turned on by a host of things that often have little-to-no effect on men's arousal. I'll show you exactly what they are and how to do them in the next chapter.

Step 3 - Time For Incredible Orgasms

If you follow Step 1 (this chapter you're reading right now) and Step 2 (the next chapter) properly, you primed your body and set the foundation to having powerful orgasms.

Then it's time to start using the techniques in the following chapters to give you the best orgasms of your life or...

Experience your first ever orgasm if you've never had one before.

So, let's jump into Step 1...

Step 1 - Remove The Brakes To Your Sex Drive And Ability To Orgasm

Removing the Brakes to your sex drive and ability to orgasm is by far the most important step to getting yourself turned on and hungrier for sex than ever before, BUT...

and it's a really big BUT...

It's the hardest and (sometimes) the most boring part.

If you do this step correctly, then you'll be having more enjoyable sex & orgasms, more often.

BUT...

If you ignore it, then Step 2 & 3 are going to be far less effective.

AND...

You may find it next to impossible to orgasm.

Let's dive in.

A bunch of research has been conducted on women's arousal process [1, 2, 3, 4]. For most women, the first thing you need to get turned on is NOT the kind of foreplay that most guys enjoy; you need to get prepared to even be receptive to that. So, for now,

forget about kissing, talking dirty, or sexting to turn yourself, and all that other fun stuff for now, I'll cover that later.

First, let's learn about these "Brakes" to you getting turned on...

According to research, people have sexual Brakes — everything that turns them off from sex — and sexual Accelerators — all the things that remind them they're sexual beings and turn them on. This is known as the dual-control model [5, 6].

If you're like most women, your Brakes are more sensitive (even if your Accelerators are pretty sensitive) [7, p 47], and it may seem like you have a low or no sex drive. Having a low or no sex drive makes it very difficult to reach orgasm.

The truth is that you just need help removing these Brakes to your sex drive. If you want to know how to get turned on, you have to understand this.

Sexual Brakes aren't always obvious, and we'll get to those in a moment.

Sexual Accelerators are anything that gets you going. And foreplay certainly can be an Accelerator for both men and women. As I just mentioned, the problem is that women usually have **much more** sensitive Brakes while men have more sensitive Accelerators.

So if you jump to things that turn you on without first dealing with what might be turning you *off*, it's like putting your foot on the gas pedal while the emergency Brake is still on. In short, you'll get nowhere fast in your quest to orgasm easily and often.

So the first thing you need to get in the mood is for the Brakes to your arousal to be removed or lessened. It's almost as if your horniness is trapped in a maximum security

prison and your job is to break it out. But instead of a jail cell or handcuffs or a razor-wire fence preventing you from getting horny, you are faced with a bunch of other challenges (aka Brakes) that stop you from getting horny.

What are these Brakes? And more importantly, how do you remove them?

Stress

For many women, stress is one of the biggest Brakes to your sex drive, getting in the mood for sex and orgasming [8].

Stress can even dull genital sensation and increase pain with sex [9]. This is terrible if you want to orgasm effortlessly and powerfully.

Stress comes in many forms whether from work or from taking care of family or even from dealing with friends. Your relationship can also be a source of stress and distress.

Often, it can be very obvious and clear that you are suffering from stress. I'm talking about the obvious stuff like losing a job, dealing with a sick child or having a car crash.

However, most of the time it's much more subtle...perhaps someone said something mean about your team at work, a friend snubbed you by forgetting to invite you to a party, or you didn't earn as much as you hoped you would by 30 (or some other age).

The key to your overcoming this Brake is by de-stressing. This can take many forms, but here are a few examples...

Stress at Home – If you are dealing with stress from home life like looking after kids and being responsible for more than you can comfortably manage, then you need to start thinking of ways to lighten your load.

Can you hire a nanny to look after the kids for a few hours per week? Could your partner do this instead? What about getting someone to help around the house, so you have some time to relax. Even something as small as getting a babysitter one night a week can go a long way in allowing you to de-stress somewhat.

Stress at your Job – The same is true for your job. If you are driven to the end of your tether with work stress, then it's going to be much harder to unwind and get turned on. This kind of stress is a little harder to quench. Ideally, you could work less or take some time off, but for many, this is not an option.

So you need to figure out what your partner can do to help you to unwind. Can they take care of some chores you normally take care of when you get home? Think about what else you can do to make your life easier when you get home, so you have time to unwind.

Other Stress – Two of the biggest reasons that people become stressed is due to family or professional issues, but there are lots of other areas where stress can arise. Now, I don't want to make Easy Orgasm Solution all about stress relief, but I do want to give you the solutions.

So if you are stressed, here are a few ways you can deal with stress, so it no longer acts as a Brake to your sex drive.

Solutions To Stress

Meditation – Multiple studies have found that meditation can lower perceived stress to different degrees [10, 11, 12, 13]. A related practice known as mindfulness can also help you better cope with stress [14, 15, 16]. Plus, mindfulness has been found to increase sexual function [17, 18, 19].

Avoiding stimulants or drugs like caffeine, cocaine, etc. that can contribute to stress – Studies on stimulants have found an increase in physiological stress as measured by cortisol levels [20]. While this is not always a negative thing, curb your stimulant use if you notice an increase in psychological stress. Stimulants can also disturb your sleep [21], another source of stress.

Better sleep hygiene – Sleep and stress go hand in hand. If you're getting poor sleep, you may feel more stress [22]. And if you're stressed, you're less likely to get quality sleep [23]. To avoid this cycle, practice good sleep hygiene. This includes having a consistent sleep schedule, making sure your bedroom is dark, removing electronics and avoiding screen time before bed, avoiding caffeine or large meals before bedtime, and being physically active during the day [24].

Yoga – Yoga is a type of exercise that involves stretching and breathing as well as meditation. Studies have found yoga to be effective at reducing stress [25, 26, 27].

Nature walks – One 2010 study found that taking a walk in nature resulted in lower levels of blood cortisol, a sign of stress [28]. So drive out to the country or find your nearest park to enjoy the scenery.

Talking to someone – There's a saying that "a problem shared is a problem halved." By speaking to someone about stress, a person can feel as though they're

bearing a lighter load. This might be one reason why having strong friendships is essential to being happy and healthy. At least one study has found that participants report less stress after counseling [29] while another found that “seeking help” and “expressing feelings” were among the most effective coping strategies for stress [30].

Improving your diet – Although you might not realize the correlation between diet and stress, it’s there. Diet can not only affect stress [31] but poor diet can lead to health concerns down the line that increase stress [32]. The two of you can embark on a healthier nutritional path together.

Getting a massage – Getting a massage can help reduce stress and increase feelings of relaxation [33, 34, 35] A professional massage might be costly, but you can give your partner a massage at home. Not only does it reduce stress, but touch can facilitate intimacy and help get you turned on.

Identifying and removing stressful things where possible – Perhaps the most effective way to lower stress is to eliminate it from your lives. There’s no simple answer here as there’s a near infinite number of stressors that can combine to cause a person stress. However, switching jobs, hiring help at home, reducing obligations outside of the home, and learning how to better manage finances may all contribute to lower stress levels.

It might also help to remind you that there is usually no prizes for dealing with high levels of stress. Being happy is a much better prize!

Figuring out effective coping strategies for those things that can’t be avoided – Some stressors just can’t be avoided. Aging parents, children, or demanding jobs are all examples of stress, some of which we choose. Rather than getting rid of the problem, we can learn to cope. One study found that

problem-focused coping resulted in lowered stress levels [36]. Coping strategies can vary from meditation and counseling, which we have already addressed, to better time-management tools, talking to superiors at work, or trying to resolve conflict within relationships.

Whatever you choose to do, avoiding stress can sometimes lead to more [37].

Feeling That You Are Taken For Granted - Your Partner Should Read This Section

Everyone feels that they are taken for granted from time to time. For many women, feeling taken for granted can become a serious Brake to your sex drive.

Now, you can read this and pretend that you have never felt that you were taken for granted, but the truth is that we all feel it from time to time, to varying degrees. I'm going to give you a few obvious and stereotypical examples to illustrate my point.

Here are some examples...

1. Let's pretend you are a stay at home mom, responsible for looking after your kids and keeping the house running smoothly. You're not getting a salary and benefits for this job and it may actually be more stressful than your partner's job. So, if your partner is treating you like you have a charmed life, while they are the only one "working," then I can guarantee you that you will feel taken for granted. When they step up and acknowledge the effort you are putting in and share your load, it can go a long way to feeling more connected, on the same wavelength and in turn removing a potential Brake to your ability to orgasm.

2. Anytime you are trying to improve yourself for your partner or your relationship or even just for yourself, it can massively help if your partner acknowledges and supports you on your journey.
3. Anytime that your partner sees you putting in a lot of effort without shouting about it, if they acknowledge you, it can again help to feel more connected to them.

As well as acknowledging you for the effort that you put in, it's also important that you are proactive and bring it up with your partner if you ever feel like you are taken for granted. Doing this will go a long way to removing this Brake.

Recognizing that you sometimes feels taken for granted by your partner actually has a lot in common with the next Brake that you need to address.

Feeling Misunderstood By Your Partner - Your Partner Should Also Read This Section

“Feeling understood” by your partner is a very important aspect of a relationship for many (but not all) women and men. It's that feeling that you have someone on your side, that understands why you feel good or bad about certain situations. If you feel that your partner doesn't understand you, then this can become a Brake to your ability to orgasm.

It's like feeling out of sync or disconnected from your partner.

Here are some examples of feeling well understood by your partner...

1. Your partner understands and is interested in your relationships with friends, family and work colleagues.
2. Your partner understands why you sometimes feel insecure about something important to you.
3. Your partner understands why something that happened to you when you were much younger still affects you to this day.

Feeling that your partner understands you is going to make you much more comfortable and more deeply connected to them, making it much easier for you to become turned on and ultimately orgasm.

Of course, it's impossible for your partner to understand everything about you, but at a minimum, they should listen and TRY to understand your point of view on things.

By the way, this goes both ways! It's just as important to try to understand your partner too.

Trust - Your Partner Should Also Read This Section

A lack of trust can become a major Brake to your ability to orgasm. Trust is vital to feeling comfortable, making it easy for you to open up to your partner, be vulnerable and let go.

Telling you how to build trust is tricky because everyone needs to see and experience different traits from a partner in order to trust them. These include everything from:

- Being honest.

- Being transparent.
- Being patient.
- Being consistent. i.e., Following through on what you say you'll do.
- Not playing games.
- Never trying to manipulate.
- Being open to talking about the difficult things without rushing to judge or criticize.
- Trusting each other.

When you remove this Brake and you truly trust your partner (and they trust you), it's so much easier for you to relax...which allows you to get turned on more easily and therefore orgasm more easily.

Reducing the amount of stress you feel, not feeling taken for granted, making sure you feel understood by your partner and building a deep level of trust between you and your partner are the sometimes hard-to-describe problems that act as major Brakes to your ability to orgasm

They can sometimes be hard to fix but are vital if you want to get turned on more often and more easily. Next are the equally important but thankfully easier to solve problems that act as Brakes to your sex drive.

Understanding The Stages In Your Menstrual Cycle

Women, like most mammals, go into a sort of “heat” when they are most likely to get pregnant – during the ovulation stage of the menstrual cycle [38]. Researchers have identified a “sexual phase” that many women experience around ovulation [39, 40]. This phase of increased sexual desire is not as pronounced as in other mammals;

however, it can be tracked. For most women, ovulation occurs at the midpoint of the cycle.

Desire is usually lowest on the days before your period when women experience PMS (Premenstrual syndrome) [41]. Cramps and other physical pain definitely have a way of acting as a Brake to your sex drive and ability to orgasm, but this is obviously not unique to women. Physical pain reduces the sex drive in both genders but may do so more often in women [42]. However, women may experience pain that is specific to the pelvic area, which can make sex physically impossible, unlike a man.

Note that some women are especially horny just before their periods and some experience increased desire during their periods [43].

Stopping your period is not practical, but being aware of this natural Brake to your sex drive will help you plan around it or help you better deal with pain on the worst days.

Menopause

In most cases, women going through menopause will experience a marked reduction in their sex drive. Menopause is defined by the reduction of the sex hormones – estrogen – in the female body [44]. This acts as a serious Brake to the sex drive of most women as they will experience a reduced sensitivity to touching and decreased blood flow to erogenous zones, creating a more difficult arousal process.

After menopause, regular sex is the best natural way to keep blood flowing to the sexual organs and maintain ongoing arousal. Hormone therapy has also been proven to help some women maintain libido and increase sensitivity.

Exercise

Studies have shown that exercise improves sex drive in women of all ages [45]. Sex is all about blood flow and the mind/body connection. Exercise also helps improve self-esteem and the physical aesthetic of the body.

A sedentary lifestyle is a dangerous Brake to your sex drive. However, too much exercise can also be a problem as well. A program that is too intense leaves the body with no energy for sex, as it redirects all of the body's resources to physical recovery. The ideal exercise level for most women is just over 20 minutes of moderate-intense exercise per day with muscle-strengthening activities twice weekly [46]

Past Trauma

Experiencing, or even witnessing, a sexual assault can cause women to feel uncomfortable with a partner [47]. Nervous energy acts as a Brake to your sex drive as it inhibits blood flow to erogenous zones. It also keeps the brain from releasing serotonin, a hormone that increases feelings of happiness and also triggers the body to release estrogen.

A non-sexual assault may have the same effects on the female sex drive, although not as pronounced.

Patience and professional therapy can help in overcoming both sexual and non-sexual trauma.

Sexual Shame

Sexual shame in women can come from many sources, or multiple sources and act as a very hard Brake to getting turned on and orgasming. As mentioned previously, sexual trauma may be a source of sexual shame. However, religious beliefs, personal beliefs, and social pressures may also play a part. In many cases, shame leads to physical anxiety [48], which leads to a lower sex drive.

In many cases, religion, personal beliefs and social pressures are intertwined with each other. Women who are sexually liberated are often viewed unfavorably in all of these social circles. Each of these groups may also contain many of the same people.

If sexual shame comes from a violent trauma, it is usually best to enlist the aid of a professional therapist. Shame in other respects can be dealt with similarly or approached by discussing alternative perspectives with your partner.

It is important that you make your own decisions about sexual behavior – never allow a new belief to be forced upon you. Besides, this often has the reverse effect and may cause you to hold on more tightly to your current beliefs.

Birth Complications Can Become A Brake To Ability To Orgasm

10 to 15% percent of women will experience postpartum hemorrhaging after birth [49]. Hemorrhaging is most likely to occur after a C-section (cesarean birth).

Postpartum hemorrhaging may occur because the uterus loses its ability to contract. This may also be connected to weakened vaginal muscles.

Prolapsing is another condition that may occur because of the weakened state of the body after giving birth. Weak vaginal muscles may allow the bladder to bulge into the roof of the vagina. It may become harder to excrete waste from the body under these conditions, but it is very important not to strain the bladder to do so.

Keep in mind that some woman may experience a lower sex drive even if there are no medical complications with a birth. “Baby blues,” also known as postpartum/depression (PPD), from hormonal fluctuations may be the cause of decreased libido. Although PPD is common enough to affect 1 out of 9 women [50], some women are reluctant to admit their mood after having a baby. Untreated postpartum depression can seriously impact both you and your baby.

The female body also loses estrogen after the birth and during breastfeeding, which may cause a drying of the vagina and less pleasure during sex [51, 52, 53]. For some women, a change in physical appearance after pregnancy can lead to a loss of self-esteem which translates into a major Brake to reaching orgasm.

If any of the conditions above are present, talk to a doctor immediately. Both hemorrhaging and prolapsing may escalate into more serious conditions if left untreated, and postpartum depression has led some women to end their lives. If your doctor does not recommend an intensive treatment program for physical complications, a good way to improve sex drive is Kegel exercises to strengthen pelvic muscles.

Other Common Health Problems That Can Be Brakes To Your Sex Drive And Ability To Orgasm

Weight – To be frank, if you are obese [54], it can drastically affect your sex drive, becoming a major Brake to getting turned on and reaching orgasm. For many obese

people, the body can have trouble with its core functions, making it difficult to produce the hormones that regulate and increase sexual pleasure [55]. Furthermore, extreme weight issues also often correspond with or cause self-esteem issues, which can be another serious roadblock if you want to orgasm easily.

Diabetes – Unregulated blood sugar levels in the body as can happen with diabetes correspond with yeast infections [56, 57]. Diabetes can also cause nerve damage that leads to vaginal dryness [58, 59, 60, 61]. Both of these conditions cause a decrease in sex drive and ability to orgasm, as sex can become physically uncomfortable or even painful.

Depression – In 2016, an estimated 16.2 million American adults had a depressive episode with women experiencing them more frequently than men [62]. Furthermore, 1 in 6 people will struggle with depression during their lifetime [63].

Depression starts in the brain, and it is the brain that regulates the secretion of sex hormones. When the brain is depressed, it acts as a Brake to your ability to orgasm because it does not give the body these vital hormones that cause an increase in sexual arousal.

Neurological disease – Any disease or condition that affects the brain has the potential to act as a Brake to your libido and ability to orgasm. The hormones that get you turned are in part regulated in the brain, and neurological malfunction has the ability to reduce the body's release of these hormones [64]. One study found that lowered desire was experienced by women with depression more than any other sexual dysfunction [65].

If you are experiencing any of the conditions above, it is important to talk to a doctor immediately. A professional treatment program may be necessary, or a change in lifestyle.

Medications & Drugs

Antidepressants – Depression can reduce libido in women, and so can the treatment for depression. Although SSRIs help the body retain serotonin (the body’s “happy” hormone), the side effects include decreased desire and sexual arousal [66, 67]. This may seem counter-intuitive, but SSRIs work by reducing the brain’s ability to communicate with the body, which usually dampens sexual drive. Previous treatments which addressed central nervous system depression also dampened sexual desire.

The FDA recently approved a medication, Addyi [68], for the treatment of sexual dysfunction in women. Addyi targets neurotransmitters. However, studies have shown it to be minimally effective at increasing sexual “events” during a 30-day period [69].

Smoking – Smoking, in general, reduces blood flow around the body [70, 71, 72], which can act as a Brake to getting turned on.

Alcohol – Although one or two drinks have the ability to remove mental blocks (aka the Brakes to getting turned on) and increase physiological stimulation, you might find that one or both of you desires sex less when you drink too much.

Illegal drugs – Illegal drugs also have the ability to remove mental blocks and increase physiological stimulation. However, everyone responds differently to drugs leading them to potentially becoming a Brake to getting turned on and reaching

orgasm. The unregulated nature of illegal substances also means that you may not know what you are taking. Drugs may be mixed or given in too high of a dose.

Birth control – Unfortunately, the very thing that should enable you to have sex more frequently and with fewer worries can wreak havoc on sex drive, with some affecting desire more than others [73]. However, birth control can also increase sex drive in some women [74]. If you suspect that birth control has lowered your sex drive, there might not be anything you can do to get aroused and orgasm, and you should talk to your doctor about non-hormonal options such as the copper IUD.

Some women substitute hormonal birth control for condoms.

Antihistamines – Medicines taken for colds (decongestants) or allergies (antihistamines) can cause vaginal dryness [75], making it harder to get turned on and orgasm. A little lube might be all you need to deal with this temporary Brake, however.

Age

Contrary to popular belief, a woman's sex drive does not peak during their 30s as pop culture would have us believe. In fact, there really is no strong consensus about a woman's sexual peak. Studies have found that sexual desire peaks in the mid-twenties, late twenties, and thirties. One study found that women between the ages of 27 and 45 were at their sexual peaks [76], but that's a large range! There's certainly variation between the sub-groups of that range.

For example, many of the factors mentioned above, most notably sexual shame, may play a role in women hiding the libido of their early 20s. By their 30s, however, many women may seem more open to sex because their motives are different [77] and less

influenced by what other people think. Women may also feel more comfortable with their bodies and have an easier time communicating in their 30s [78].

Regardless, sex drive waxes and wanes as we grow, both together and with our partners. But even if there's no single peak, it's true that both men and women's sex drive drops as we age.

Fertility in women begins to drop starting in your late twenties [79]. Because fertility influences sex drive, we assume that desire drops as well. As a woman ages, your ovaries gradually stop functioning [76], leading to a complete cessation of function that we know as menopause. Some women experience a more sudden reduction in sexual libido due to an abrupt menopause (caused by removal of both ovaries or by chemotherapy) [80].

Still, many older women love sex [81].

Other Factors

I could talk all day about the potential Brakes that can prevent your partner from getting turned on, but I'm not going to turn this single chapter into an encyclopedia. Finishing up quickly, other Brakes include...

Excessive focus on the outcome of sex – If you have an excessive focus on your “performance” during sex instead of just enjoying it, then this can act as a Brake to reaching orgasm. However, if you focus more on simply what feels good, then you're going to enjoy yourself a lot more. Of course, men can also suffer from performance anxiety too.

Body confidence – If you don't feel comfortable with your body, then it's quite understandable if this becomes a Brake to your arousal and you clam up.

Positive body image must come from within, and cannot simply be a result of your partner's attraction to you...although it can help.

Comfortableness with each other – If you are not yet fully comfortable with each other, then this can sometimes act as a Brake to letting go and climaxing. Thankfully this usually resolves itself with time. As you get to know one another better, comfort increases. Before you have sex for the first time (or perhaps with casual partners), you can take a few steps to build comfort.

- Start with light and brief touches such as on the arm or shoulder. Your partner could try a hand on your lower back or putting his arm around you. Touch escalates as comfort does, so a hug could turn into a cuddle, then a kiss, then making out, then full-on sex.
- You may want a glass of wine or a beer to help loosen your nerves and get turned on.
- Compliment each other, even if it's just an appreciative sound when you are undressing.
- Show a bit of vulnerability to each other.
- Talk about your nerves and anxiety (this can be where you show that you're vulnerable, too). If you can laugh about it, you'll build rapport.
- Make each other laugh.
- Ask whether your partner likes what you're doing. Better yet, ask your partner about what they like and get them to show you! Hopefully they do the same.

It's also helpful if you're comfortable with your bedroom and home, so get rid of the clutter, change your sheets, and perhaps light a candle. It's surprising how far things

like this can go to help you relax, feel more comfortable and ultimately orgasm more easily.

Not knowing your own body – You are going to have a tough time getting turned on and having powerful orgasms if you don't already know what you enjoy. The solution here is experience and slowly figuring it out, usually through masturbation (don't worry we'll get to some really great masturbation techniques in a few pages). Once you can figure out what your body responds to when you're comfortable and alone, you can teach your partner how to do it.

Fear of the consequences of sex – Fear of getting pregnant or contracting an STI is a major Brake to reaching orgasm for many women. Some women find themselves saying “No” to sex simply because they don't feel safe from contracting an STI or worry that they may become pregnant.

A good way to deal with this is to have safer sex, consider birth control and only be with partners who take their sexual health seriously.

The Bottom Line

I've covered the main Brakes to reaching orgasm and I've tried to offer solutions in each case. Once you've identified any that affect you and/or your relationship, it's then a simple case of addressing each so that they are no longer an issue. When you do, you'll notice that you get turned on a lot more easily and quickly.

As a result, you'll find it easier to reach orgasm.

With the Brakes to getting turned on out of the way, it's time to focus on amplifying the Accelerators: the things that will make you horny and bring you closer to orgasm in Step 2.

One final thing: If you don't experience any of these Brakes to getting turned on, then you can skip Step 1 and focus on Step 2 to get yourself super aroused.

Of course, I would caution you to stay aware of everything I have just talked about as life changes all the time and you may begin experiencing new issues that start acting as Brakes to your ability to get turned on and orgasm.

STEP 2 - MAKE YOURSELF CRAZY HORNY BY AMPLIFYING THE ACCELERATORS TO YOUR SEX DRIVE AND ABILITY TO ORGASM

Note: For those of you who want to effortlessly orgasm during sex, your partner has an important role to play and needs to read this chapter and actually use the advice inside it. Great sex requires 2 people after all :)

Getting horny is surprisingly easy, and while there are many different techniques you can use (all detailed in this chapter), there are just three main areas you should focus on to make yourself intensely horny and reach orgasm with ease.

These are...

- Feeling deeply desired and sexy. This is like flipping a switch in your brain that will make reaching orgasm during sex much easier. This requires effort from your partner and they should reach this section too.
- Building intense amounts of sexual tension. I don't think I need to explain why, but I will explain HOW you and your partner can build incredible amounts of

sexual tension. This also requires effort from your partner and they should also read this section.

- Your Kryptonite aka focusing on specific foreplay techniques that work for you (but may not work for other women). Your partner should also read this section. Understanding and using your Kryptonite is important if you want to orgasm when you are masturbating alone.

I'm going to get to the techniques shortly, but before I do, I want to touch on something that I mentioned in the previous chapter, Step 1 – Turning Yourself On By Removing The Brakes To Your Sex Drive And Ability To Orgasm. If you decide to skip this part, then you're going to struggle to orgasm with the most powerful orgasms of your life.

Throughout Step 1, I talked at length about removing the “Brakes” to your ability to get turned on. In other words, if you can remove “Brakes” like stress, anxiety, feelings of being taken for granted, guilt, shame, drugs that affect your sexuality and other health issues, then it's going to be much easier for you to get horny.

This may sound crazy-obvious, but many women ignore these “Brakes” and are confused as to why they are struggling to orgasm while at the same time they are stressed-out, trying to take care of small children, while holding down a full-time job.

But you are smarter than this and have read Step 1, right?

Now that you have the tools for removing the “Brakes” to your sexuality from Step 1, you need to put your foot down on the orgasmic “Accelerators” which I will be covering in this chapter. These are the things that will ramp up your sexual appetite to a state that may surprise you.

As I've already explained, women and men get horny and aroused differently. While most men can see something, hear something or even think of something and be ready to jump straight to sex, most women are different.

You may often need to “feel” a certain way before you can get aroused...And, that's exactly what I'm going to teach you in this step.

By far the best way to do this is by...

1. Feeling Desired & Sexy - Your Partner Should Read This Section Too

Important: Your partner needs to read this section. If you only want to learn to orgasm alone, then this section is less important.

The single most powerful way to get horny is to feel deeply desired by your partner. For many men, the feeling of being desired (may or) may not mean a whole lot, but for many women, it can feel like a spell has been cast on you. It can be completely intoxicating and somewhat overwhelming (in a good way).

Of course, there are a few caveats to truly feeling desired, and I'll explain them in just a bit.

The main takeaway is that you won't need to use any other techniques to make yourself horny if you feel deeply desired.

So how do you make your feel deeply desired? And, more importantly, how can your partner make you feel deeply desired?

With Words & Actions

Your partner telling you how much they desire you can feel like a double-edged sword.

If they are not genuine or honest in their desire, then it will show as insincere...and backfire completely.

But...

If they are sincere, then it can be powerfully effective at accelerating your arousal and horniness

So how can your partner effectively show their desire for you?

The easy way is to just compliment you on **SOMETHING THAT'S IMPORTANT TO YOU.**

So...

- If your partner can tell that you put a lot of effort into your outfit, they should let you know how good it looks.
- If you've embarked on a new fitness regime, they should let you know how much they like the results.
- If you have worked hard to earn a promotion or professional qualification, they should make sure to let you know that they find your hard work sexy.
- If you have helped your son/daughter prepare for an exam and he/she got an A, then your partner should show his appreciation.

Genuine Appreciation

Similar to receiving compliments, when your partner shows you genuine appreciation for the things you do for them, it can have a powerful affect on making you hornier. Even if these things are quite small, it can still work powerfully.

So if you do the laundry or make the breakfast or are the main breadwinner, your partner should pay attention to these things and show genuine appreciation.

Something as small as sending a text can be enough. Or taking you out to dinner. Or booking a weekend away together.

Thoughtfulness

Being a thoughtful partner is another way they can show you how much they care about you and help increase your arousal. This strategy can work both as an Accelerator, making you horny, but also as something that helps to remove the “Brakes” that I talk about in Step 1.

Being thoughtful basically comes down to making your life easier. Here are a few examples of how your partner can be thoughtful:

- Cleaning the house for you when you're particularly stressed.
- Taking care of your weekly chores so that you have more free time together.
- Cooking and washing up for you.
- Putting the kids to bed, while you unwind with a glass of wine.
- Etc.

At it's most fundamental level, being thoughtful is the equivalent of saying "You mean a heck-of-a-lot to me" without directly saying it with words.

The "Princess Principle" aka Making You Feel Special

There's this antiquated cliché about women, that some people find to be true...despite also being somewhat antiquated, sexiest and deeply misogynistic.

It's that some women want to be seen as a princess by their partner.

We've all heard it...

What's interesting is the reason why some women like and agree with this "princess" cliché.

It isn't so you can spend the rest of your days shaking hands with strangers at public events...boring! The reason is because your partner sees you as special and different from everyone else.

If your partner can understand this aspect of what I call the "Princess Principle" and do things that make you feel special, then you are naturally going to feel appreciated, closer to them and will find it a lot easier to get horny and orgasm with them.

Thankfully, to make you feel special, your partner doesn't need to buy you a palace. In fact, much smaller gestures are usually more effective than big, grand gestures.

Here are a few ways for your partner to use the Princess Principle and make you feel special:

- Bringing you a little present on a Friday night, like your favorite ice cream or wine.
- Surprising you with flowers.
- Sending you a text that they were thinking about you when you're apart.
- Telling you that they were thinking about you during the day/week you were away.
- Organizing a surprise weekend away together.
- Bringing you to that restaurant that you always wanted to go to.
- Getting a table at a club/restaurant for both of you (and your friends).

When your partner can make you feel genuinely special, it works on a very deep level to increase your connectedness and get horny.

Work On You

Having your partner do all these things to make you feel good is going to help you get horny. But, if you don't feel great about yourself and your own body, then it may cause issues when you are trying to get aroused.

So you need to think of what you can do to work on yourself in a way that you will make you feel attractive, desirable and boost your self esteem. Now, it's not about having a perfect model body, wearing the trendiest clothes, or having perfect hair.

It's really about being someone who feels comfortable with themselves. So having a baseline level of fitness, wearing clean, well-fitting clothes and taking care of your mental health should be the goal. Of course, you can go further than this, but if you do, you may notice that you get diminishing returns for all that extra effort.

Touch

If your partner never touches you in a way that shows their desire, then you may forget that they want you. So, your partner needs to touch you, but how do they do it in a way that's romantic, instead of as merely a friend or companion?

Basically, they should focus on the type of touch that shows their intent and attraction for you. Here are some ideas that you can share with your partner to get them started...

- When you are out in public, they can put their hand on your lower back to guide you, like when you're getting off an escalator or walking down the street.
- They can put their arm around your shoulders when you are sitting beside each other.
- When you're sitting together on a sofa watching TV, they can rest their hand on the inside of your leg.
- Another option when sitting together on the sofa is for them to pull you close to them so that you can rest your head on their shoulder.
- Playfully spank you when you're joking around.
- Hug you from behind when you're standing in front of him in the kitchen, anywhere around the house or even out in public.
- Grab your waist and pull you towards them, then playfully push you away.

As your partner gets used to touching you to show you their intent and attraction, you will naturally find yourself doing it yourself in a whole host of other ways too.

While it's important that your partner touches you in a way that lets you know he wants you, you'll struggle to get horny if your partner only touches you when he wants

sex. This makes you feel like an object, and not like someone who is loved or desired. Of course, this doesn't apply if you're dealing with a casual partner.

Make Eye Contact

Making eye contact with you is a key way for your partner to show you his desire for you.

Now, everyone wants to know how to make eye contact the right way. What's too much, what's too little, what's weird, what's sexy, when should I look away, etc.?

There is really only one thing to remember, and that is to make eye contact comfortable for both of you. That's it. So, he should make eye contact with you as long as it is comfortable for both of you.

If you're not particularly comfortable making eye contact, still try to do it from time to time, and focus on the other things in this chapter that will help you to get horny.

However, if you find it easy and comfortable, then do it as much as you like **AS LONG AS YOU'RE COMFORTABLE WITH IT**. If you can feel yourself getting uncomfortable, then reel it in and do it less.

But if you can both comfortably stare into each other's eyes for hours, then do it.

That's the key to eye contact.

So...

Feeling desired is a crazy powerful way to make yourself feel horny.

However, there is another level of horniness you can experience.

It's all about building...

2. Sexual Tension - Your Partner Should Read This Section Too

Important: Your partner needs to read this section and use these exact techniques on you too. If you only want to learn to orgasm alone, then this section is less important.

In fact, building sexual tension the right way is like steroids for your sex drive and horniness. You may even be surprised at the things your partner does in bed to pleasure you if you build enough sexual tension with them.

And don't worry, I'm going to show you how.

First of all, what is sexual tension exactly?

It's that deep feeling of wanting rip each other's clothes off, but for some reason, you can't right now.

- Maybe you're both working together and have been flirting for last few months, but due to work policies, you can't be with each other without the risk of getting fired.
- Perhaps you're a student, and you notice your attractive professor paying you more attention than to anyone else. You start to notice them looking at you even when you're not talking to them. You can tell they want you, and you want them, but you're

both terrified of the consequences, so you both do nothing, despite constantly thinking about them.

● Or it could be that you went to the company party, had a bit to drink, but have to socialize a bit more before you can go home and have sex.

I think you get my point.

Now it's time to learn how to build it...

Teasing

Getting teased by your partner in a FUN way is a killer technique to build sexual tension and increase your arousal. The easiest way to do this is when your partner treats you like their bratty, little sister. And vice versa, you treat your partner like your bratty little sibling. Here are a few examples of what you can say to each other:

● When your partner compliments you on something, ask your, “Are all people from California this forward?” Feel free to change this to whatever state/country your partner is from.

● When your partner makes small mistakes like ordering the wrong drink for you, “I don't usually tolerate this kind of behavior, but on account of your cuteness, you get a pass...this time.”

● When your partner says something controversial, “My mom warned me about people like you.”

● When you can tell your partner has put a lot of effort into their outfit/appearance before a party, “You really shouldn't dress like that, now I'm going to be distracted all night long, you're the worst.”

If you say any of these examples with a serious expression on your face and an angry voice tone, then it's going to come off really bad. The key is saying it with a cheeky smile and playful tone.

Innuendo

Innuendo can also be effective for building sexual tension with your partner, but **ONLY** if you are very subtle about it. If you are too forward/obvious with your innuendo, you'll turn your partner off faster than a light bulb (guys are usually the worst offenders for being too forward/obvious).

Innuendo is also one of those things that some people love while others hate it. So if you don't enjoy it, then just drop it and focus on the other techniques that help build sexual tension and get you aroused.

Build Anticipation

Building anticipation is a cornerstone to creating sexual tension. Anticipation happens naturally at the start of any relationship, when you don't know each other yet or what the next date will be like and you are wondering what the sex will be like.

As your relationship progresses, the sense of anticipation will naturally dissipate as you get to know everything about each other and your preferences. This lack of anticipation can actually be great for making your relationship more routine, but it's a disaster if you want to build sexual tension.

In order to build sexual tension with your partner, you're going to need to recover this feeling of anticipation. There are lots of ways to do this.

Note: Your partner should also use these ideas below.

Texting – Try texting your partner a few hours before you see them, hinting at what you plan to do with them when you meet up. It could be anything from kissing them to sex to cooking for them.

Tell them what you are thinking – The next time you are somewhere public or even at a party, tell your partner what you would do to your if other people weren't there, "If it weren't for all these people, I would rip your clothes off right now."

Leave a note where they'll find it – If you are not going to see your girl for a few days, try leaving a note for your partner in a place where they'll find it, telling them of your plans when you are together again. You can leave it on their pillow or on the steering wheel of their car or anywhere you know they'll see it.

Whisper something filthy in their ear as they are leaving in the morning – When you are saying goodbye to your partner, softly mention something suggestive to them like, "I can't wait to see you tonight" or "I'm going to be thinking about you all day long."

What works to build anticipation for you and your partner will depend mostly on your relationship. There is no copy & paste, magic pill solution. If texting your partner something as simple as, "I've put fresh sheets on our bed" builds anticipation, then go for it. If being more direct and explicit works, then take that route.

We've covered the two main tools that you and your partner can use to help you get horny as hell by making you feel deeply desired and building sexual tension...There is one last tool that you should also use.

3. Your Kryptonite - aka focusing on specific foreplay techniques that work on you

Important: This section is the most important part of Step 2 for those of you who are trying to orgasm when you are masturbating alone.

Every woman has a certain something that drives them wild with lust and desire. I call it your Kryptonite. It could be literally anything, from something cliché to something even a bit bizarre. It's also often something you may be embarrassed about.

It could be something like

- Seeing your partner wearing a suit or other fashion style
- Being with a partner who has a six-pack.
- Smelling a certain cologne.
- When someone has a specific hairstyle
- When your partner has a beard/facial hair.

But there are so many other things that can help you to get aroused.

Below a list of examples. Just keep in mind that it could be something completely different to anything on this list...

- A partner with piercings and/or tattoos.
- A partner with a slight belly.
- A partner with long hair.
- A partner with lots of body hair or none at all.
- A glass of wine or a joint if you smoke weed.
- Hearing a certain accent.

- A partner who is a good parent.
- Reading erotica or watching porn.
- When your partner wears tight pants (or a tight shirt).
- Dancing together.
- Being somewhere new like a fancy hotel room or on a secluded beach.
- Seeing your partner get a little jealous and protective of you when you talk to other guys
- A partner who talks about their passion. I'm talking about a genuine passion here, not one they chose simply to seem "cool."
- When your partner organizes the entire evening for you.
- Candles and/or incense.
- Certain songs.
- Being kissed a certain way.
- Receiving a massage from your partner.
- When your partner is a little aggressive and dominant in bed.
- Watching a horror movie.
- Watching a movie with sensual or sexual content.
- Masturbating.
- Watching a video or recording of you masturbating.

This list could be endless. The important thing is finding out what your own Kryptonite is and then keeping this in mind when you want to get aroused.

I have a few notes and caveats that I want to give you on the above advice...

Novelty

From reading this step, you may have already made a quick mental list of the things that you know will make you horny and aroused. Great!

There is one issue with this.

If you constantly use the same 3-4 techniques to make yourself horny, they will lose their effectiveness, and you may start having difficulty getting horny in future.

We all crave novelty (in fact, it's the third most common sexual fantasy in America according to sex researcher Justin Lehmiller [1 p 11]), so make sure to keep trying new things for yourself and with your partner to keep it fresh. This could mean having sex at a different time than usual (helpful if you usually have sex before bed), in a new location, or trying a new toy or position.

Guidelines, Not Immutable Laws

All the advice in this book should be interpreted as mere guidelines, NOT perfect laws of fact. So, you need to use what works for YOU, discard what doesn't work and try to tinker with every other technique to find what will work best for your relationship.

If you think each of these techniques works perfectly on every person, in every situation, in every relationship, you are mistaken.

Being able to get aroused easily and reliably requires you to approach the process with flexibility.

Here's what I mean...

- Sometimes reading erotica may get you intensely aroused, other times it may turn you off completely.
- When your partner is very aggressive and forward, you find it intoxicating and arousing, but other times, it may seem super disrespectful.
- When your partner buys you flowers and chocolates, it can feel deeply romantic. Other times it will seem cheesy.

With this in mind, try to keep a mental list of what does work well for you. And in what situations these things work well in.

Even better, write it down somewhere and track its effectiveness.

Before we get back to learning how to make yourself cry with intense orgasmic pleasure, I want to reiterate one thing...

If you are already super horny and aroused, then you can skip this Step 1 & Step 2 and start go straight to the techniques in Step 3.

Additionally, if the techniques I've described in this chapter are not working, the reason is most likely because you haven't removed the Brakes to getting turned on. I teach you how to do this in the previous chapter, Step 1 – Turning Yourself On By Removing The Brakes To Your Sex Drive And Ability To Orgasm.

Frequently Asked Questions About Getting Aroused & Horny

FAQ #1 – What Are These Brake & Accelerators You're Talking About?

In the late 1990s/early 2000s, researchers Bancroft and Janssen suggested the dual-control model of sexual arousal [2, 3], which is crucial to understand if you want to know how to get aroused. It's not just that there are things that turn you on; there are also things that prevent you from being turned on or even actively turn you off. The researchers called these your sexual excitement scales (SES) and sexual inhibition scales (SIS) [4, 5]. I've used the analogy of "Brakes" and "Accelerators," which have been used by the Kinsey Institute [6] and sex educators such as Emily Nagoski [7 p49], to make it easier to understand.

Both Brakes and Accelerators can be sensitive, which leads us to four combinations:

- Sensitive Accelerators and sensitive Brakes
- Sensitive Accelerators and less sensitive Brakes
- Less sensitive Accelerators and sensitive Brakes
- Less sensitive Accelerators and less sensitive Brakes

Every person has one of these combinations. Women are more likely to have sensitive Brakes than men, while men are more likely to have more sensitive Accelerators [7 p47].

You might find it easy to get horny because you can easily activate your Accelerators, and your Brakes aren't so sensitive. On the other hand, a person who engages in risky behavior might have a sensitive Accelerator and Brakes that are so insensitive that they make risky decisions [8, 7 p 51, 9]. The right balance makes it easy (enough) to get aroused and to smartly engage in sex, and most people are pretty average in this regard.

Many people discover the dual-control model because they've been having sexual difficulties. Understanding the dual-control model is beneficial for dealing with sexual dysfunction [10].

FAQ #2 – Do Men Have Accelerators & Brakes Too?

Yes. In Bancroft's first paper on the dual-control model, he was actually talking about how it applies to men! As we mentioned, being a guy meant that your Accelerators are probably more sensitive than your female partner's, leading to men getting hornier more easily than you might.

However, that's not always the case.

Some men could have less sensitive Accelerators or more sensitive Brakes (or both) that make it harder for them to get horny, too.

FAQ #3 – I've Tried to Make Myself Horny, But It's Not Working. What Am I Doing Wrong?

It could be that your sexual Brakes are super sensitive and you haven't done enough to release them. A number of our readers mentioned solo activities like taking a shower, getting a massage and practicing yoga as things that help them to release their Brakes

Of course, you can make these into partnered activities if you get creative. Consider showering with your partner or trying yoga together. If your partner isn't aware of what turns you on or off, it's time to have a conversation (and you can help them figure it out).

Finally, take a hard look at your relationship. Relationship issues are a huge Brake, and they affect what goes on inside the bedroom, too. No relationship is perfect, but if yours is struggling, you're unlikely to have a happy sex life.

FAQ #4 – Is It Normal That I Only Get Horny After We Start Fooling Around?

Have you ever noticed that you are not really be into the idea of sex?

So, your partner kisses you in a certain spot or goes down on you (because you've already figured out that these are your sexual Accelerators), or you simply decide to go it alone and masturbate...

But...

Then your are suddenly into it?

What's up with that?

Rest assured it's totally normal! It's why you should never skip on foreplay (or coreplay as some like to call it), especially if you know you need a little more warmup time. If you do these things, you're more likely to make yourself orgasm, too.

Hint: deep kissing, oral sex, and manual genital stimulation (finger) are the three keys to making your orgasm [11].

You're may be familiar with the arousal cycle for guys: they get excited (horny), their stimulation and excitement grows in the plateau stage, they have an orgasm, and then

the cycle resolves itself and they just want to roll over and go to sleep [12]. Most of us have learned about it at some point.

Except...

It doesn't always work that way and especially not for women. First, **some women don't feel mental desire until after physical arousal has begun**. This could be due to kissing, your partner going down on you, or even penetration. It's almost as if it takes your mind a minute to catch up with your brain.

The difference in the state of mental and physical arousal is known as sexual (or arousal) discordance (or non-concordance) [13, 14, 15], and men typically experience concordance (their brain and body are both on the same page) more than women [16, 17, 18]. This is why you might say you want sex but you aren't super wet. Women can become more aware of their physical/genital response, however [19].

Another term for your desire appearing after "activities" have begun is responsive desire [20, 21, 22, 23, 24, 25] (sometimes called "reactive" [26]). It can feel like you aren't much interested in sex until you realize that your desire just needs something to respond to and your sexual response cycle might be different.

You probably haven't heard of the Kaplan model of arousal, even though it's been around since the 70s. Basically, a psychotherapist named Helen Singer Kaplan suggested that the arousal cycle needs to start with desire, which wasn't even suggested in the older cycle [27 p 17]. Desire is a key part if you want to learn how to get horny!

Since then, other models have been suggested that might better represent how a woman gets horny. They include circular [28], non-linear [29, 30, 31] models, which

may be better at explaining how women can have multiple orgasms [32] and that desire and arousal can work differently in men than in women.

This is all to say: it's normal for you to get horny after you start fooling around. And if you genuinely become horny from this foreplay and enthusiastically want to proceed, then you are both going to have some fun!

Lastly, it should go without saying, but unfortunately, some guys need to understand one thing:

Just because you *may* be into it once you start fooling around, it does not mean a guy should force or coerce you into sexual activities. That has to be your choice.

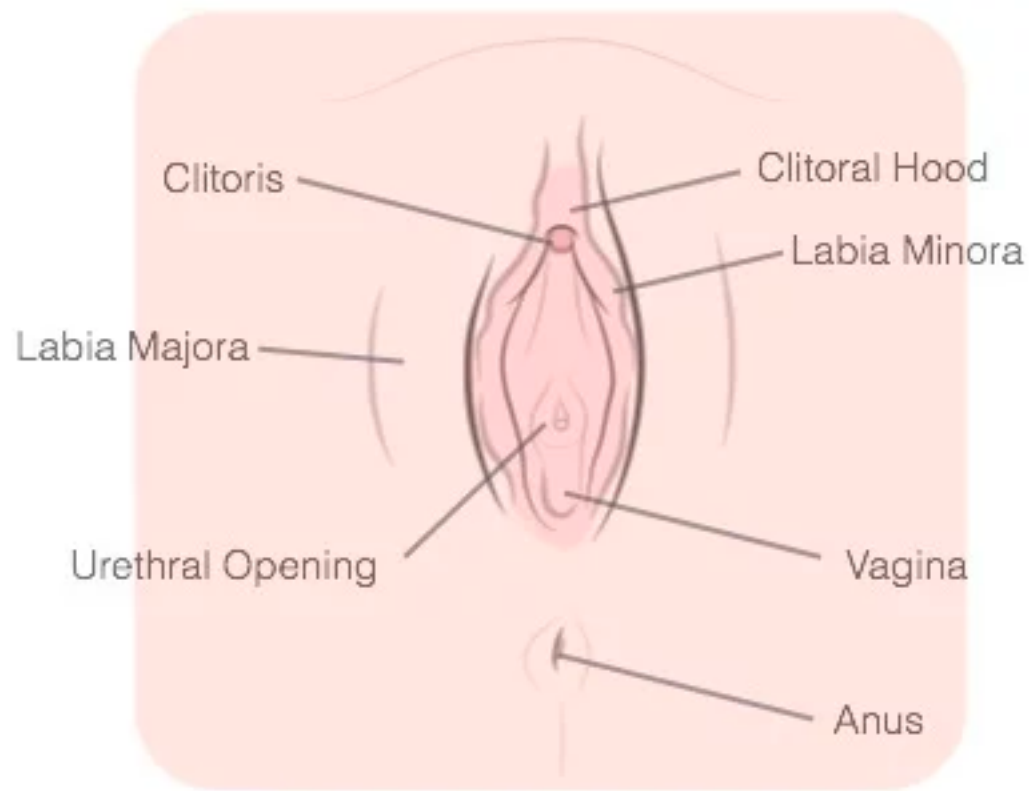
STEP 3 (PART 1) - 15 MASTURBATION TECHNIQUES TO REACH ORGASM ALONE

In this chapter, you will find 15 different techniques to masturbate and give yourself intense orgasms. I'll first cover the fingering techniques that focus on your clit, and then I'll show you how to vaginally penetrate yourself during masturbation. Keep in mind that...

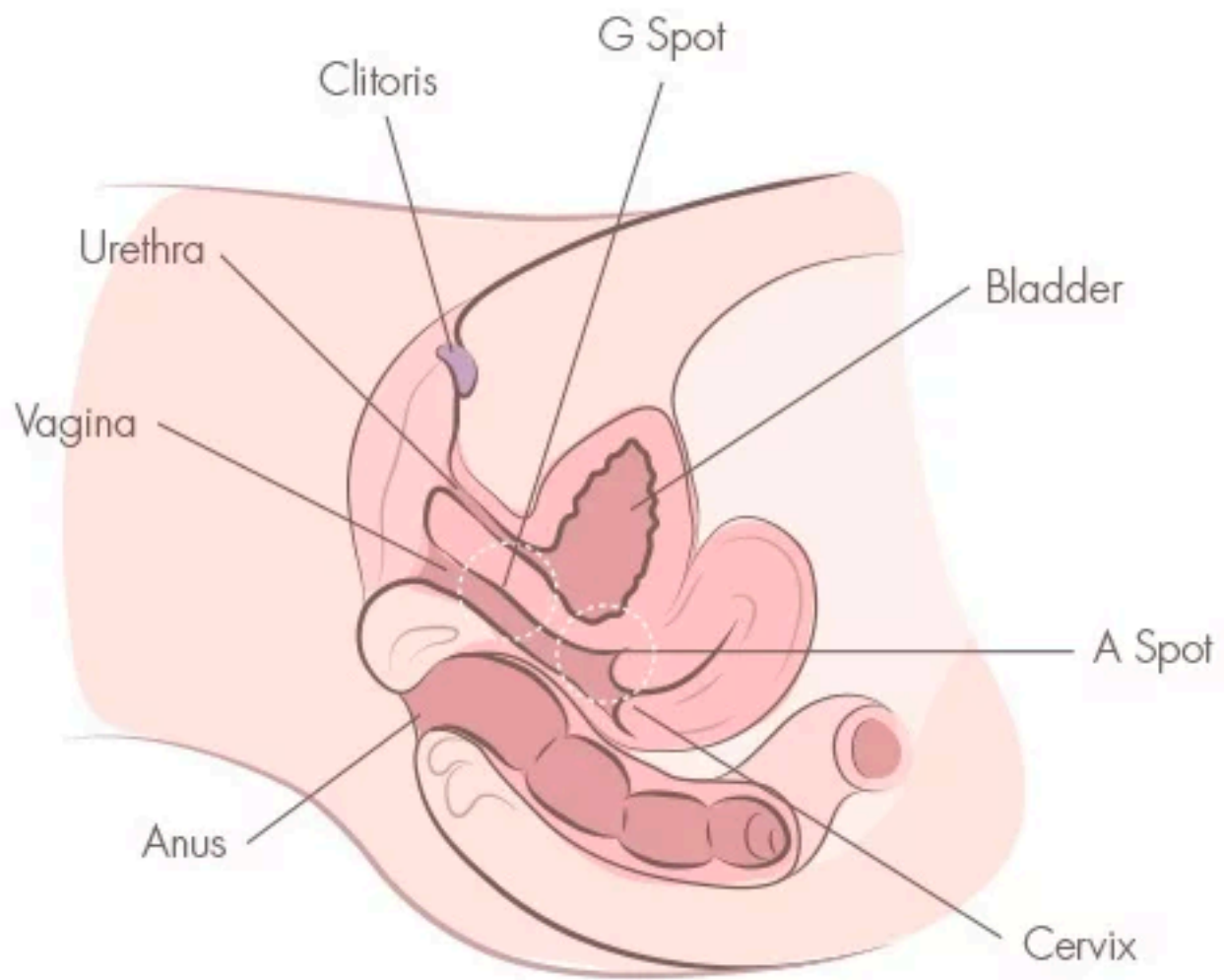
The techniques in this chapter will not seem as powerful and effective when you are touching and fingering yourself if you haven't followed Step 1 & Step 2 first.

Your Anatomy

As a quick refresher, you can see your external anatomy aka your vulva on the next page:



And here's your internal anatomy:



How To Masturbate To Orgasm - The 15 Techniques

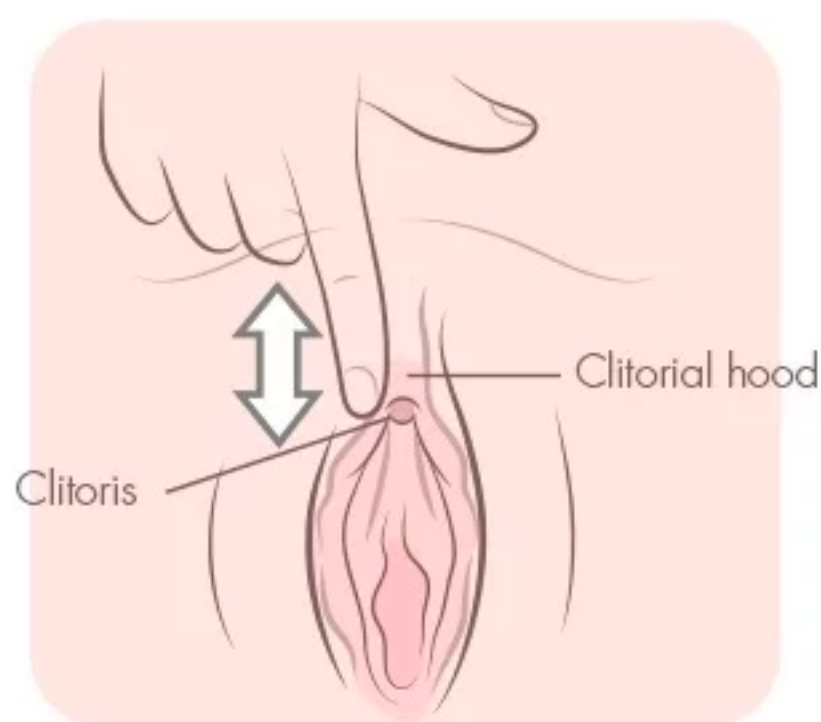
Before we dive in, I have just one piece of advice for you...

As you are masturbating and bringing yourself to orgasm, you absolutely must listen to your body and focus on what feels most pleasurable. It's the key ingredient to reaching orgasm easily and reliably.

As I mentioned earlier, if a certain technique doesn't feel good for you, ignore it and focus on a different technique instead.

Now, on to the fingering techniques...

1. Rubbing Your Clit



The easiest way to give yourself an orgasm is to rub your clit. In fact, most women either need or prefer clitoral stimulation for orgasm [1]; although, 64% of women reported that both clitoral and vaginal stimulation contributed to their usual method

of reaching orgasm [2]. Another study found that women reported their clitoris to be more sensitive than their vagina in terms of having more pleasurable responses [3].

The main takeaway from these scientific studies is that while vaginal stimulation can contribute to orgasm, most women find that their clit is the most sensitive area and should be caressed, stimulated, rubbed and loved if you want to bring to yourself to orgasm easily when masturbating.

Even if you don't do anything else, rubbing your clit is enough for most women to climax, provided you're already in the mood first (Step 1 & 2!). In other words, you have removed the Brakes to your sex drive so you can get turned on and you have also ensured that you're aroused by amplifying the Accelerators to your sex drive. Otherwise, go back to those steps before diving into vaginal fingering.

There are a bunch of different ways to rub your clit. You can rub up & down (demonstrated on the previous page) or side-to-side (demonstrated below) or at another angle. It's that simple. However, there are a few important caveats to making sure it's pleasurable for you...



You'll almost always need some kind of lube, otherwise, it may feel more painful/rough than pleasurable (damn friction!). Plus, lube just lets your finger or hand move more easily. There are two options here:

1. The ideal option is to lightly press your finger into your vagina first and using your own natural lubrication as lube on your fingertip. If you ever feel your finger drying out, then just return to your vagina. This might not provide enough lubrication for some women, however.
2. Alternatively, keep a bottle of lube on your bedside table, although this should only be necessary if you have trouble getting aroused.

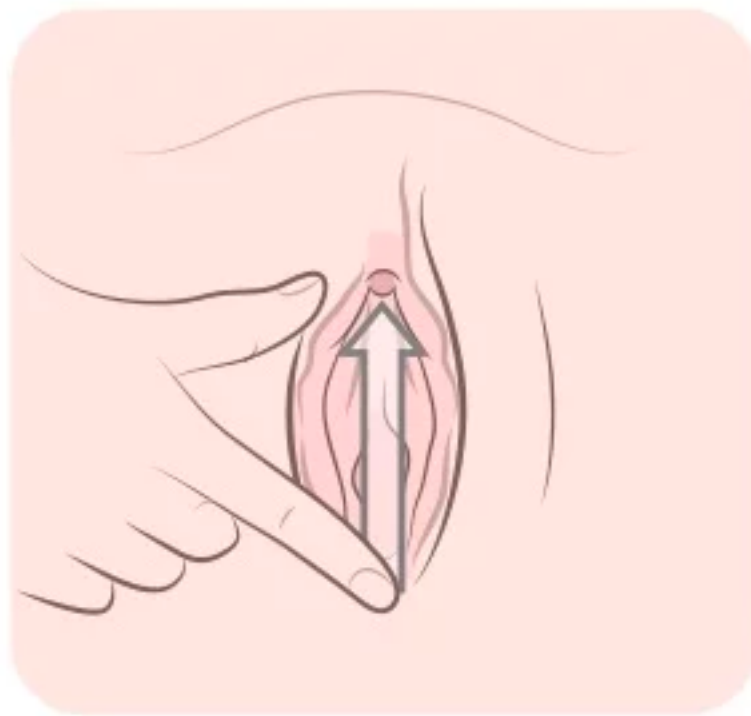
Next, is figuring out what type of rubbing and stimulation your body responds to best?

- Direct stimulation of your clit with your finger or indirectly at the edge of your clit like in the demonstrations on the previous pages or somewhere in between?
- Intense or light pressure or somewhere in between?
- Fast, slow or medium rubbing?
- A combination?

As always, the key to reaching orgasm is figuring out what you enjoy, not following these instructions blindly, so make sure to listen to your body and focus on what feels most pleasurable.

Lastly, you can incorporate this technique into sex when you're having doggy style sex.

2. Long, Slow Stroking



Stroking yourself from the bottom of your vagina to your clit is a great technique to pleasure yourself right up to climax. It's also a great way to cover your finger in your own natural lubrication. Again, you need to try varying your technique, changing how much pressure you're using and how fast you're moving your finger. Also, feel free to stroke in the opposite direction, down from your clit to your vagina.

Lastly, you can use one finger like in the above illustration, but feel free to use two, three or like in the next technique...

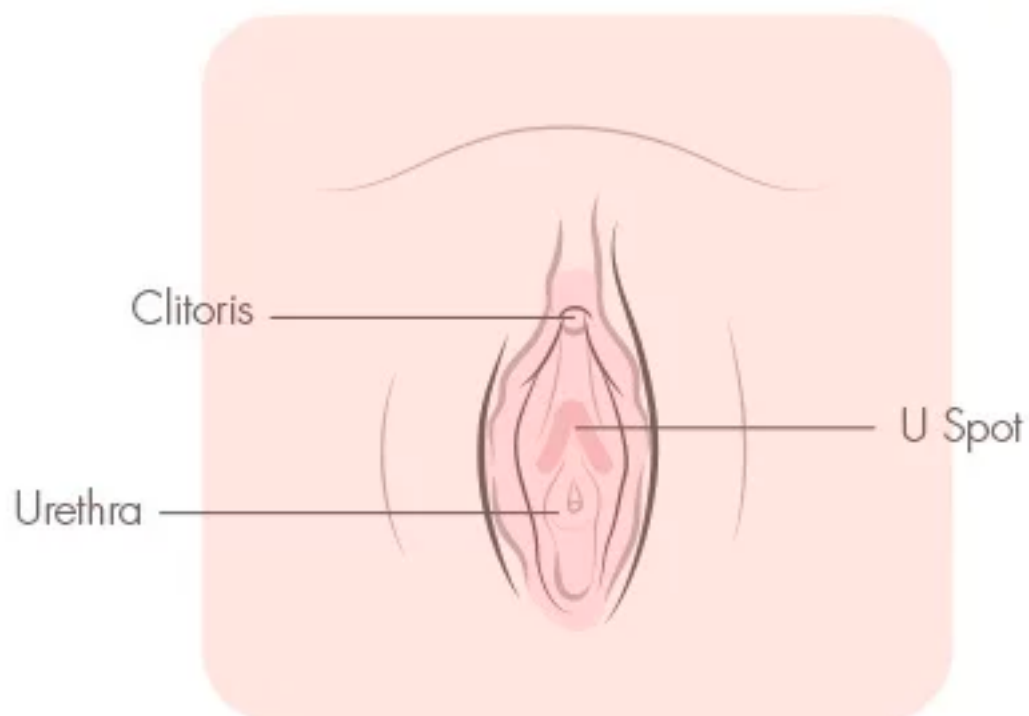
3. Four Fingers Of Fun

If you find that you need more stimulation to orgasm, then Four Fingers of Fun should do it! All you will be doing is rubbing your four fingers over your clit, labia, and vagina in a circular motion. Using your natural lubrication on your fingers will make it much more slippery, wetter and satisfying.

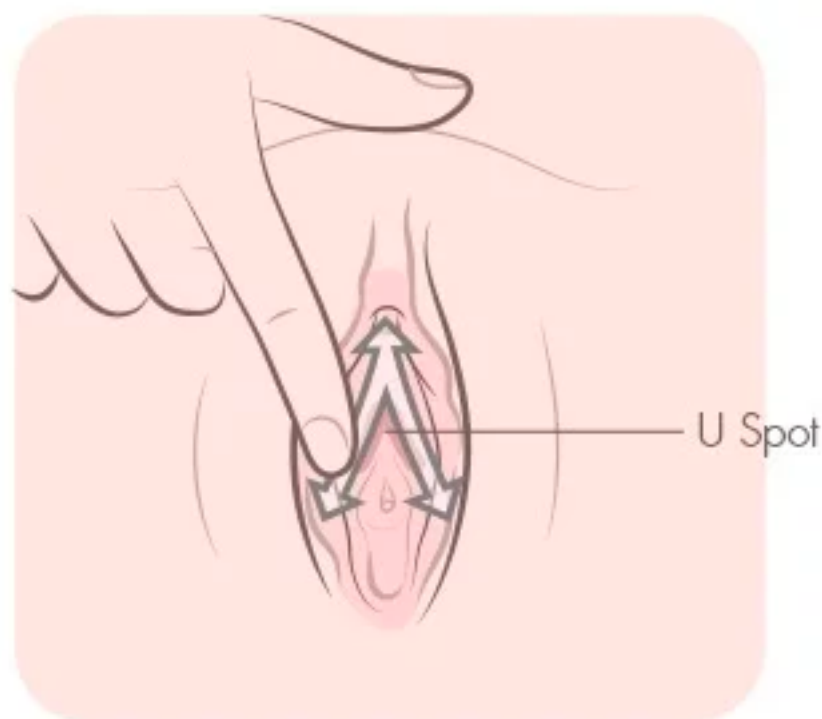


As I keep repeating (like a broken record!), make sure to try varying your technique to see what works best whether it's the amount of pressure you use to how fast you move your hand to how big your circles are to how many fingers you use...two or three fingers may feel better than four.

4. Your U Spot



The U Spot should probably be called the “secret spot”, as so few people seem to know about it. While you can see it indicated in the diagram on the previous page as the darker shade of pink, it’s important to understand that it doesn’t have any distinct coloring. It’s the area just above your urethra and to the sides of it.

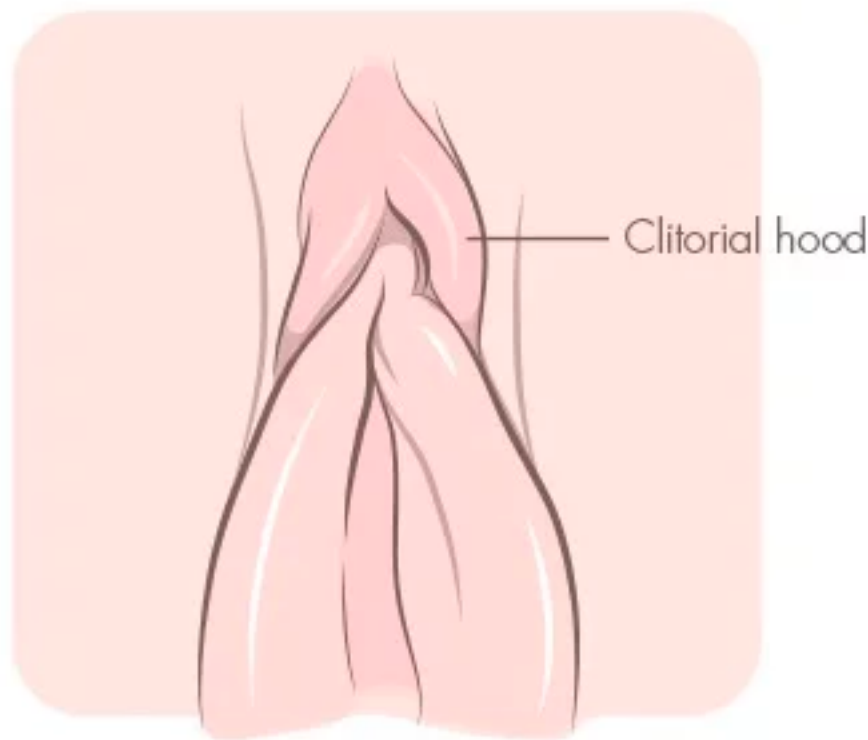


Just like with rubbing your clit, using a lubed finger is best. Then it’s simply a case of gently stroking it as demonstrated in the diagram above. Extending your finger up to your clit as you stroke will help to increase the amount of pleasurable stimulation you experience.

Not every woman gets that much pleasure for U Spot stimulation, so if you aren’t digging it, then don’t worry about it too much, just try using another technique.

5. The Clitoral Hood

Some women have a clitoris so sensitive that it hurts when touched directly. If you have a clit that is this sensitive, then no matter how softly you rub it, it will hurt, and you will struggle to orgasm.



Fortunately, there is a simple solution. You just need to rub your clitoral hood instead. That's the small bit of skin covering your clit, like the foreskin that covers a man's penis [4]. This way your clitoral hood acts as a sort of buffer between your finger and your clit allowing you to still give yourself lots of pleasurable stimulation.

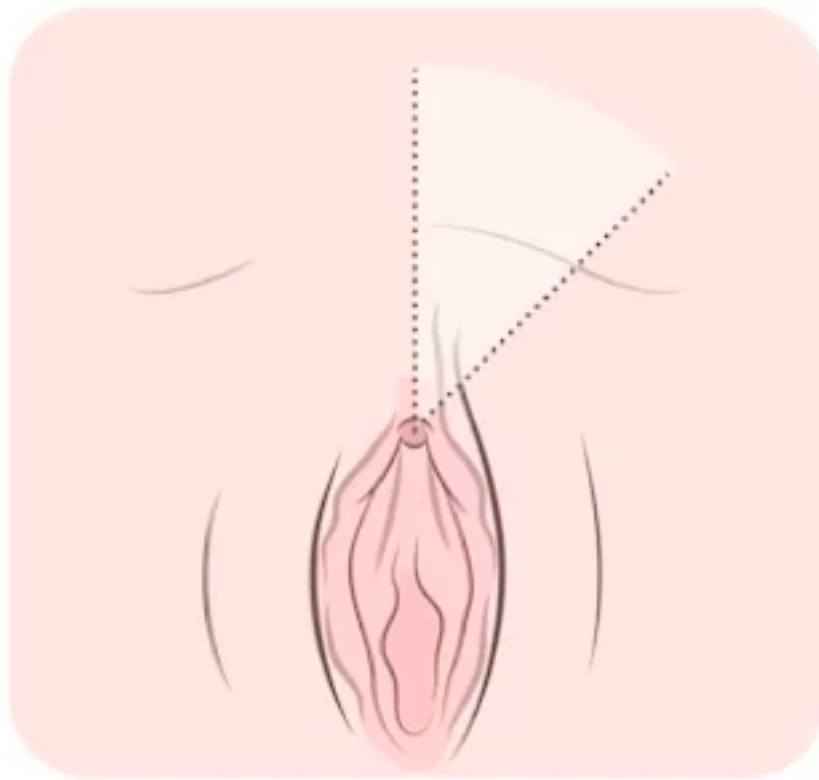
Just like a man's penis, your clit becomes erect when aroused.

6. Orgasmic Meditation - Requires A Partner

Orgasmic Meditation may sound a bit woo-woo or like something reserved only for yoga-loving vegans, but that's just the name, it's surprisingly easy to perform. And if you do it right, you can give yourself a 15-minute orgasm.

That's right, a 15-minute orgasm.

I don't know why Orgasmic Meditation works so well, but once you see the benefits, you will be hooked.



The get set up, you need to lie down on your back with your legs spread open and adjust yourself until you feel comfortable. Then your partner needs to get into a comfortable position sitting down to your right side with their left leg bent and over your stomach and their right leg under your right leg. They then need to start stroking the upper left quadrant of your clit with just one lubricated finger very slowly and lightly. I've indicated this upper left quadrant area between the dotted lines in the illustration above. Their touch should be as light as possible.

They are going to move their finger a few millimeters back and forth making sure to apply only the slightest amount of pressure to your clit. Some women report that this kind of stimulation feels almost frustrating, and they can't tolerate it for long, that it seems like they are being teased, while others say that the longer their partner does it, the better it feels.

This is actually what you are aiming for! Even if you don't achieve a prolonged orgasm, it's perfect for getting intensely aroused.

So even if you find yourself begging for more pressure or stimulation, your partner should try to hold off and not give you more, making sure to use the very least amount of pressure possible.

Sex is a very personal thing, so bear in mind there is no “correct” way to perform Orgasmic Meditation. If you find a variation of the technique I just described to work best, then please stick with that and use our advice as a set of guidelines, not rigid instructions. Experiment with having your partner lie down beside you while performing it or focusing on a different area of your clit or whatever works best for both of you.

Also, you can try Orgasmic Meditation on your own without a partner.

Note: While there is lots of praise online for the techniques, there has also been some critical investigative journalism by Bloomberg on the organization that provides courses in Orgasmic Meditation.

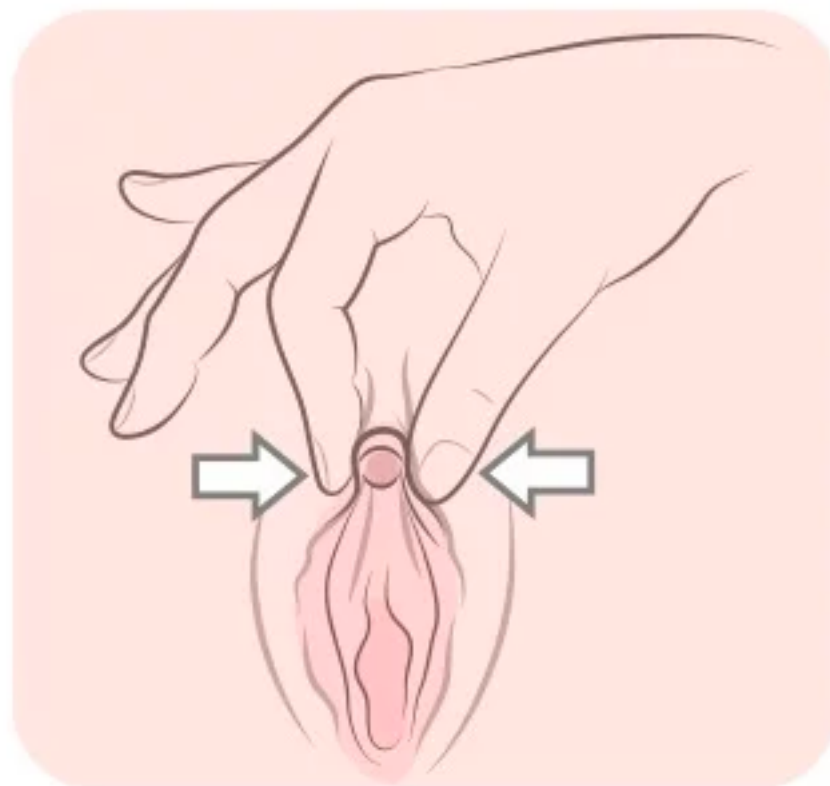
7. Squeezing/Massaging The Base Of Your Clit

Obviously, you know how sensitive the tip of your clit is. What you may not know is how far your clitoris extends inside your body [5].

So, why not play with parts of your clit that usually get little attention by massaging and gently squeezing it.

Massaging or squeezing the base of your clit is easy, just place your thumb and index finger on either side of your clit like in the illustration on the next page. Then GENTLY press down and inwards so that you are ‘squeezing’ the base of your clit between the

folds of skin surrounding it. Do not squeeze the exposed part of your clit; this will most likely feel more painful than pleasurable.



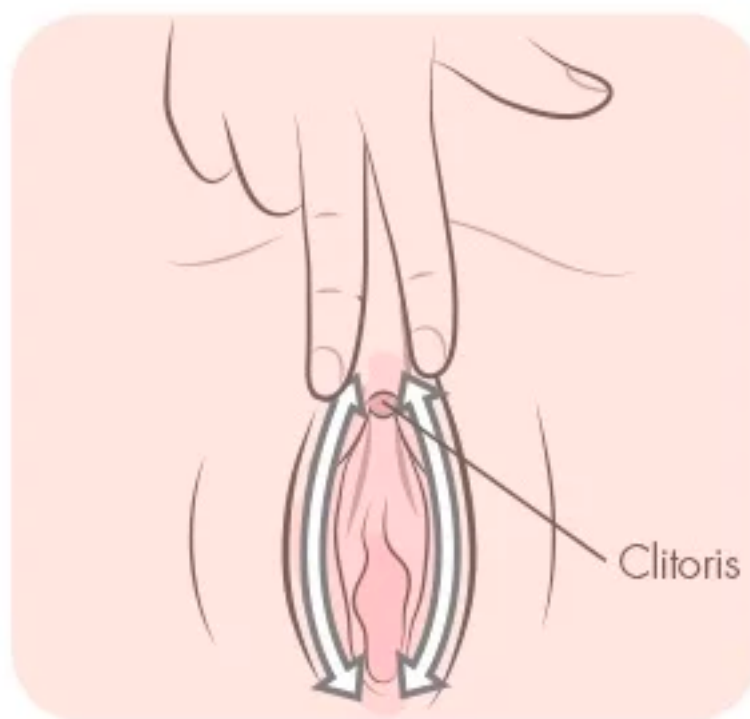
Start off with very gentle pressure and see how your body reacts. Then increase or decrease the amount of pressure you use based on what feels best for you.

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. You can also lightly jerk it up and down.

As I keep repeating, the most important thing you can do is lots of experimentation and listen to your body to discover what type of stimulation you enjoy most as you're squeezing and massaging the base of your clit.

8. Loving Your Labia

While your labia are not nearly as sensitive as your clit, there are a lot of very enjoyable ways you can pleasure and stimulate them.



Slowly rubbing them up and down like in the above diagram can bring you close to orgasm, which makes for great foreplay.

For many women, when they climax from clitoral stimulation, their clit can become ultra sensitive and painful if they touch it immediately afterward, so you'll want to hold off rubbing it for a few minutes. This makes your labia the perfect option for focusing on until your clit calms down and stops being so sensitive.

Using either your own natural lubrication or some from a bottle will make stroking your labia feel even more pleasurable.

9. Humping & Grinding



Many women first learn to masturbate through dry humping or grinding or rubbing against a pillow, blanket or bed [6]. It might even be how you experienced your first orgasm [7], so why not use this to your advantage when trying to make yourself orgasm?

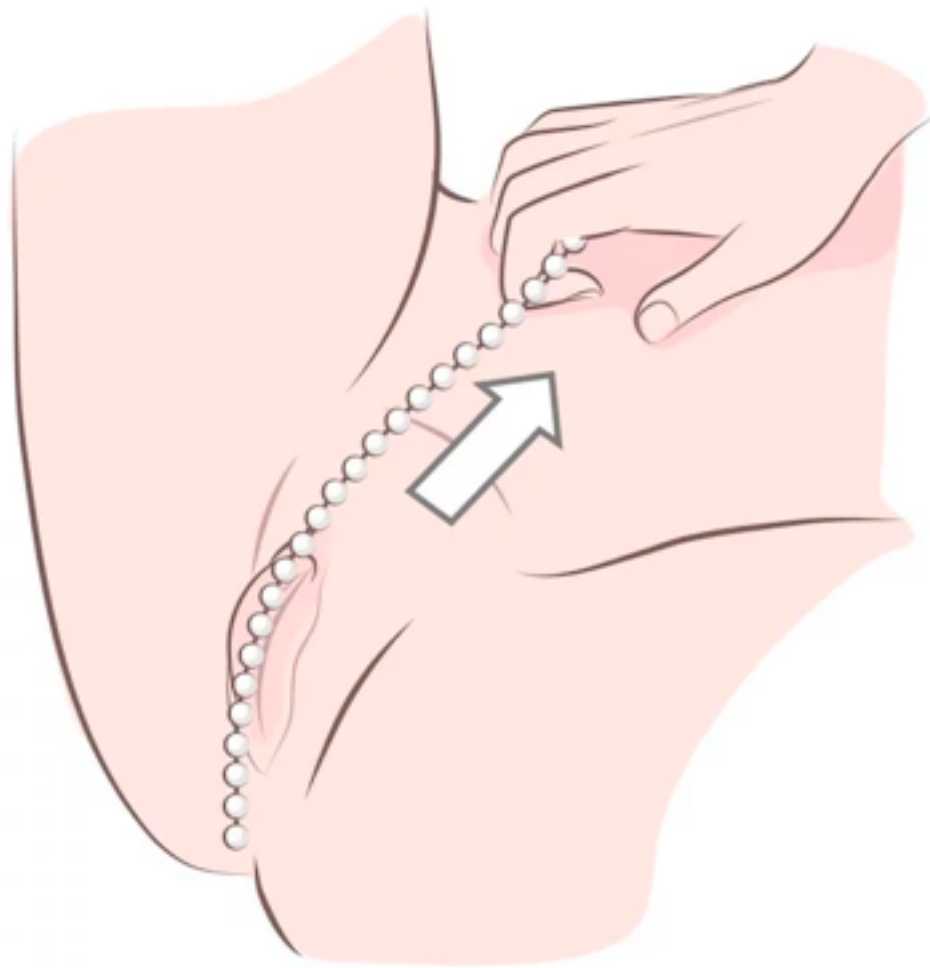
Here are two ways to hump and grind your partner:

- When you are both lying down in bed, have your partner slip one leg in between yours and gently press it up against your vulva. Then they should slowly move their leg forward and backward over your vagina while maintaining pressure.
- While sitting down, straddle one of your partner's legs and then grind on it by gently pushing and pulling your hips forward and backward.

Basically, any position where you have the ability to grind on your partner is perfect!

Of course, you can always place a pillow/cushion between your legs when you are alone and grind on it to orgasm. Try covering your pillow/cushion with different textured fabrics to change the type of stimulation.

10. Pearl Necklace



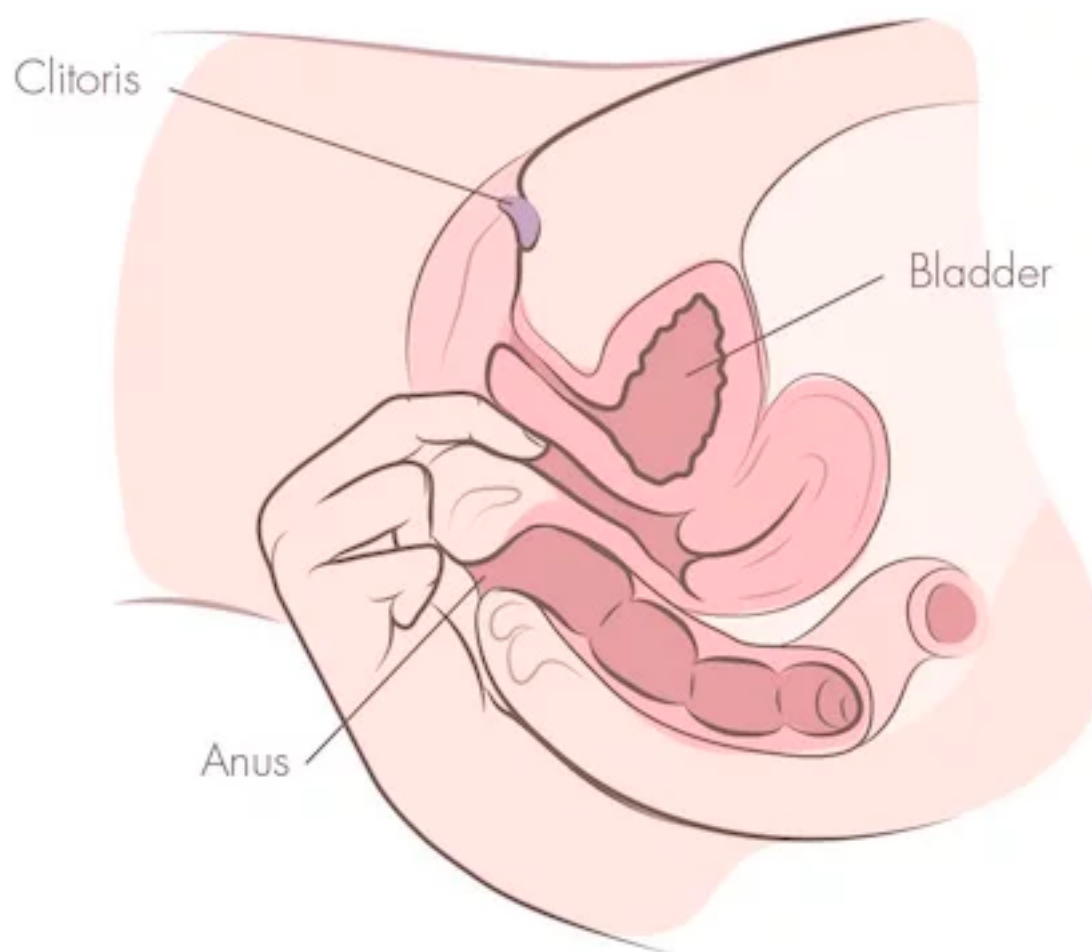
I wasn't sure whether or not to include this one in this list tips for masturbating to orgasm. It's one of those techniques that looks really sexy, but some women don't find it particularly pleasurable and some even find it a little cheesy.

The basic technique involves you taking a pearl necklace or any necklace that has a lot of round beads on it and slowly and gently pulling it between your labia so that it runs over your vagina.

You can add some lube from a bottle too if you prefer it to be more slippery.

11. Fingering From Behind

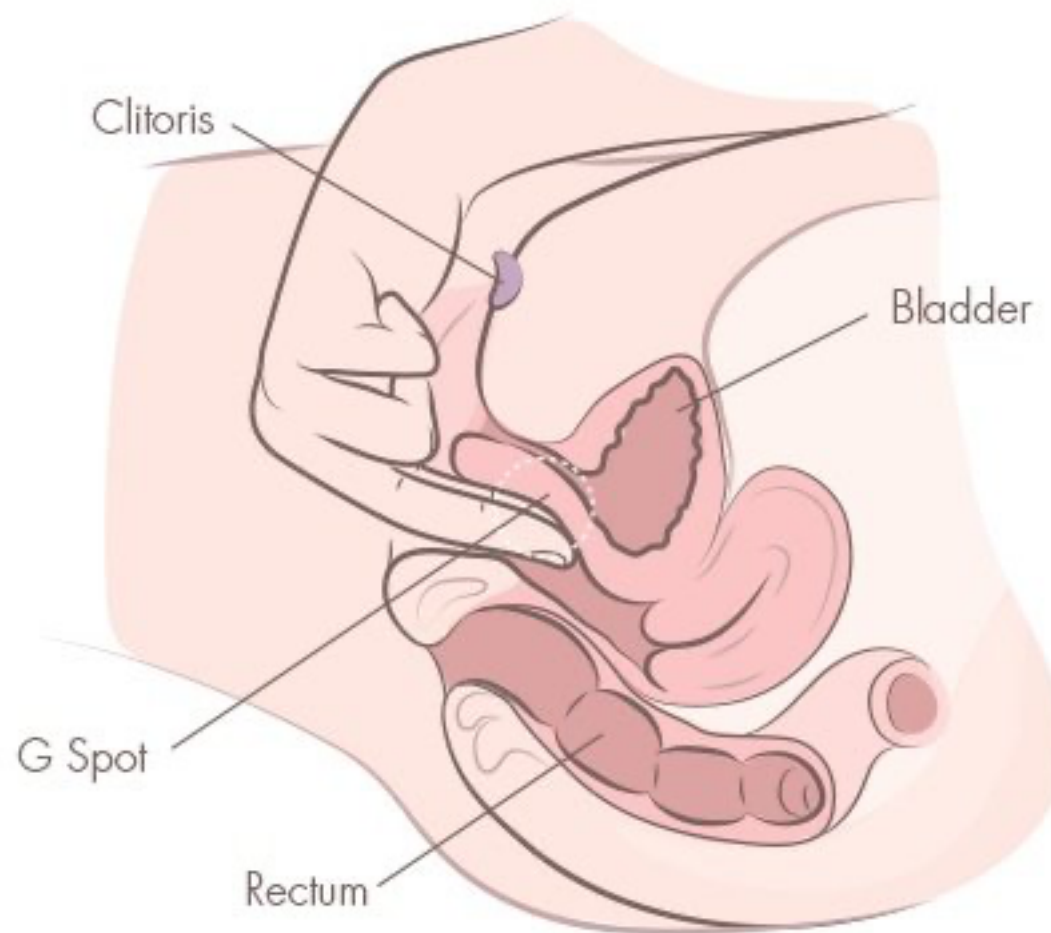
Every woman's body is different, so your "hot buttons" or favorite way to masturbate may differ from other women.



The only way to find out what you prefer is to experiment. If you're willing, try masturbating by reaching behind your back and penetrating yourself with a finger(s). While penetrating your vagina, the rest of your hand/wrist will be rubbing off your anus, proving some anal stimulation.

12. Fingering Your G Spot

If you are penetrating yourself during masturbation, then you need to know about the G Spot. The G Spot is one of the most sensitive spots inside your vagina; although, many women also find the A Spot to be quite stimulating.



Your G Spot is located around two inches inside your vagina. You'll find it on the front wall (anterior) [8, 9, 10]. Slide your fingers down your stomach entering your vagina, then curl them up until you can feel a slightly ridged surface like in the illustration above.

This gently ridged surface is your G Spot. This spot is actually a place where you can access your clitoris internally [11]. So when you rub your G Spot inside and your clit outside, you're getting pleasure from both directions.

If you're not sure how to find your G Spot, feel around for a location that has subtle ridges or grape-like bumps that are surrounded on either side by "gutters" [12 p 82-83]. This is your G Spot. It's usually easier to find your G Spot when you are super aroused, which makes it swell [8, 13, 14, 15].

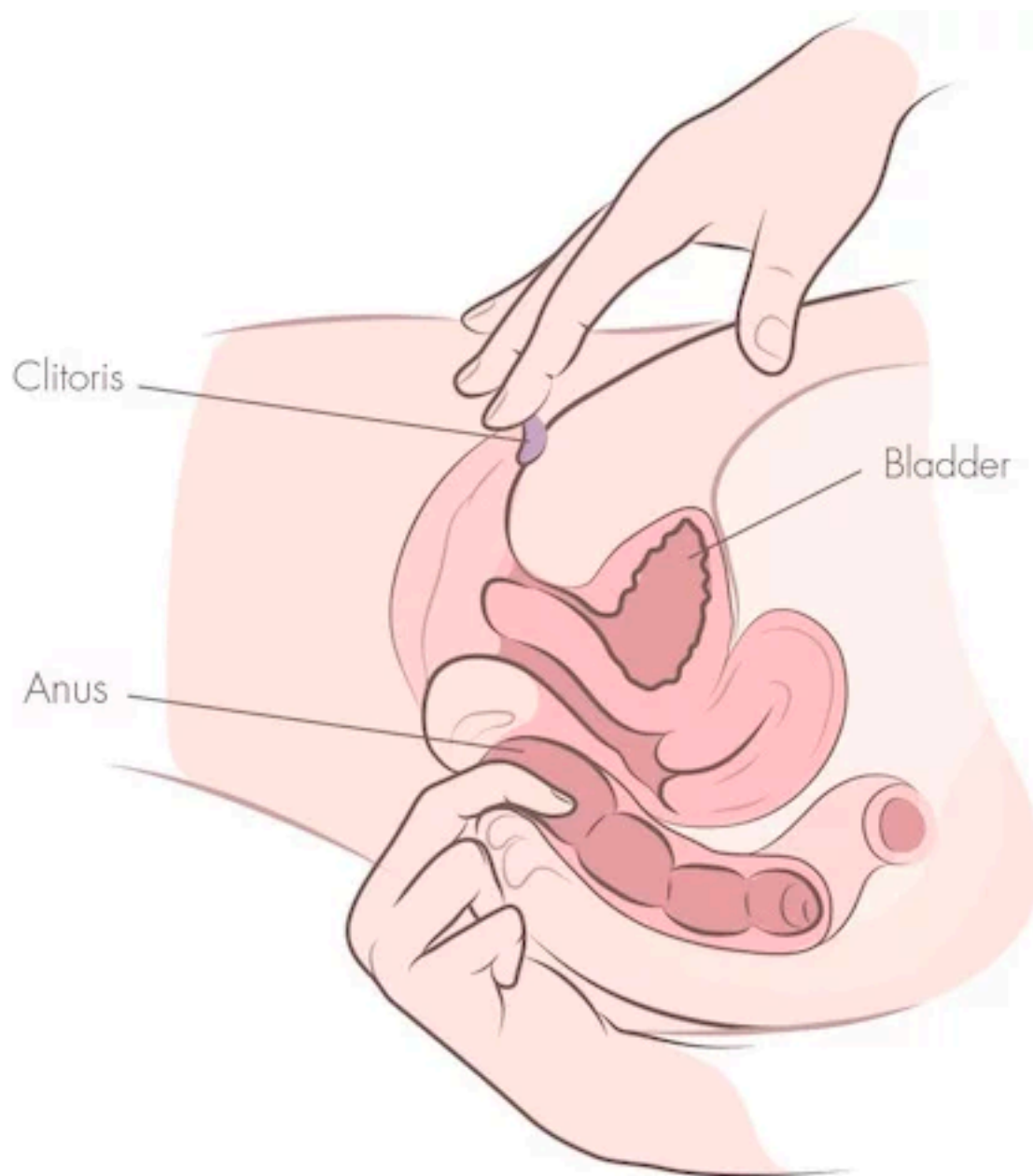
So, how do I finger myself internally?

Whether you're aiming for G Spot stimulation or you just want to rub your vagina in general, these tips can help.

- Use lube.
- Make sure your fingernails are cut short and filed smooth.
- The same goes for rough hands.
- Wash your hands beforehand to avoid spreading bacteria, which can cause infection.
- Start with one finger. You can always add more (and some women like four fingers or even to be fisted), but you want to give yourself time to get used to each finger as you penetrate yourself.
- Pay attention to your body's responses. If you find yourself getting tense or feel pain, ease up. If you find yourself moaning, breathing heavier or experiencing intense pleasure, then you are on the right path. Keep going until you orgasm.

13. Anal Masturbation

Masturbating shouldn't be reserved only for your clit and vagina. You may enjoy some anal action too. I say "may" because not every woman enjoys anal stimulation.



If you do, then anal fingering is a great place to start, before progressing further to full anal sex. If you don't, then it's not a biggie, just focus on some other fun orgasm techniques whether that's masturbating or having sex.

Before you jump into it, you need to be aware that your anus doesn't self-lubricate itself like your vagina does, so you're going to need some lube. Saliva will usually work fine, but keeping some lubricant nearby is a good idea. Coat your finger and the outside of your ass with some lube, then slowly press your lubed finger inside.

Make sure to take it extra slow and listen to your body. Your sphincter takes a while to relax, so if you force your finger inside before it's relaxed, then it's going to hurt.

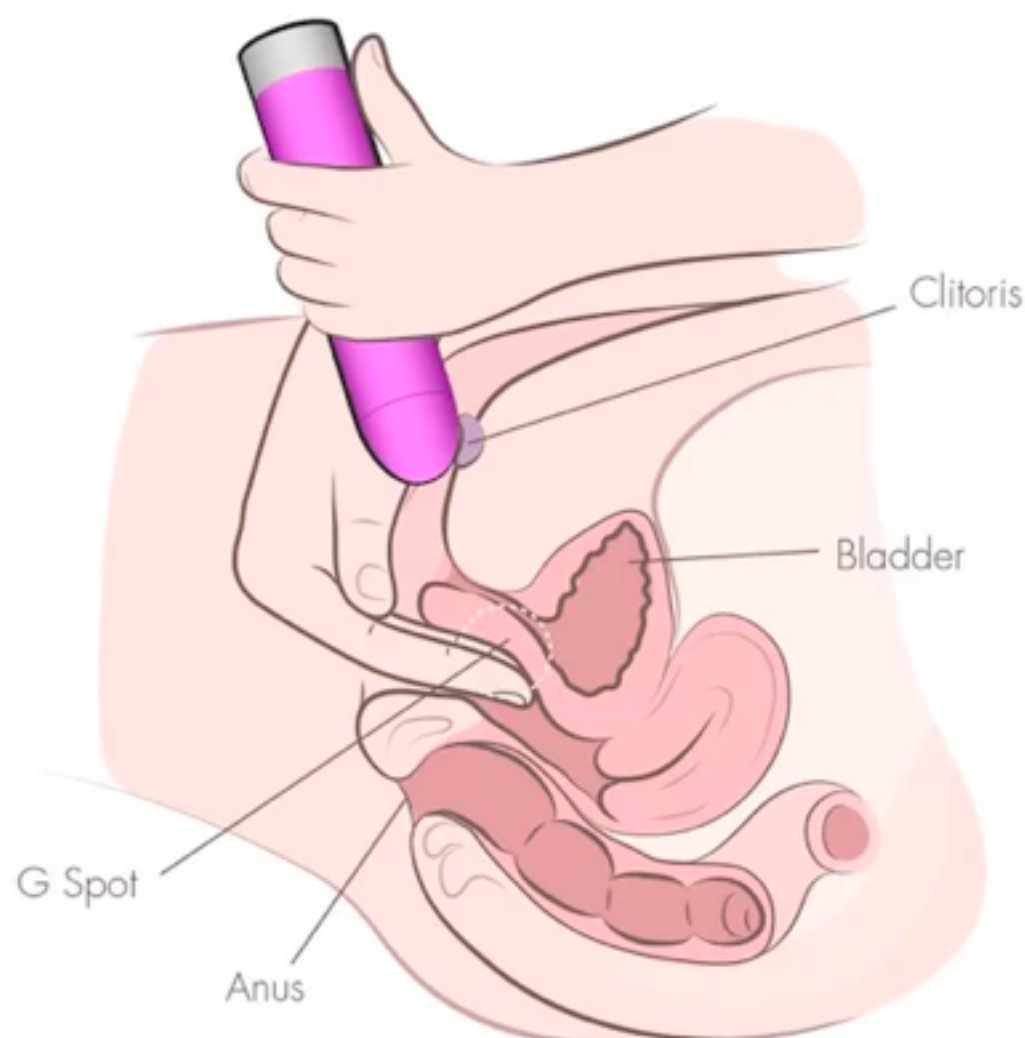
Instead, you should maintain a soft pressure to allow your sphincter to relax around your finger. Once it does, then you can slowly push it in and out.

While fingering yourself anally, you can also rub your clit with your spare hand for extra stimulation.

Important – Do not touch your vagina after fingering yourself anally. You will be bringing bacteria from your anus to your vagina which will give you bacterial vaginosis or something worse. Wash your hand(s) thoroughly after any anal action. This also applies to anything else you insert anally.

14. Your Fingers & A Vibrator

As always, it's a good idea mix things up, so don't be afraid to use your fingers while also using a vibrator on yourself. One idea is to use your fingers to penetrate yourself while focusing the vibrator on your clit like in the demonstration below.





Alternatively, you can switch and use your fingers on your clit, while penetrating yourself with the vibrator. The key as always is trying a few different combinations to see which feels most pleasurable.

There are even vibrators that attach to your hand to make your fingers the vibrators!

15. Fingers Inside and Out

If you don't have a vibrator handy, you can try the following technique for masturbating to orgasm that incorporates internal and external stimulation.

Penetrate yourself vaginally with one to two fingers. If you're fingering yourself with two fingers, your middle and ring work perfectly. You can extend your pinky and index finger (think of how Spiderman shoots webs). While penetrating yourself with your

fingers, curl your wrist back towards your body. When you do this, you can grind the heel of your hand/wrist against your clitoris for simultaneous stimulation. This way, you can rub your clitoris and your G Spot at the same time. Double the fun!

STEP 2 (PART 2) - 24 ADVANCED ORGASM TECHNIQUES TO USE DURING SEX & MASTURBATION

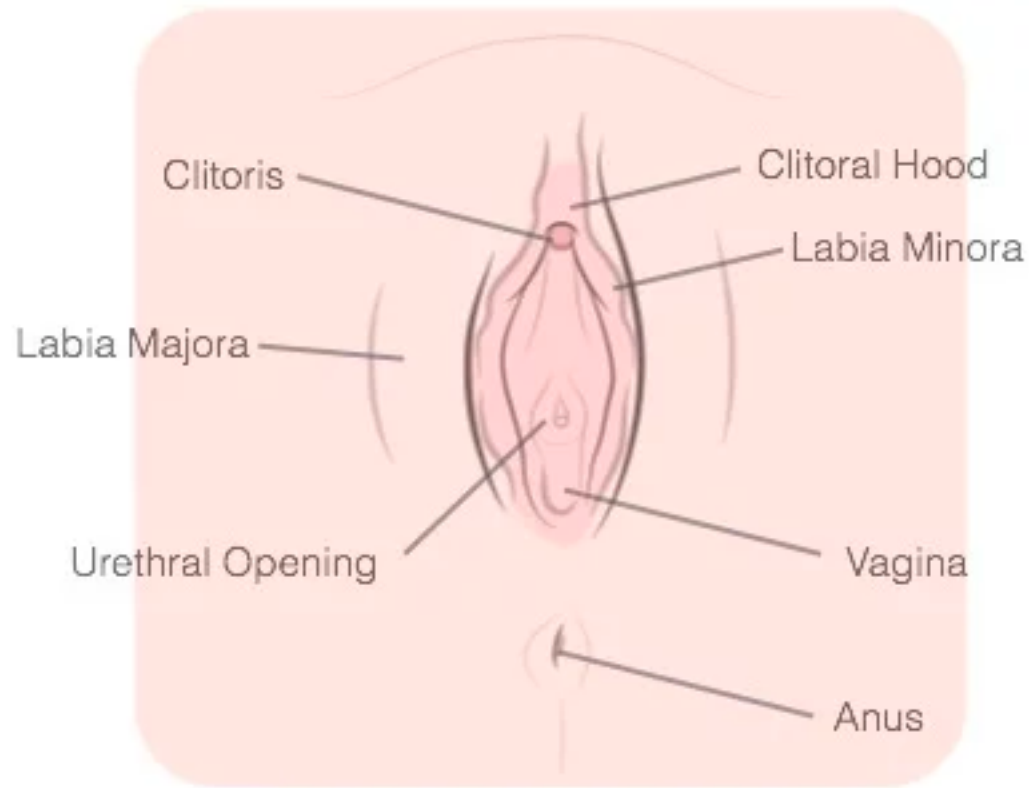
In this chapter, you're going to learn 24 different powerful techniques to make yourself orgasm intensely. You're also going to learn...

- How to use sex toys like vibrators and dildos to reach orgasm.
- What positions are most pleasurable and help you orgasm during sex.
- Dominance, submission & rough sex.

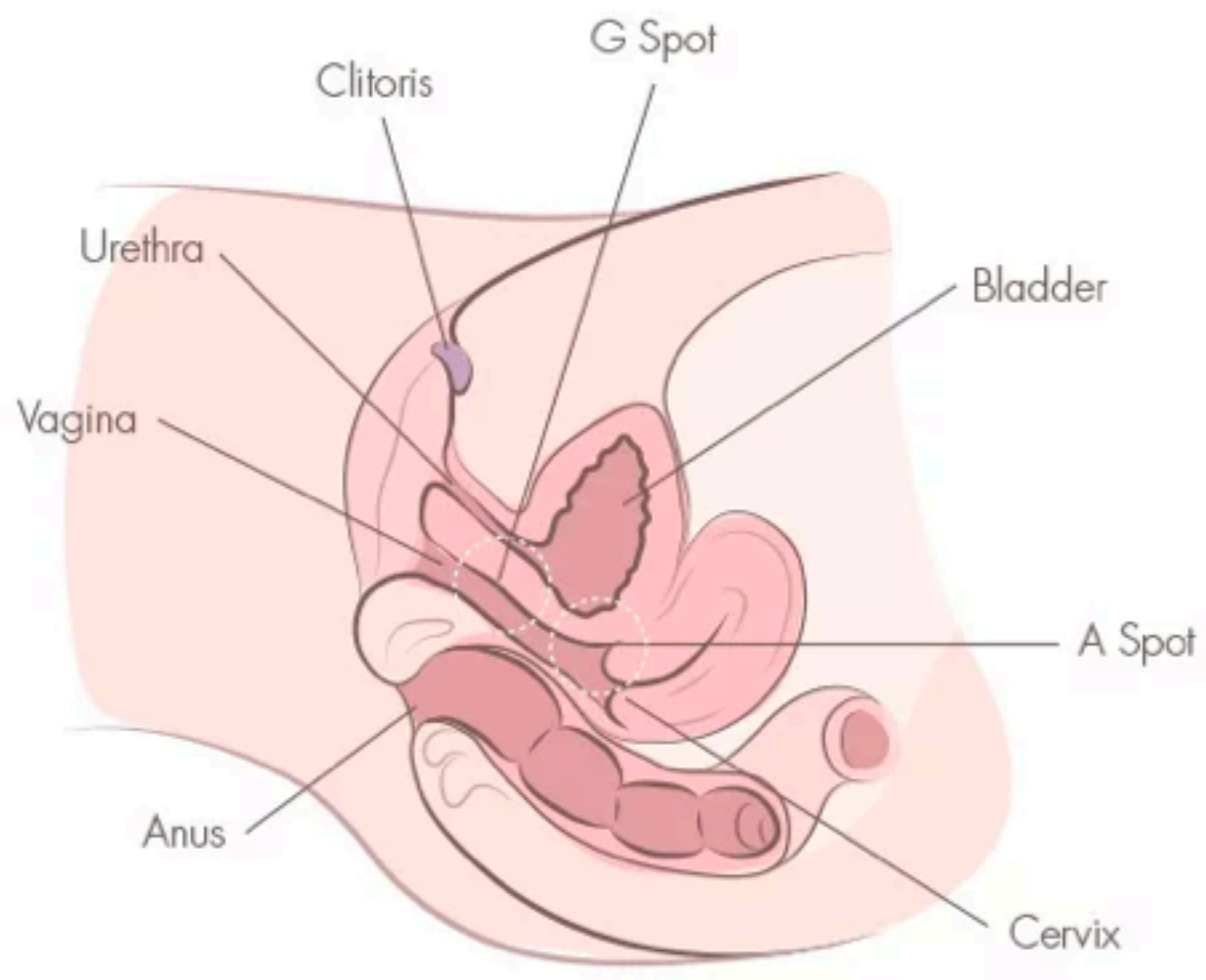
A Quick Anatomy Refresh

Before we dive in, you need to know and fully understand your own sexual anatomy to increase your ability to orgasm. On the next page are two images with all the important parts labeled.

Here you can see your external anatomy aka your vulva, which includes your labia, clitoris, and vaginal entrance, and...



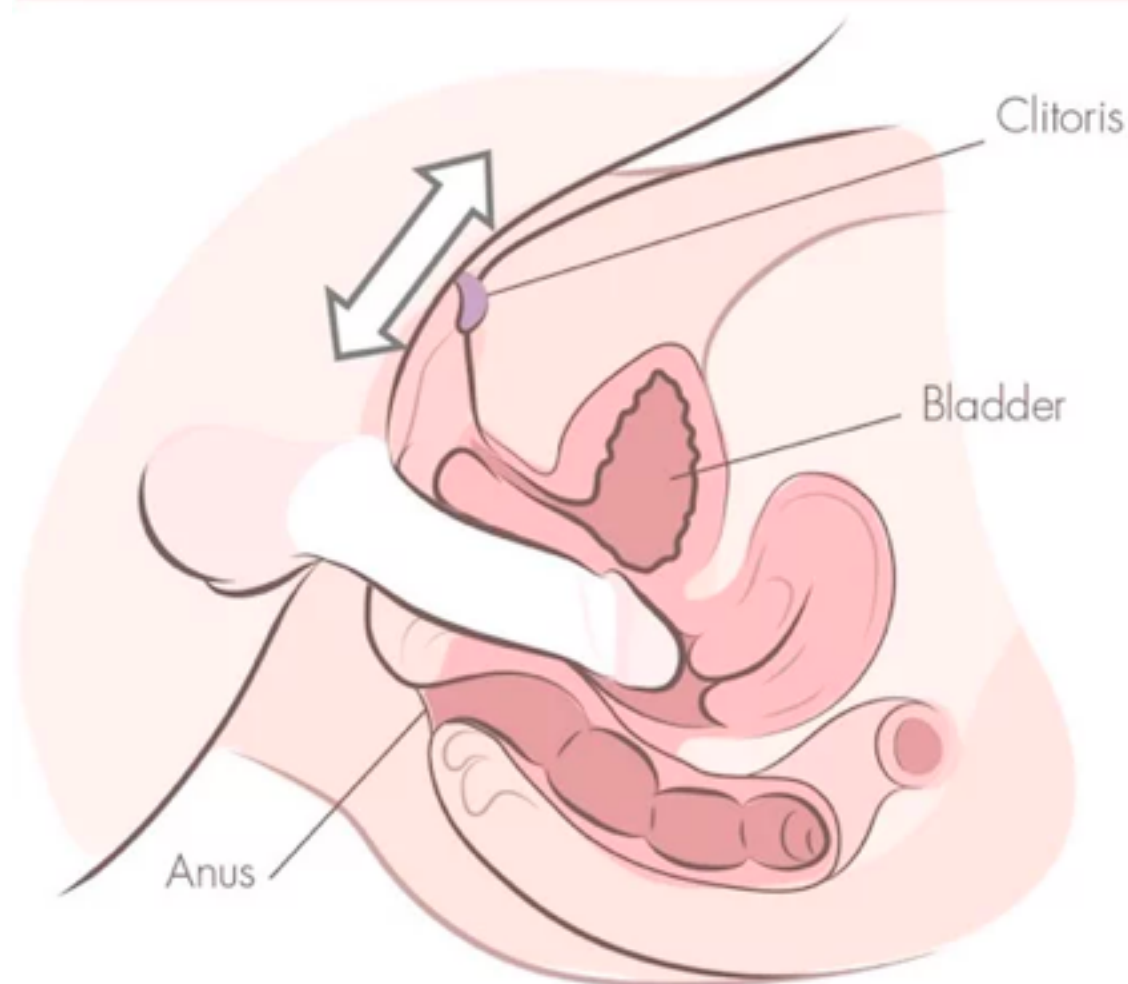
Your internal anatomy where you'll see your G Spot and A Spot...



Now, let's learn some techniques that will help you to experience the most powerful orgasms of your life.

1. The Grind

Your man needs to press his body firmly against your clit as he grinds up & down



According to a recent survey, only 18.4% of women come from vaginal penetration alone during sex [1]. Almost twice as many need clitoral stimulation (36.6%), and many women prefer clitoral stimulation to come [1]. Perhaps that's why women only orgasm 65% of the time when they have sex [2].

Obviously, you have to understand that your clitoris is a pivotal part of your sexuality [3] if you're serious about learning how to orgasm during masturbation and sex. With this in mind, here's how to give yourself maximum clitoral stimulation during sex.

You're going to be using a position called the Coital Alignment Technique, where your partner will be grinding right up against your clit during sex. So they won't be



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thrusting in and out. Instead, they will remain as deep as possible inside you while maintaining pressure on your clit as they grind upwards and downwards on it.

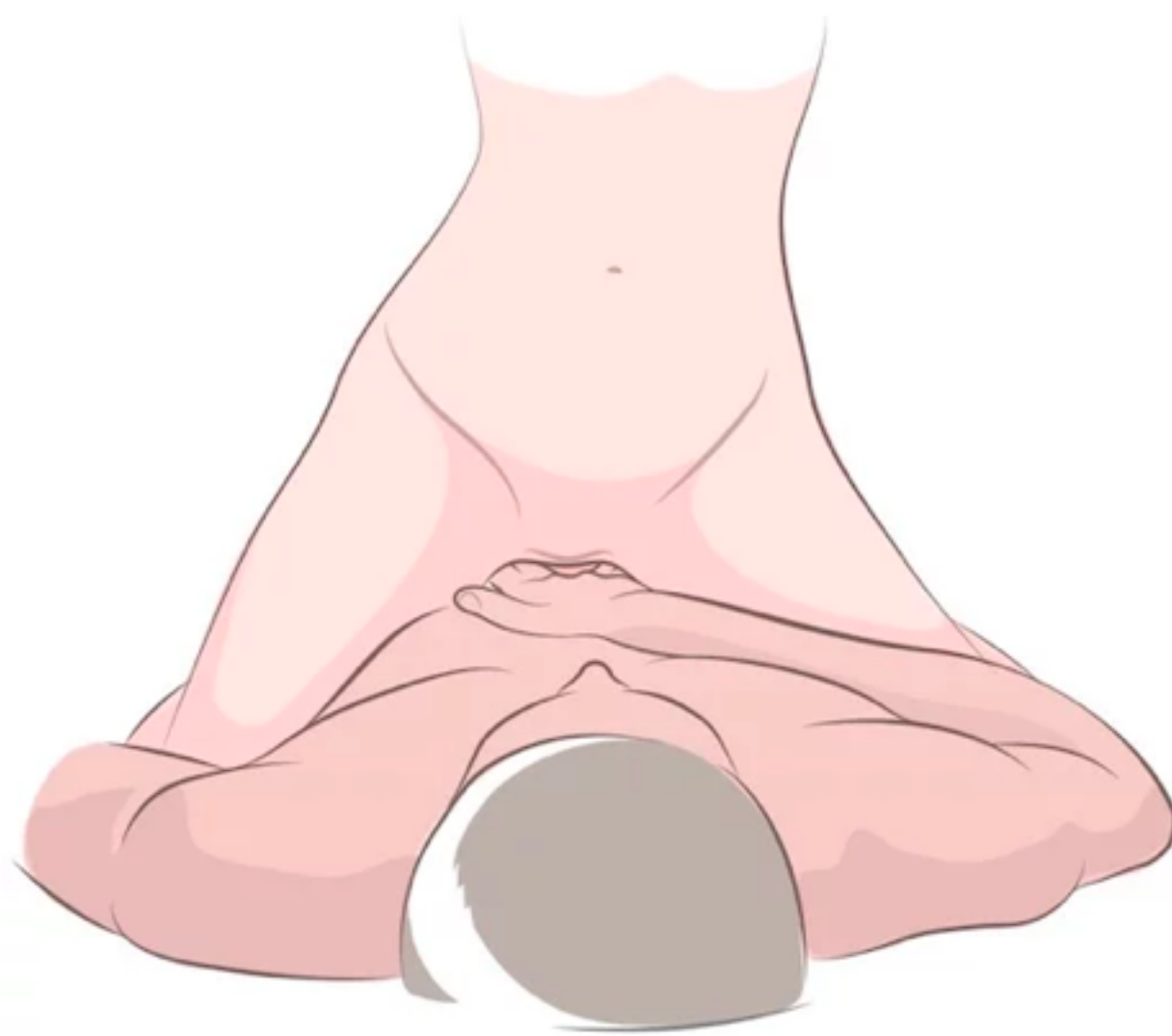
The Kinsey report found that 37% of women who tried the Coital Alignment Technique experienced substantial increases in orgasmic ability [4]. So what are you waiting for?

Your partner's position inside you will look very similar to the demonstration on the previous page, but at times their penis may be pointing directly downwards towards the bed.

Feeling your partner grind up and down may get boring after a while, so they should try to mix it up, by grinding from side to side and in a circular motion too.

2. The V

This next technique is only possible in girl on top sex positions like Cowgirl or the Man Missionary. You will be starting off on top of your partner like in the illustration on the previous page.



Your partner will then lower their hand down the centerline of their stomach with their palm on their belly. When they reach their penis, they should spread their fingers apart so that they make a “V” sign like in the illustration below.



Their pinky and ring fingers will be on one side of their penis, while their index and middle fingers will be on the other side. As they press the Vulcan V down on their penis, their knuckles should come into almost direct contact with your clit, with their fingers pressing against your labia. As their fingers and knuckles are obviously quite hard, it can make for some intense grinding when you start to press your bodyweight down on them.

For some women, your partner’s knuckles will be too hard, so you may need to adjust the position of their hand so that you can grind on another part of their hand and not directly on their knuckles.

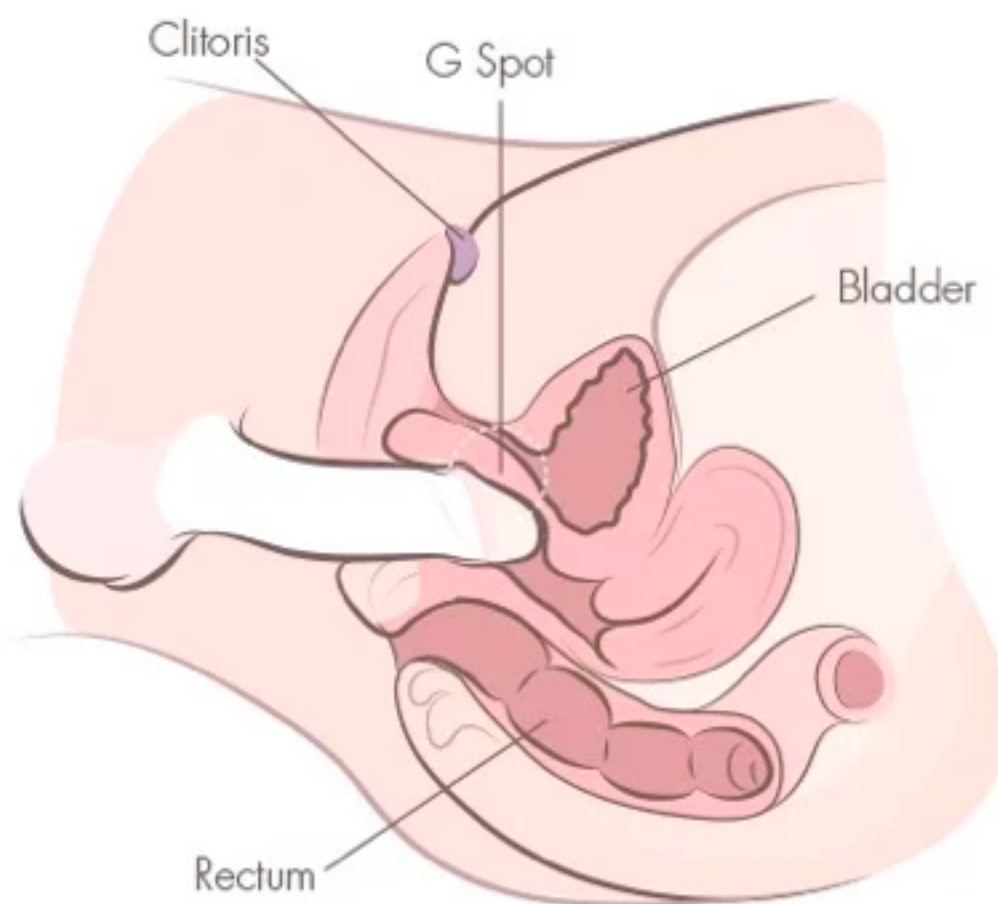
This is a super easy way to reach orgasm from clitoral stimulation during intercourse.

Keep in mind that sometimes your partner can actually apply too much pressure, so make sure to give them feedback on what's working.

Alternatively, your partner can hold a vibrator against your clitoris instead of using the V to make you come faster.

3. Hitting The G Spot During Sex

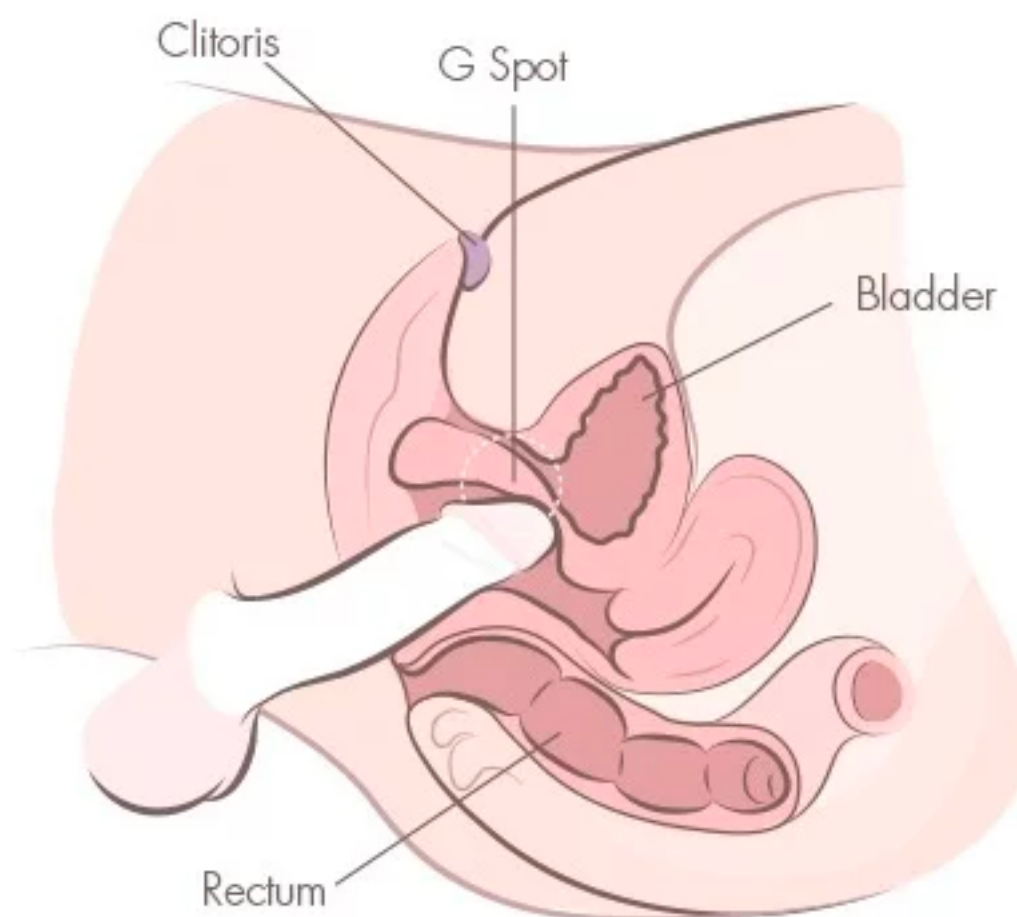
I've talked repeatedly about how you need to stimulate your G Spot when fingering yourself. This is also true if you are trying to squirt. But, what about G Spot stimulation during sex!?



As you can probably already guess, it all comes down to the angle your partner penetrates you at. As you can see in the demonstration on the previous page, your partner shouldn't necessarily be trying to penetrate you as deep as possible because your G Spot is only a couple inches inside the vagina. Similarly, your partner doesn't have to have a super long penis to stimulate your G Spot.

Instead, your partner should be focusing on staying a little shallower and rubbing their penis over your G Spot with each thrust.

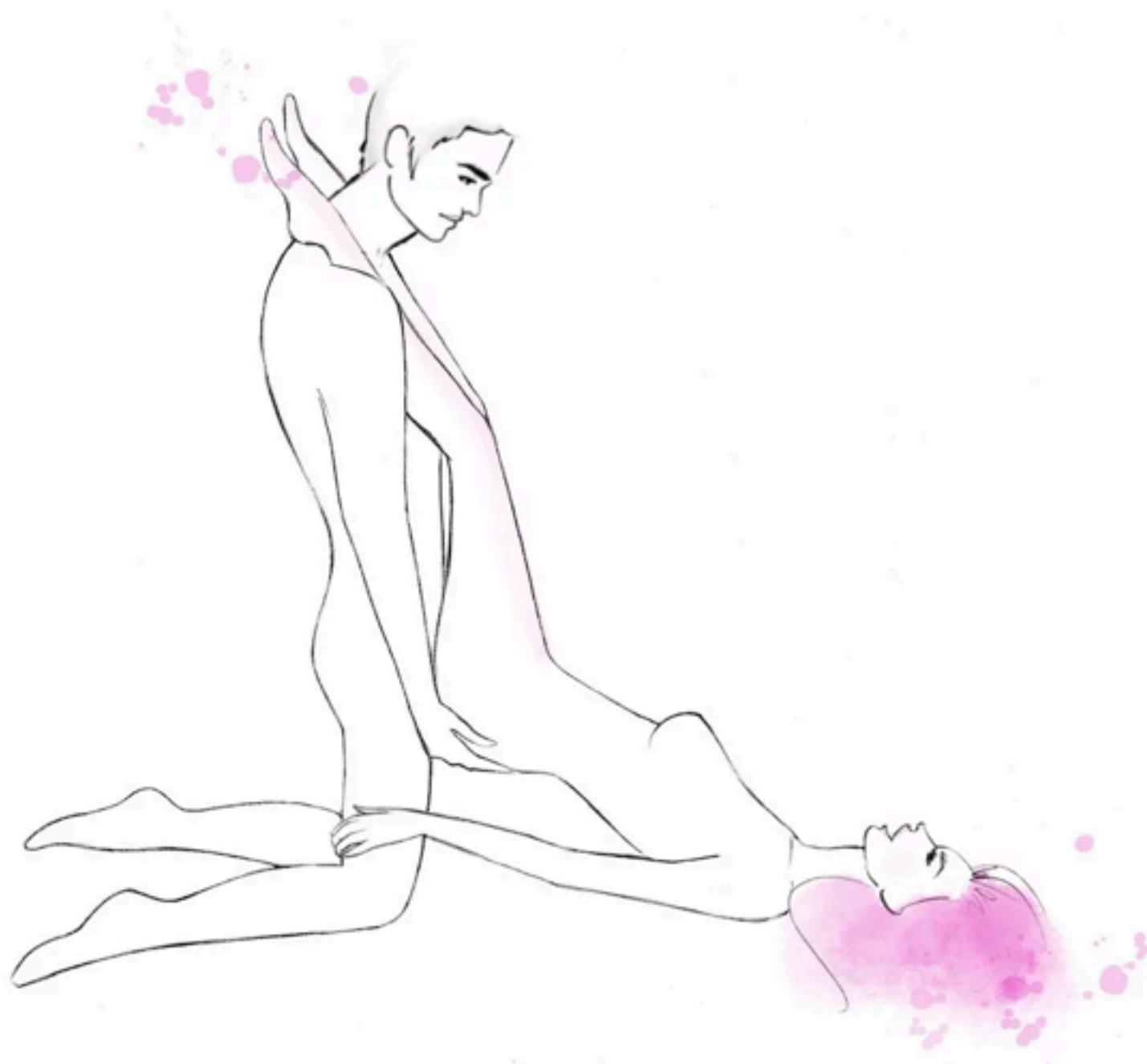
Of course, if you need more stimulation, then it's just a simple case of increasing the angle of penetration. I've provided a demonstration above of a very exaggerated angle, that is mostly likely impractical and may even feel painful. It's simply to give you an idea of the different angles some women need for proper stimulation of their G Spot.



The angle you and your partner use all comes down to which sex position you are using.

In the end, to find out what you prefer, you need experiment and talk with your partner about what you like and don't like.

4. Sex Positions To Stimulate Your G Spot

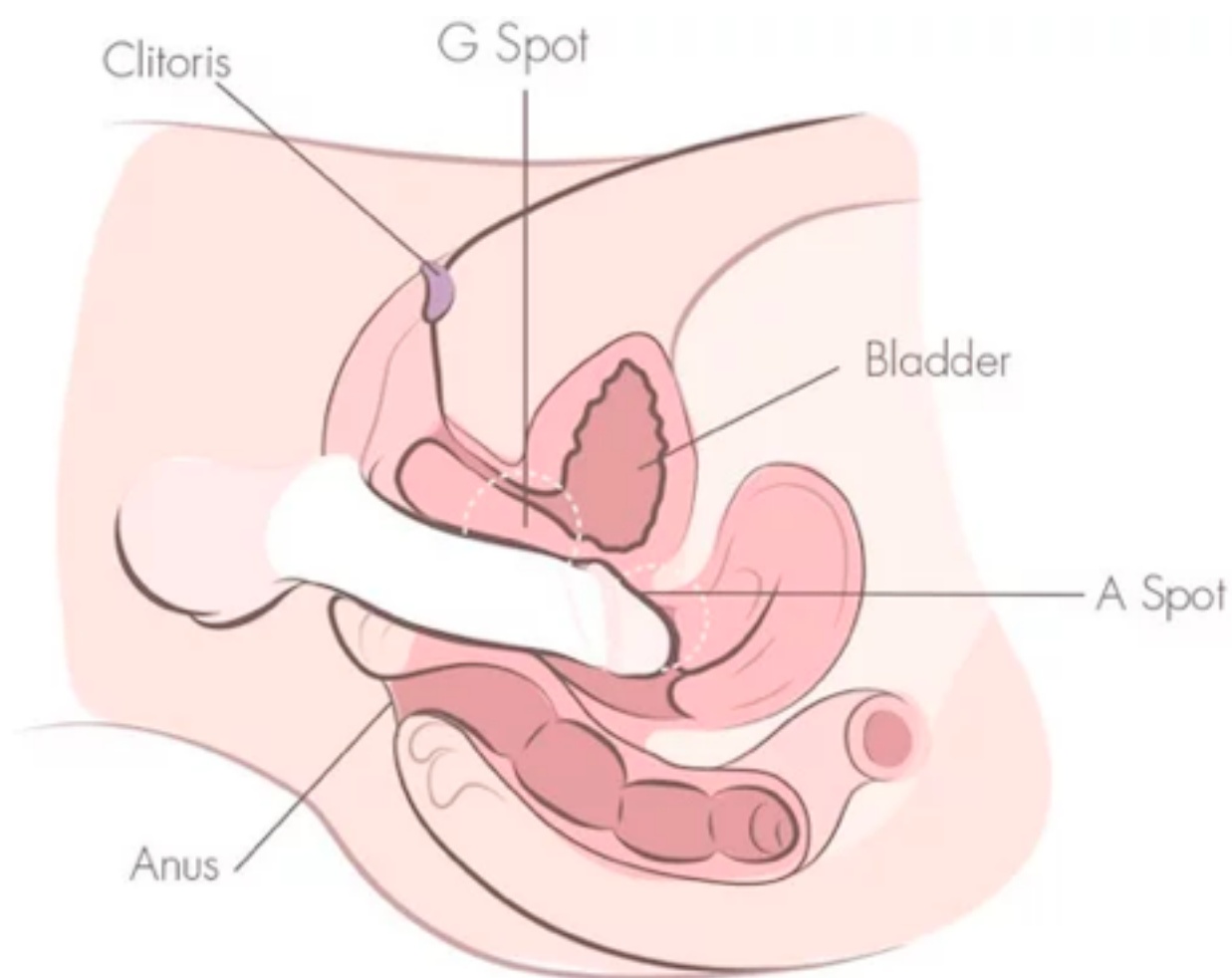


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Some positions work better than others to stimulate your G Spot, like the G Spot position on the previous page.

You can adjust this position for better G Spot stimulation and to increase your likelihood of having orgasms by placing a pillow beneath your hips to raise them up.

5. Your A Spot

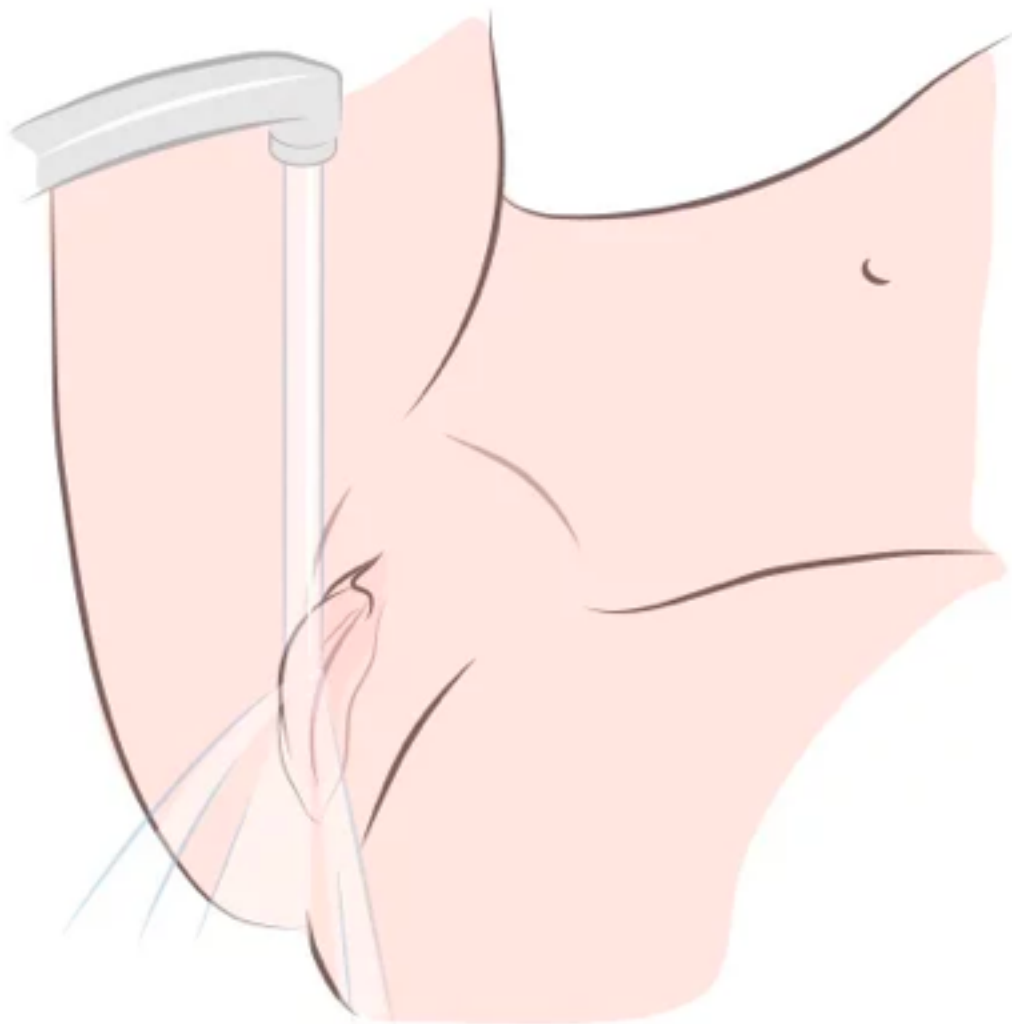


Some women need intense stimulation on their A Spot (this spot also has other names such as the Deep Spot, the anterior fornix erogenous zone or the AFE). This is on the anterior wall of your vagina just like your G Spot but is deeper inside your vagina than your G Spot. You can see its location above.

Stimulating your A Spot requires using pretty much the same sex positions as for stimulating your G Spot, except you need to thrust deeper.

6. Faucets & Shower Heads

A killer technique to stimulate the outside of your vagina is to run water over it, either from a faucet or a shower head... although, in most cases, using a shower head will be much easier for both of you. You might even use this technique to masturbate.



All you need to do is take a shower together. Then while your partner washes you, they can take the shower head and start directing the water over your body before focusing it on your vagina and clit.

It's that simple.

If your shower head has a pulse setting, then try switching that on before you use it on yourself.

As always, give your partner feedback on what you like/dislike about it, what shower head settings feel best and how much pressure you need to reach orgasm.

7. Edging

Edging is a fantastic way to have stronger, more intense orgasms, but it requires both restraint from you and a bit of skill and understanding from your partner when you are close to orgasm.

What is edging? – Edging is the process of bringing yourself close to orgasm, but then reducing the stimulation before you can climax, so you don't orgasm...yet. Then after a few moments, when you are slightly less aroused, you bring yourself all the way back to a point where you are about to climax, before again reducing your stimulation so that you don't orgasm...yet.

Repeating this process two, three, four or more times before eventually continuing and allowing yourself to climax will make your eventual orgasm feel incredible and much more powerful than a regular orgasm. You can repeat this process as many times as you like (but you do need to eventually push yourself over the edge and climax).

This can sound frustrating, but when done correctly it can lead you to having the most earth-shattering orgasms of your life.

Your partner can edge you when they are eating you out, or you can do it yourself when you're fingering yourself or even when you're masturbating with a sex toy.

Equally, you can try these exact same techniques on your partner.

8. Vibrator On Your Clit

Using a vibrator on your clit is similar to rubbing your clit with the tip of your finger. Here are some things you can do with the vibrator on your clit...

- You can push the tip of it into a particular side of your clit.
- You can rub it over and back on your clit.
- You can rub it in a circle around your clit slowly/rapidly.



Every woman has techniques that they prefer. Some simply want a vibrator held in place. My advice is to experiment with different techniques to find which ones you enjoy the most.

Clitoral Hood – I previously mentioned how some women have an overly sensitive clit. As a result, you may need to use your clitoral hood as a buffer.

So if you have an overly sensitive clit, instead of directly touching it with the vibrator, press it against your clitoral hood.

For especially sensitive women, you might have better luck using a vibrator when you are still wearing underwear or even pants!

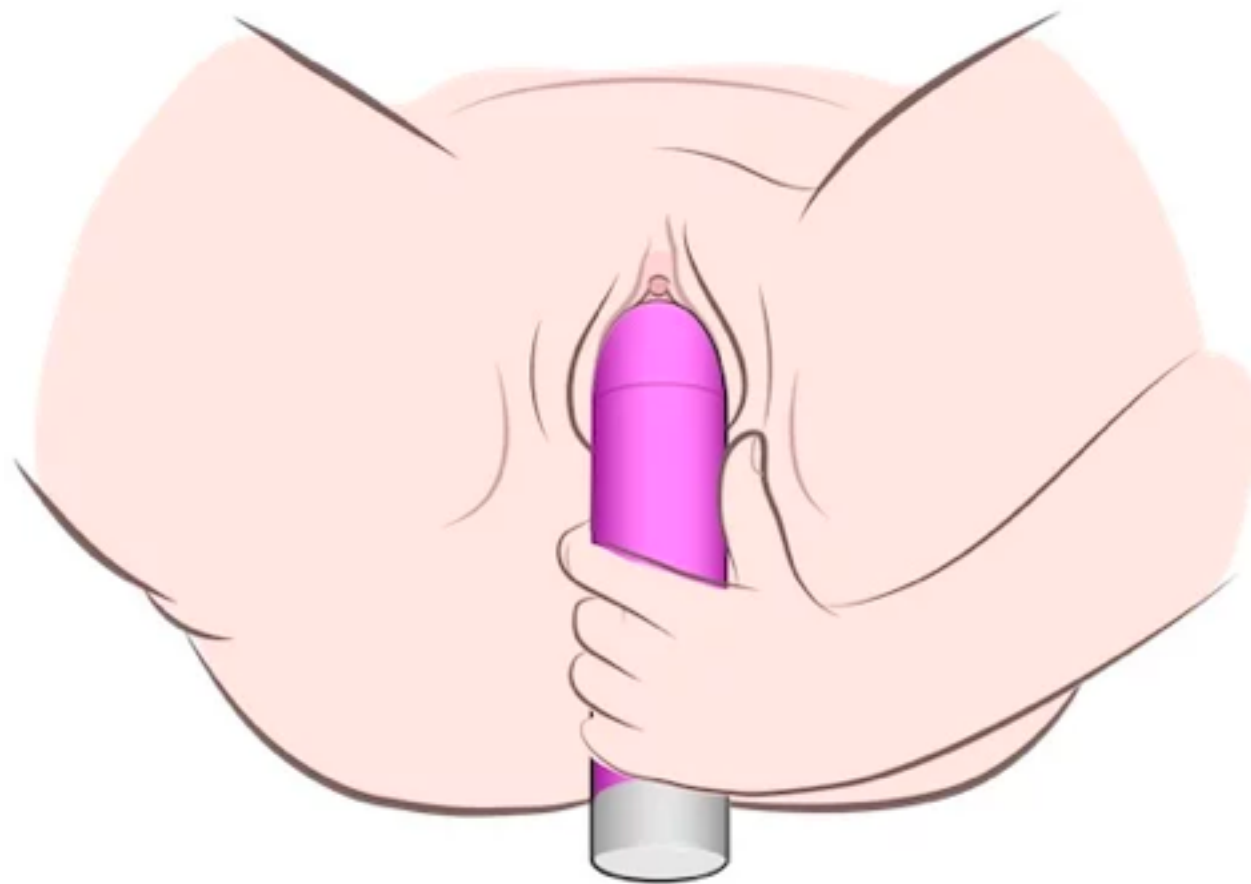


9. Maximum Coverage

Stimulating every part of the outside of your entire vagina is naturally going to make it easier for you to come. So if you are having trouble getting off, then this technique should help to push you over the edge.

All you need to do is press the vibrator against your vagina like in the illustration above, with the tip pressed underneath your clit. This way, the vibrator will be in

direct contact with your labia, U Spot & clit (however, it makes it harder to receive penetration from your partner's penis or another toy).



To be clear, you don't actually need to penetrate yourself with the vibrator while using this technique.

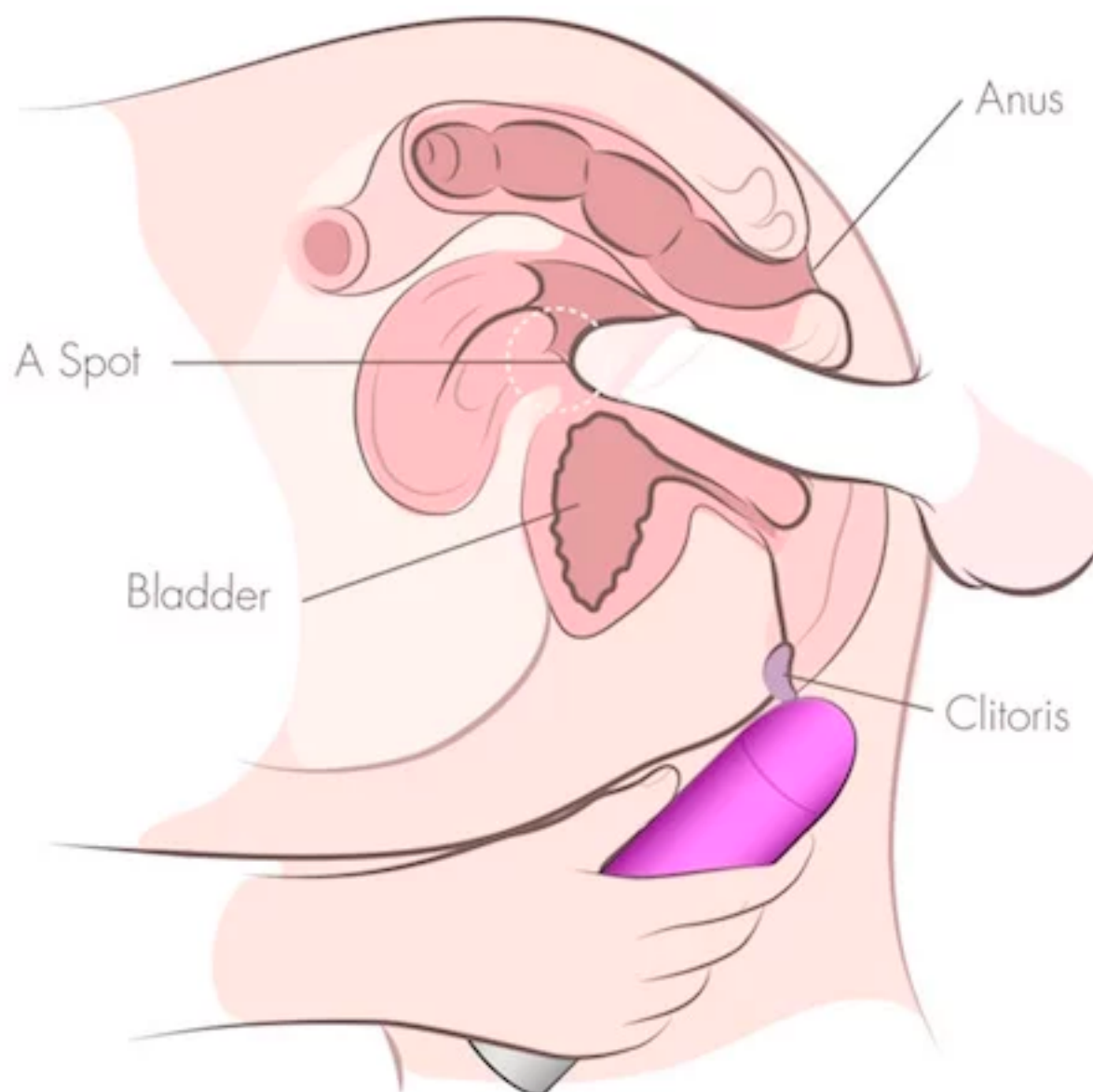
10. Use Your Vibrator For Better Sex

Vibrators aren't just for foreplay and masturbation. You should try using your vibrator during sex too, especially if you struggle to climax. Your partner can be in control of the vibrator during sex, but it's usually a better idea for you to use it, as you will know exactly what kind of stimulation you need.

Using a vibrator on yourself during sex works best when you can easily reach your clit without your bodies being in the way. So positions like Doggy or Spooning or even

Cowgirl (when you lean backward) are perfect. However, positions like Missionary or Coital Alignment Technique make it almost impossible to use a vibrator comfortably.

Bullet vibrators and smaller clitoral stimulators are ideal when you need something less obtrusive.



Your partner could even try a cock ring with an attached vibrator for clitoral stimulation. Some companies even make vibrators meant to be worn during sex. They stimulate you both internally and externally by wrapping around your partner's pubic bone. This can make you come while your partner's penis is inside you next to the toy.

The final thing I have to say about using a vibrator on yourself, whether during foreplay or sex is that you shouldn't be afraid of it and your partner shouldn't resent the fact that there is also a vibrator at play. It doesn't mean that your partner is not enough for you. It's just a new way that your partner can give you an orgasm. The toy will never provide emotional, human connection in the same way as a real life partner can.

11. Dildos, Dildos, Dildos

Dildos are exactly the same as a penis, right? And your partner can do the same things with them that their penis does, right?

Actually, no. On both counts.

There is both more and less you can do with a dildo, and I'll explain why over the next few pages. We'll start with some very tame things you should try out with your partner and a dildo; then we'll get to the fun stuff

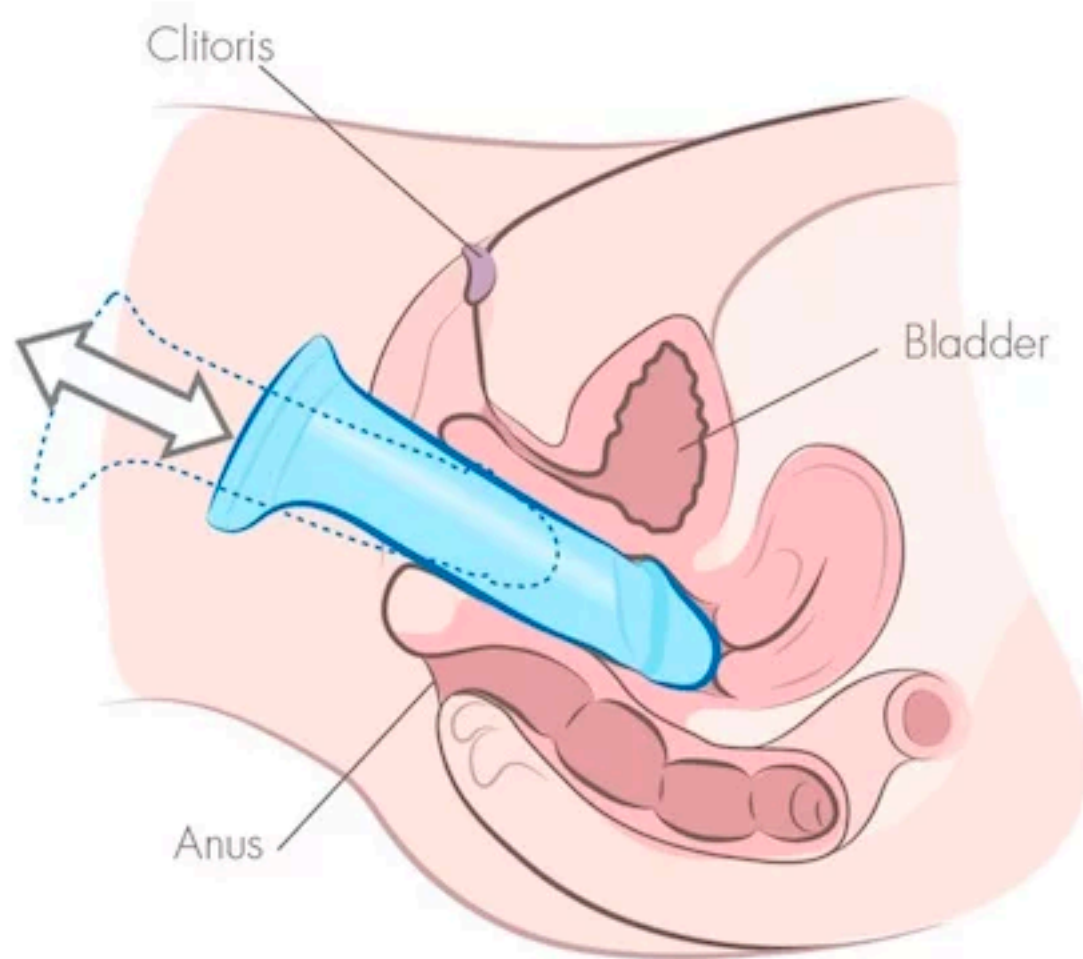
The first thing to focus on is choosing a good one. Too large and it will be painful for you. Too small and you won't feel anything. Consider something about the size of your partner's penis if you are happy with that.

Next is getting the "firmness" right. You can choose a glass or hard plastic dildo, which is fine, but some women may find this too rigid. Equally, you can buy a dildo that's too soft which bends and flexes too much. There are a bunch of other things to figure out too. Realistic looking or novelty shaped? Smooth or textured?

As always, a little experimentation is the key here to figure out what's best for both of you and what will make you orgasm in the most enjoyable way.

The Importance of Lube

Before we go any further, I'm going to talk about lube. Many people skip lube when using sex toys or even during sex. You or your partner might think that you shouldn't



need to use it. If you are turned on, then you'll always get wet enough, right? Your partner might even be offended at the idea of using lube, but here's the truth:

Lube makes sex feel better for everyone involved.

Penetration is easier.

You can go longer without discomfort, and so can your partner.

You can experiment with inserting larger toys. And lube can prevent micro-tears in your vagina that make you susceptible to infections.

You might not realize that 30% of women experience pain with sex [5]. And when women talk about sex, they often allude to sex that doesn't hurt, instead of simply talking about sex that feels good or leads to orgasm [6 p 81].

Ouch!

To be clear, wanting to use lube doesn't mean you're not turned on. A woman's natural lubrication varies, and you can almost never have too much lube.

If you're never wet, you might need to do more to turn yourself on.

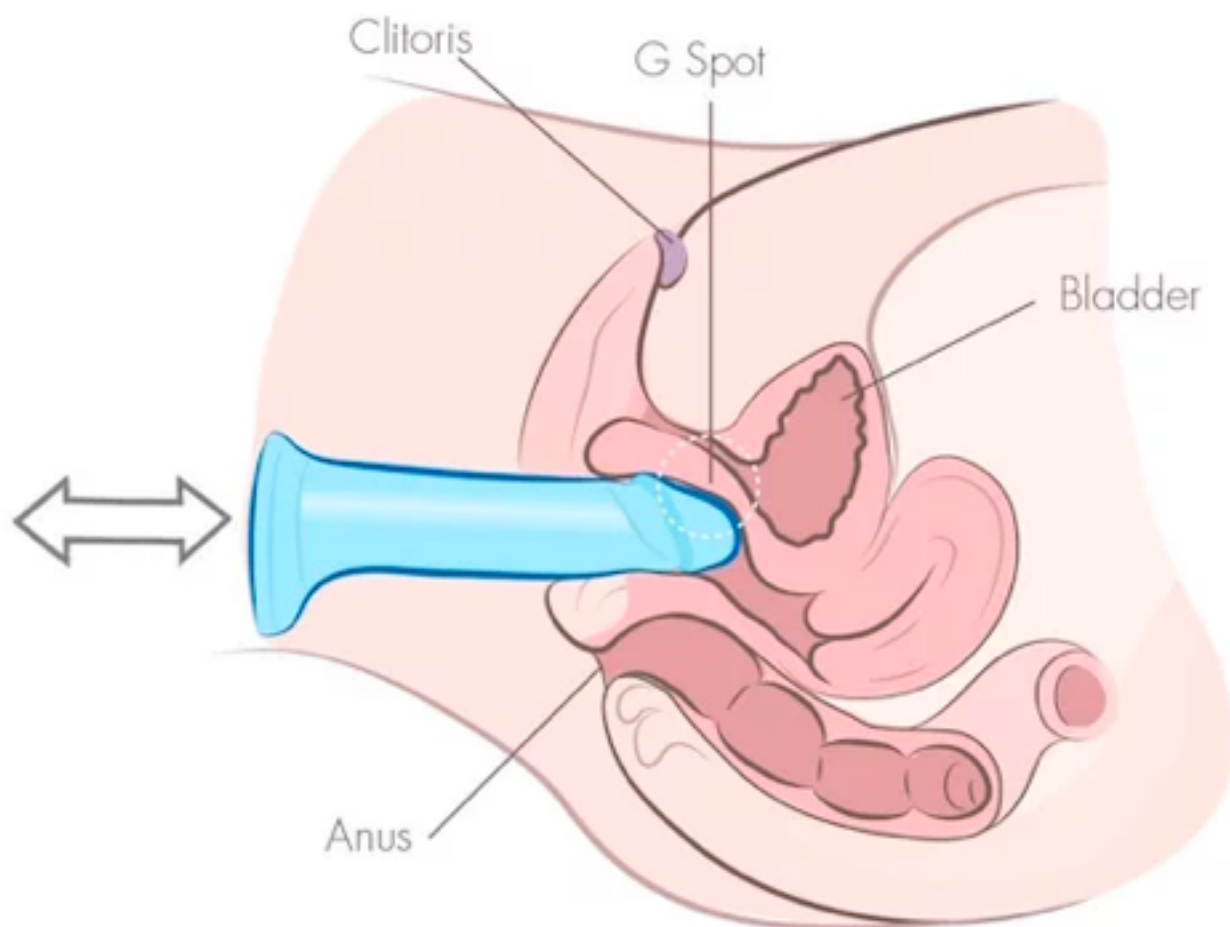
Lube is definitely a must with anal sex or when using toys anally because the anus doesn't self-lubricate at all.

Choosing lube will make you more comfortable, and that increases the odds you can reach orgasm. So grab that lube bottle when you're grabbing a toy or a condom.

Now, let's learn some ways to use a dildo to pleasure yourself...

12. G Spot Focus

Focusing it on your G Spot is the first thing that comes to most people when using a dildo. Doing this is a simple case of angling the dildo so that pressure is applied to your G Spot with each stroke as you are pushing it in and out. However, you might want a dildo with a curve or contoured head specifically for “G Spotting.”



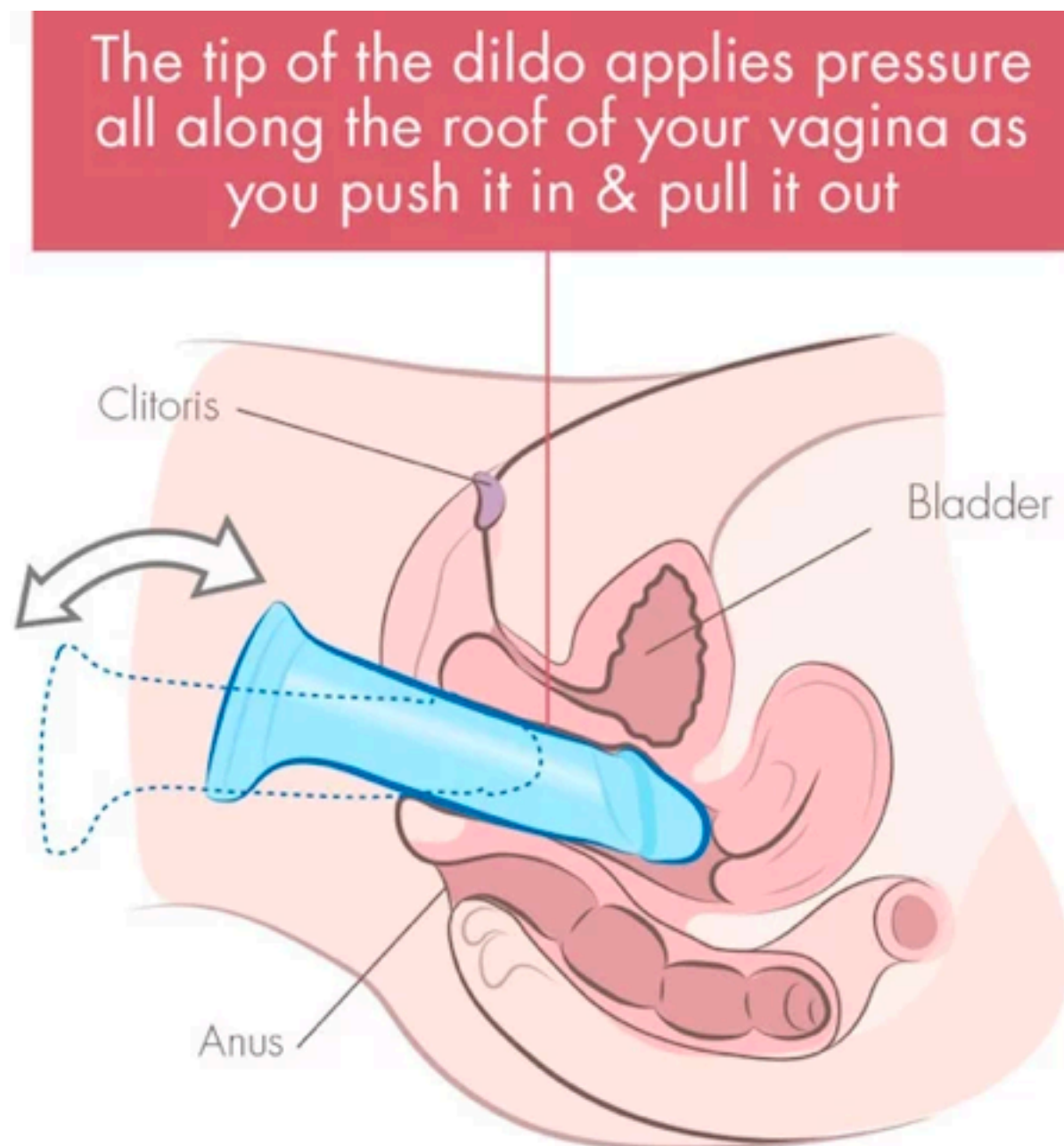
The angle and pressure that works best will depend on your anatomy, so listening to your body is vital here. You’ll also need to experiment with fast or slow stroking, but in most cases, faster stroking will provide more stimulation. If you want to make yourself come but need intense G Spot stimulation, a hard glass or even metal dildo just might do the trick.

13. Slide In Towards your A Spot

There is another way to pleasure your G Spot with the dildo that's not just a simple case of "in & out."

Reaching your A Spot might require a longer toy than you would normally use.

As you are thrusting in and out, you need to focus on dragging the top part of the dildo across the G Spot as demonstrated below by changing the angle of the dildo. This way it will feel more like you are "milking" your G Spot to climax.

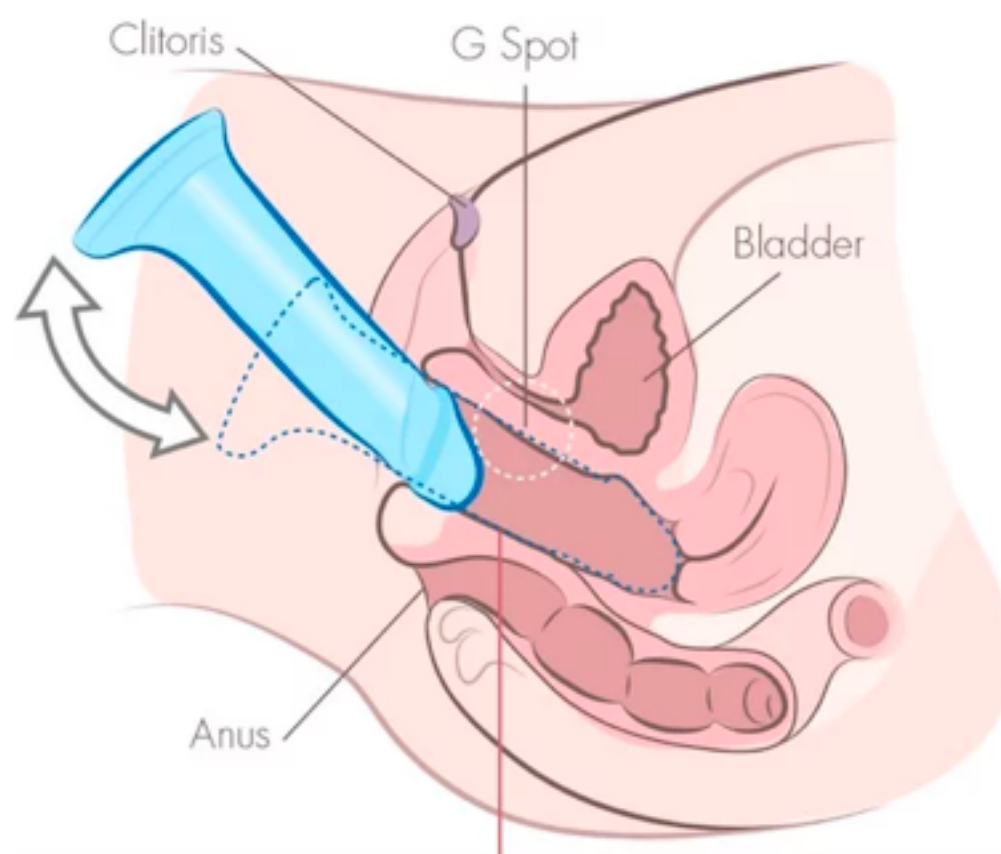


A warning about the A Spot: because of its position further back in the vagina than the G Spot, the A Spot can lead to uncomfortable cervical stimulation. Remember that the vagina ends in a small neck, the cervix, that separates it from the uterus.

Many women dislike things coming into contact with their cervix, especially if the stimulation is rough/vigorous. Be careful to avoid your cervix or use gentler motions when stimulating your A Spot.

14. Posterior Wall Fun

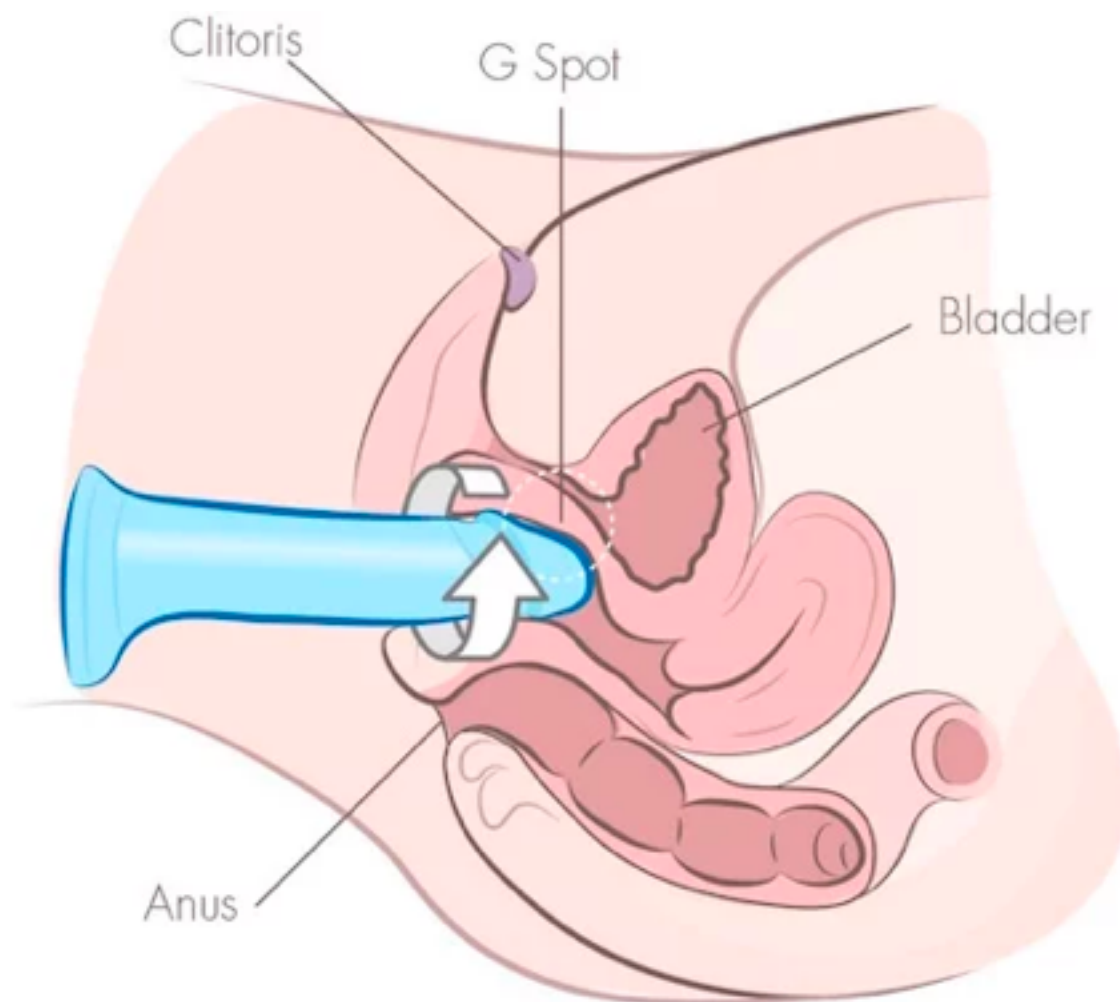
Alternatively, you can focus on the opposite side of your vagina to your G Spot. Again, you can perform the same motion of dragging the tip of the dildo across it with every thrust in and out.



The tip of the dildo applies pressure to the bottom of your vagina as you pull it out and push it in

15. 'Juicing'

There is an entire category of dildos known as 'juicers.' They come with cranks, and you turn them around after they're inserted. Most dildos will work with this motion as long as there isn't a sharp angle that might be uncomfortable.

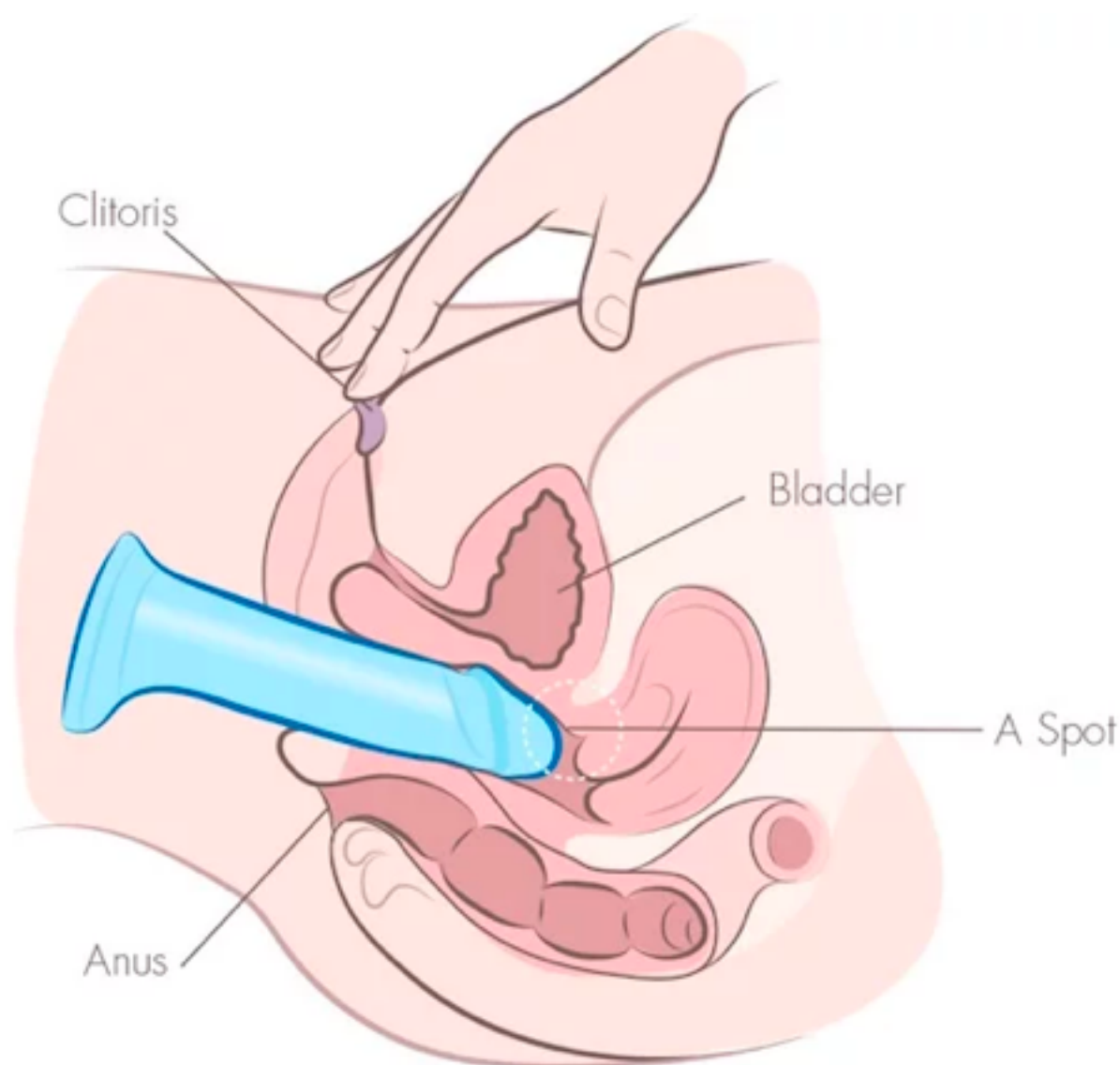


Before you do insert the dildo and start twisting it, it's important that you are using a lot of lube to prevent excessive friction in the same spot. Equally important is making sure to start slowly if it's your first time as well as giving your partner feedback on what you enjoy (or don't enjoy!).

Juicing is one of those techniques that some women love, but others don't like it so much.

16. Filling Feeling

Thrusting, dragging and twisting the dildo inside your vagina is all well and good, but it's not always necessary. If you like, you can thrust it deeply and then just hold it in place. Once deep inside, you can pay attention to your clit or elsewhere on your body.

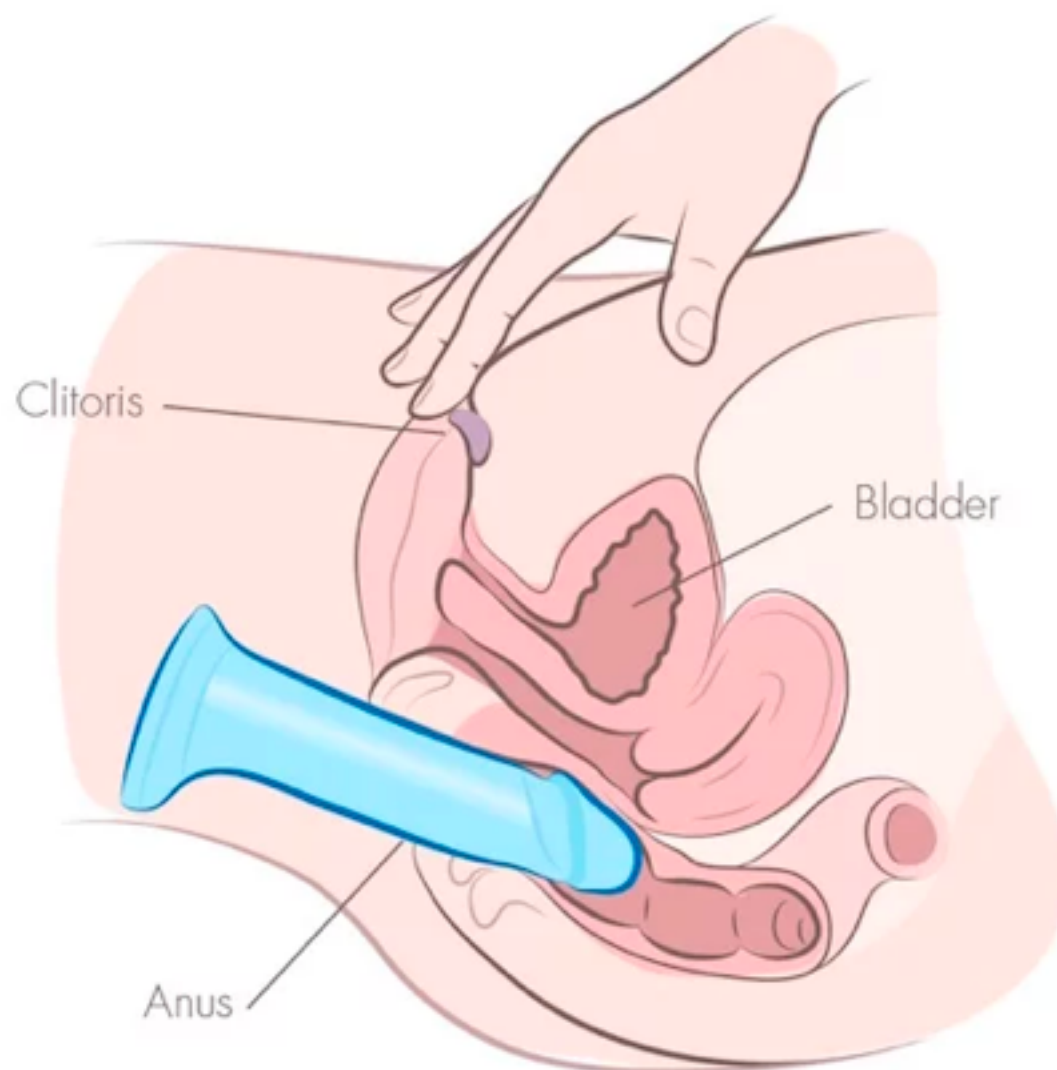


17. Anal Penetration With A Dildo

Of course, you can penetrate yourself anally with a dildo too. It can be the perfect way to warm yourself up for anal sex beforehand.

But, it doesn't have to lead to anal sex, and you can do it for foreplay only.

Note: Make sure that your dildo has a flared base before inserting it. Otherwise, you risk losing it inside your anus!



Again, it's important to use lube whenever you insert anything anally because the anus does not self-lubricate like the vagina.

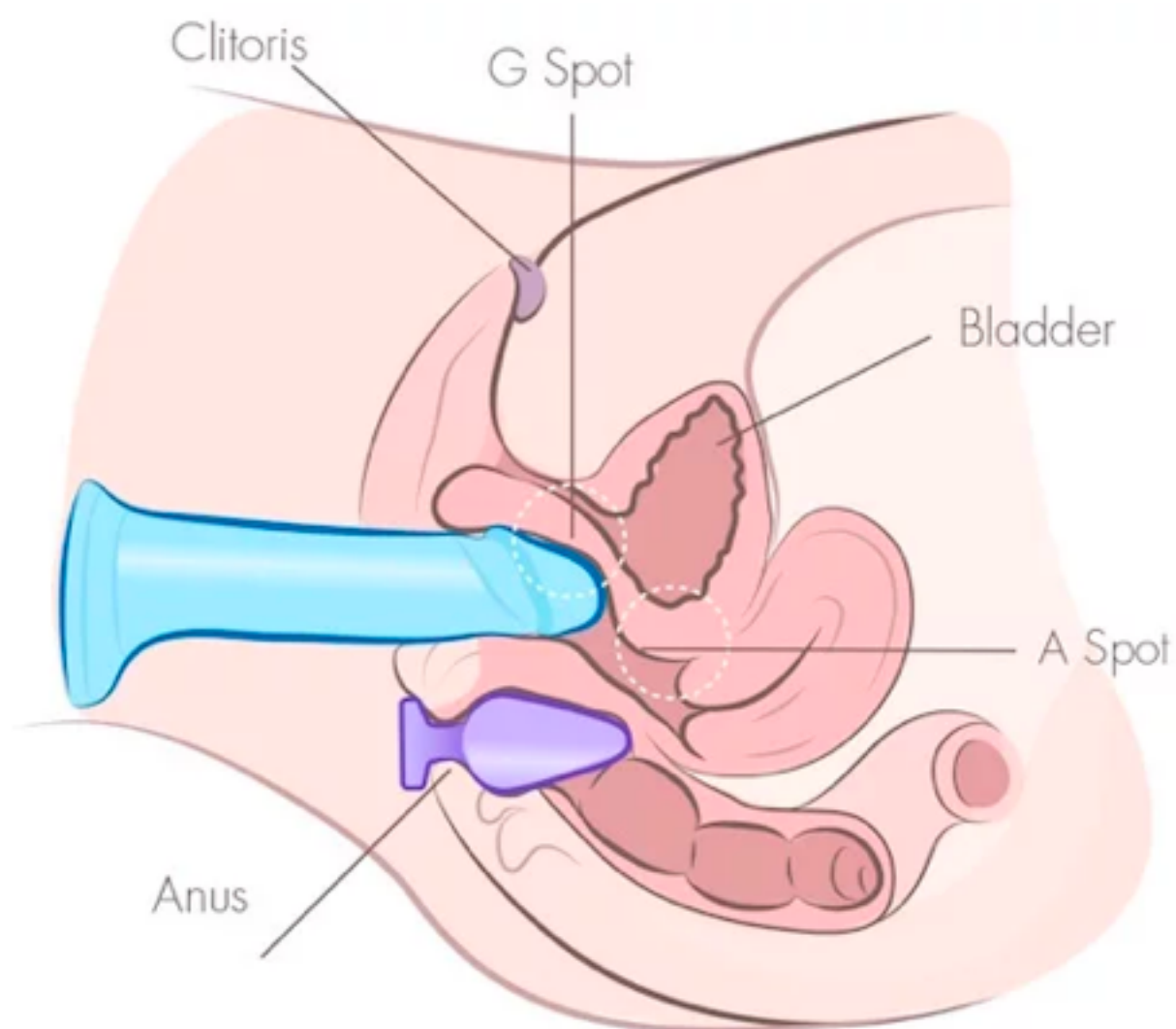
If you have a free hand, you can also finger yourself or rub your clit while using the dildo on yourself anally.

18. Butt Plugs & Dildos

If you want to try double penetration with your partner, but you are not so keen on bringing another guy into the bedroom, then using a dildo or butt plug is the perfect

compromise. There are a bunch of different combinations you can use for double penetration:

- Vaginal penetration from your partner while using a dildo on yourself anally.
- Vice versa. Having anal sex while you penetrate yourself vaginally with a dildo.
- Regular vaginal sex while you are wearing a butt plug.
- Two dildos. One in your ass (remember, it should be flared!), one in your vagina.
- Two men. One in your ass, one in your vagina.



There are also toys that have multiple penetration points for simultaneous vaginal and anal stimulation (and some offer clitoral stimulation, too). Some curved vibrators can also be used for this.

Double penetration is a more advanced technique, so you may want to save this until after you are more comfortable with the previous techniques.

Note: If you penetrate yourself anally, **do not** penetrate your vagina afterward. Doing so can bring fecal matter (poop) into your vagina which will cause an infection. Make sure to thoroughly clean your toy/finger/partner's penis first.

19. Using Other Sex Toys

There are a lot more sex toys that you can use besides dildos, butt plugs, and vibrators. There is a nearly endless supply of sex toys you can buy, but here are a few ideas to get your creative juices flowing on everything that is possible when it comes to sex toys.

Anal Beads

Anal beads are very similar to butt plugs but are more like a series of butt plugs that are strung together. You can insert them anally and then pull them out. This alone is enough for some women to orgasm, but others prefer to have them pulled out as they reach orgasm.

Cock Rings

Cock rings come in many flavors. They are circular devices that fit around the base of your partner's penis to keep it erect. However, some come with vibrating attachments for your pleasure. We advise that you use a cock ring that stretches to prevent it from getting stuck on your partner's penis and damaging it.

Restraints

Restraints can be a great way to dominate your partner and leave them powerless. Of course, the roles can be reversed too ;)

Paddles, Whips & Floggers

If you have a slight sadistic (or masochistic streak), then a little physical punishment will get the hairs on the back of your neck standing up. An open palm on your partner's butt is fine, but there are plenty of implements you can use instead. Again, reversing the roles can be just as fun.

Sex Furniture

If you are not getting the angles you want during sex, then you should think about using a sex wedge or piece of furniture that helps you hit the spot. Alternatively, a sex swing may be what you are looking for.

Other Sex Toys

There is a huge amount of choice when it comes to sex toys, whether you want to experiment with strap-ons, ben wa balls, nipple clamps, prostate massagers, different types of lube, penis pumps, penis extenders, remote control vibrators, pocket pussies or even sex dolls. So if you and your partner are keen, then you are in for a lot of fun!

20. Domination & Submission

Note: First up, you should both talk to each other and agree on a safe word before getting involved in dom/sub play.

A lot of women & men enjoy being either dominant or submissive, depending on the situation. If you get off when being the dominant partner, then why wouldn't you use this to your advantage? Here are a few ways you can be more dominant.

- Be the initiator.
- Tell your partner what to do in bed.
- Use restraints.

Of course, being the submissive may be your preference. In that case, the roles will be switched, and your partner will be the one telling you what to do.

Do keep in mind that dom/sub play occurs on a spectrum. It doesn't need to be all whips and chains (many people like a little sensual domination over the hardcore stuff). Instead, it can be much more subtle where you are deciding what position to try next or what you/your partner should wear to bed.

21. Rough or Loving or Somewhere in Between?

Being rough or loving during sex is similar to being dominant or submissive in that it occurs on a spectrum.

And, if you like it when you bring out your 'aggressive' attitude, then why not add that to your sex repertoire. A few ways to have rougher sex include:

- Pinning your partner's arms above their head.
- Pulling your partner's hair – You need to hold their hair lightly by their scalp, holding the ends of their hair doesn't feel particularly great.
- Lightly digging your nails into their shoulders, back, ass, hips and legs and gently scratching them.
- Getting more vocal with your dirty talk.

By the way, rough sex is not about hurting your partner. Hell no! Instead, you need to focus on being passionate.

If rough sex isn't your or your partner's cup of tea, then you may both enjoy a more loving kind of sex. Here's what I mean when I say "loving" sex.

- Being kissed slowly and passionately by your partner.
- Your partner whispering in your ear, telling you how much you mean to them.
- Slowing right down and maintaining eye contact with your partner during sex.
- Using a more intimate position like Spooning or Missionary.

If you better respond to rough sex or loving sex, then you may feel like having that type of sex every time you jump in bed.

My advice is to actually constantly switch up your styles so that you always keep things fresh.

22. Consistency - Boring But Vital

The whole point of this chapter is learn how to orgasm intensely. But, some women often trip up when they've almost reached the finish line and actually prevent themselves from climaxing.

Why?

Well, when you are about to orgasm, you will start to tense up and breathe faster...

Both guys and girls do this.

The mistake many women make at this stage during masturbation (and partners also make this mistake a lot during sex) is that they start to speed up or change their rhythm.

Don't do this. **You need to maintain the rhythm and stay consistent.**

So continue doing more of the same.

I don't care if you are masturbating, been eaten out by your partner, using a sex toy on yourself or just having sex. If you want to orgasm easily and consistently, then you/your partner need to maintain the rhythm as you are getting close to coming.

If you change the rhythm, it will make it harder to orgasm or prevent it completely. So, rhythm is important not just for making yourself come but to make yourself come more easily.

23. What Do You Want And Is Your Partner Working With You?

The only person who knows exactly what you want is...

You!

As I mentioned at the start of the book, these techniques are not rigid laws; they are guidelines, that you need to adapt to yourself and relationship. The only way to find out which ones are work best for you is to experiment and listen to your body.

Many women might adore a certain masturbation/sex technique,

BUT...

There's always one woman who gets no pleasure from that very same technique.

Now, your partner might think that they are a good lover. They might not even be half bad, but studies show that nearly half of men think their partner has had an orgasm when they haven't [7].

That's insane!

If you've come this far, and your man is keen to help you experience the best orgasms of your life, then hopefully they are ready to let go of their ego and really focus on what you want and need to orgasm.

This might mean not trying to give you an orgasm because, focusing on orgasm as the goal can be frustrating for some women, especially if you struggle to climax. This distress can then make it harder for you to come [8]. It's like a vicious cycle of stress.

Yes, your partner might feel better about themselves if they give you an orgasm during intercourse [9], but they need to understand that they're not less of one if they don't.

So when you give your partner advice or ask them to do something different:

hopefully they take this advice on board and do it.

Perhaps most importantly, guys who selfishly focus on themselves, their ego and being a “manly man who makes his woman come” can actually be a turn off for a lot of women.

This, ironically, can make you have less powerful orgasms and in some cases, prevent you from having an orgasm altogether.

24. Enthusiasm - This Final Tip Is Written Specifically For Your Partner To Read

One of the most important pieces of advice I give to partner's who want to please their women and make them orgasm is to show enthusiasm. Whatever she's doing, she needs to be in the moment and with an enthusiastic partner.

Don't just go down on your girl because you know it will make her come and you want to check it off of your "to do" list. She'll be able to tell. And if she can tell, it might actually make it harder for her to orgasm.

Instead...

Go down on her with real, genuine enthusiasm.

Some women can be self-conscious enough about how they look, smell and taste, what they like in bed, and how long it takes them to orgasm. There's no need to add to that.

Show her NOT just that you're begrudgingly willing to go down on her or use her favorite toy or do whatever it is that she wants to get off.

Do it gladly.

With enthusiasm.

Because when you do those things, you'll get to see her squirm and writhe, listen to her moan, and feel her contract in ecstasy.

Have fun!

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Step 1 - Turn Yourself On By Removing The Brakes To Your Sex Drive And Ability To Orgasm

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Step 3 (Part 1) - How To Finger Your Girl For Screaming, Shaking, Crying Orgasms

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Make Your Orgasm References

Step 3 (Part 2) - How To Make Your Girl Orgasm: 25 Crazy Techniques To Make Your Cum Hard

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