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OUR MISSION:
To bring to the general public the best of both new and traditional sexual techniques. To make such techniques accessible by describing them in language free of technical jargon and with clear, simple illustrations. And to teach both the art and science of love, in order to bring a new and heightened dimension to human sexual pleasure.

We take the art of love from many sources, including ancient folk wisdom, Oriental and Asian techniques, secrets of courtesans and geishas, yogic and tantric exercises, and our own investigations.

We take the science of love from state-of-the-art behavioral and sex therapy techniques, and from the latest physiological, psychological, and chemical research findings. . .

. . . then integrate them. This blending of ancient and new, art and science, results in the most powerful sexual ecstasy techniques ever devised, making possible the highest level of excitement and satisfaction that human beings are capable of experiencing.

OUR CREDO:

We believe that nature designed the human body for pleasure, both mental and physical. That there is no such thing as "dirty" or "immoral" sex between fully consenting adults. And that sexual guilt and shame have no legitimate place in human functioning. To the contrary, sexual ecstasy and fulfillment can only bring love and joy.

In short, we are in favor of anything that promotes the total liberation of the human body, mind, and spirit — sexual pleasure being an absolutely essential ingredient in that liberation.
INTRODUCTION: THE SECOND FEMALE G SPOT

Rachel R. loves to have her clitoris stimulated. Her boyfriend’s finger or tongue, lightly stroking it, can bring her to peaks of ecstasy that last as long as he is willing to continue. Eventually, she builds to a wild, screaming orgasm. If her boyfriend continues the stimulation, she can climax over and over.

Then, when she is fully satisfied, he slides his penis into her wet and swollen vagina and strokes until he climaxes.

Rachel loves it when her boyfriend enters her. She feels a special thrill as his penis pushes into the opening of her vagina, no matter how many orgasms she’s had. She likes the idea of his penis filling her. She enjoys his pleasure and excitement. But she has absolutely no vaginal sensation during intercourse. To tell the truth, sometimes she can’t even feel him inside her, even though he’s larger than average. Still, that’s okay with her. She can’t imagine anything sweeter or more satisfying than the sensations that come from her clitoris, anyway.

Rachel thinks her sex life is just great. So would many sex experts.

We disagree.

We think Rachel is right on the threshold of the ultimate sexual experience — and completely missing out on it.

Needlessly!

Sometimes, during foreplay, Brenda’s husband teases her by poking his penis against the entrance to her vagina, without going in. For some reason, this makes her incredibly wet. It feels so good she could almost... almost... climax — just from that gently prodding head. (Unknowingly, her husband is stimulating G-Spot #2.) Brenda wants to beg him not to stop, but she thinks he might be insulted if she told him what to do. So after too short a time he pushes all the way into her. And her wonderful feeling ends.

Nora M. is a very passionate woman who loves sex. But in spite of this, she started making love less and less until she ended up not doing it at all. Her life became a misery. This wasn’t because she lacked potential lovers. It was because she was too embarrassed to have sex. Why? Because every time she had an orgasm she wet the bed! Poor Nora doesn’t know that her “bedwetting” isn’t urine, but a completely normal female “ejaculation”.

Nicole W. masturbates by rhythmically massaging her clitoris with her forefinger. At the same time, without even thinking about it, she is also pressing her thumb against her bladder, right above her pubic bone. Thumb and finger move in a kind of counterpoint: as she lightens the pressure of her forefinger, she presses down with her thumb, and vice versa.

Nicole’s instinctive thumb-pressing dramatically increases her pleasure sensations. Those sensations become even more intense when her bladder is full.

If you could read Nicole’s thoughts about this habit, you would discover she secretly thinks there’s something weird about her. She thinks she’s the only woman in the world who does this thumb-pressing thing. And she would never, never tell her husband, even though she fantasizes about him pressing this spot.

But the fact is, Nicole is perfectly normal.

Nicole has unknowingly discovered G-spot #3.

Clitoris, vaginal entrance, vaginal interior, lower tummy — do women really have all these “hot spots”? Yes, and more! Women’s bodies are a complex symphony of sensations ranging from subtle and delicate to deep and intense. They can experience a vast range of orgasms, from sharp and fast to long, slow, and sensual... from localized and acute to diffuse and general... from trigger-quick “quickies” to thundering climaxes... from ten orgasms a minute to ten-minute long orgasms... and, yes, they can even ejaculate. They can climax from their clitoris, their vagina, their clitoris and vagina together, and all points in between. Some women can climax from nipple stimulation alone, and some can even climax just from thinking.

If Rachel, Brenda, and Nicole would only go with the natural flow of their feelings — and if their partners would only help and encourage them to do so — they would discover unimagined levels of sexual ecstasy and fulfillment.

That’s what this guide is meant to help you achieve.

IF YOU’RE A WOMAN, you'll learn things about your own body and sexuality you never knew. Things you won't even find in sex manuals. We'll tell you exactly what to do to unlock your enormous sexual potential — both mentally and physically. And we'll show you the path to a greater sexual bliss than you've ever imagined.

IF YOU’RE A MAN, we'll show you how to be the dynamite lover all women secretly dream of. You don't have to be a stud to be a great lover. You don't have to be super-endowed. You don't have to be rich or handsome. You just need to know what turns a woman on — any woman. This is something men are somehow expected to know instinctively — but can't possibly. What makes it worse — most women won't tell them! Maybe the women are too shy, or too embarrassed, or maybe they don't even know themselves.

But even if your woman won't, or can't tell you what she wants — this guide will. It will give you the specific
techniques and no-nonsense details of exactly how to pleasure a woman with total confidence and dexterity. No vagueness, no mysteries, no half-veiled suggestions: we’ll tell you exactly where to put what, how, and when.

Ancient techniques, newly rediscovered

These techniques are not new. Far from it. In fact, they’re very ancient. Women of the old Chinese and Indian courts brought the art of pleasure and self-pleasure to a pinnacle. They were encouraged to masturbate frequently by the ancient Tao masters, who believed that while sex depleted men, it could only energize women! The more sex the better! So accordingly, Oriental women used and enjoyed all sorts of ingenious devices for sensitizing and stimulating their vaginas: tiny vibrating balls... erotic literature called Pillow Books... muscle-strengthening exercises... even artificial penises they could manipulate with their toes! These women also gave their men untold pleasure from the skills they developed.

But unfortunately, these techniques were lost and forgotten over time. Society became more uptight and repressed, and women were taught to deny their incredibly powerful sexuality. In today’s new climate of sexual freedom and experimentation, these techniques are at last being re-discovered — both by scientists in the laboratory and by liberated individuals.

In research labs and sex clinics across the country, modern scientists are only now beginning to confirm what the ancients already knew only too well: that women have hidden and mysterious places deep inside their own bodies that can be stimulated to bring them indescribable ecstasy. This ecstasy has been favorably compared to the highest high achievable from cocaine or any other drug — except that it’s healthful rather than harmful, natural rather than artificial, and has lasting after-effects that make the woman feel whole and happy until the next ecstasy experience.

The ancients called this Tantric orgasm and cosmic orgasm, among other names. Modern science calls it vaginal orgasm. Its source is the G-spot.

G-spot orgasm: the "deep" orgasm

This is how Grace describes her discovery of her G-spot: "With my first husband, I found out why they called it 'banging'. He would shove himself inside me and pump away. The harder he pumped, the less I felt. When it was over, my whole vagina was sore right up to my cervix. What a difference with my current husband! The first time we made love, he took his time, entered me so-o-o slow and easy. He NEVER pumped or banged, just slid gently and sensuously in and out. I began to feel these incredibly delicate, sweet sensations deep inside. After a few minutes of this, I was completely crazed. I had never imagined anything could feel this good. But then it began to feel even better. Ever-spreading waves coursed through my vagina and spread like a hot wave through my belly, my chest, right on through my head and toes. I didn't just have an orgasm, I became my orgasm. I know that sounds weird, but I have no other way to describe it. Afterward, I shook and cried uncontrollably for sheer joy, then melted peacefully into my husband's arms. I had a feeling of crazy euphoria that lasted all next day."

Is Grace imagining this "special" orgasm? Is it all in her mind or in her body, too? This question is very controversial. Women who have experienced this "deep" G-spot orgasm swear that it's different from a clitoral orgasm — much more complete and satisfying, both physically and emotionally. Women who haven't experienced it say it's a myth, that it doesn't exist. Even the experts disagree. Pioneer researchers Masters and Johnson, for example, say that all female orgasms are physically the same, and basically clitoral in origin, but other researchers have observed three separate types of female orgasm: clitoral, vaginal, and "blended". (See The G-Spot, by Ladas, Whipple, and Perry.)

We firmly believe that these three distinct orgasms do exist. We understand, and sympathize, with those who want to reassure women that it's "okay" to have just clitoral orgasms — particularly since so many women don't have any orgasms at all. But we ourselves don't think it's okay. We believe these women are being "reassured" by a falsehood. We think that women who have only clitoral orgasms are missing the ultimate sexual experience.

Just a very few years ago, and sometimes even today, women were told they didn't "need" orgasms at all! It was agreed that men needed to climax, or they would become engorged, uncomfortable, and get "blue balls". But women's pelvic congestion would just somehow "fade away" by itself. What women really wanted, anyway, was just to snuggle — or so they were told!

Most women don't believe that nonsense any more. They know that going without an orgasm is like chewing without swallowing.

But many of them still believe that any orgasm is "good enough."

Well, it's not.
We believe: Why have a good orgasm when you can have a great one?

The female conspiracy to keep women from enjoying intercourse

Unfortunately, it’s often women themselves who perpetuate the myth that the clitoris is the only female sex organ that counts. They do it from the best of intentions — to fight the terrible male chauvinism of past generations.

Sigmund Freud said that women should "outgrow" their clitoral focus and "mature" into only wanting intercourse. If they didn’t, they were "masculine" or even homosexual. So to help them "mature", many physicians actually cut off women’s clitorises!

Today the pendulum has swung in the opposite direction. Many women, understandably reacting to this anti-clitoral attitude, now want to "liberate" women from the need for a penis entirely! They say the clitoris is the only source of female pleasure and the vagina is totally insensitive.

Women who have G-spot orgasms know better.

They know that there’s a place for both clitoris and vagina in female sexuality, that one enhances the other, and that the woman who learns to enjoy both is truly fulfilled.
WHAT IS THE G-SPOT?

Dr. Ernst Grafenberg first described the G-spot in 1950 as a "zone of erogenous feeling" within the upper front wall of the vagina. (It's called the G-spot — the Grafenberg spot — after him.) If properly stimulated, Dr. Grafenberg said, this powerfully sensitive spot can trigger vaginal orgasms, which are very different from clitoral orgasms.

You might have heard of the G-spot. But you probably don't know that there are not one, not two, but three G-spots!

It's not surprising if you don't know about the other two G-spots. After all, it took nearly forty years until the discovery of the first G-spot got general recognition!

What are the other G-spots? They are supersensitive areas located along the length of the vagina. (This sensitivity corresponds to the sensitivity of the penis along the length of the male urethra. In fact, recent research suggests that the vagina can be accurately compared to a penis turned inside out! Understanding this similarity may help men understand female sensations better, and vice versa.)

But there's no need to get technical. It's enough to understand that female vaginal sensitivity follows the path of the urethra, which follows the path of the vagina (see illustration). And that's where women's three G-spots — the most sensitive points along that path — are located.

Here's a brief description of the three G-Spots.

**G-SPOT #1**

G-spot #1 — the vaginal G-spot — is an area of muscle and tissue about one to two inches inside the vagina. With the woman lying on her back, it would be on the upper wall of the vagina, just behind the pubic bone.

Women who have sensitive G-spots are able to have vaginal orgasms — that is, orgasms from intercourse alone, without clitoral stimulation.
Many women, however, don't even know they have this G-Spot. They can't feel it, and their vaginas are therefore not particularly sensitive. These women can't even imagine having orgasms in their vaginas. But all women do have the vaginal G-spot, whether they can feel it or not. And all women can learn to feel it, and to have G-spot orgasms.

**G-SPOT #2**

G-spot #2 — the urethral G-spot — is the area surrounding the urethral opening. This opening, which is called the meatus (mee-AY-tus) in both men and women, is also supersensitive in both men and women. When delicately stimulated (in both men and women), it can give rise to the most exquisite, delicious sensations imaginable.

This spot, Dr. Grafenberg said, "in the course of sexual stimulation... begins to enlarge and... swells out greatly at the end of orgasm."*

**Female ejaculation — now proven to be fact, not myth**

But the male/female similarity doesn't end there. Also like the male, many females actually ejaculate through the urethral opening! They don't ejaculate semen, of course, but the fluid they ejaculate is very similar.

This is not as odd as it first sounds. Here's why: most of the sperm-carrying fluid in men — the semen — is produced by the prostate gland and carried through the urethra. Well, women also have tissue that is identical to prostate tissue surrounding their urethras. This tissue produces fluid that is chemically similar to male prostate fluid. Obviously, this fluid in women has nothing to do with semen, but it does provide lubrication, in addition to vaginal secretions, when a woman is sexually aroused. And sometimes, when a woman has had a particularly powerful G-spot orgasm, her second G-spot will swell up and expel a large amount of this lubricating fluid, so much sometimes that it can literally be seen to spurt out!

**G-SPOT #3**

G-spot #3 can be called the external G-spot, because although it, too, rests on the urinary tract, you reach it from outside the body instead of inside. It lies at the base of the tummy, just above the pubic bone. This is a very versatile spot, because it can be used in conjunction with other stimulation to increase sexual feeling and intensity.

We'll tell you exactly how to find and stimulate these three G-spots. We'll also tell you how to stimulate women's other major "hot spots", to make you a complete lover. And we'll tell women how to find and stimulate their own G-spots, both for their own personal pleasure and for enhanced sex with their partners.

You may be asking at this point, "Why should women need to be shown these pleasure points in their own bodies? Why don't they experience these sensations automatically?"

The answer lies in the way they first learned to experience sexual pleasure — through masturbation.

Masturbation: The Key to Female Orgasm

Masturbation is both the problem and the solution to women's orgasm.

It's the solution because masturbating is the best way for women to learn what gives them sexual pleasure and orgasms. It's the problem because women often get "hooked" on that one way and have trouble climaxing in other ways.

This would be okay, if only they'd tell their men their method of climaxing. Then the men could stimulate them the same way. But most women are too embarrassed to tell. What makes it even more complicated, no two women masturbate in exactly the same way!

How do women masturbate? There are countless ways. For example:

• Massaging their clitoris directly or, more frequently, through the outer lips;
• Simply squeezing their legs together;
• Playing with their clitoris and vagina at the same time;
• Directing a stream of water at their clitoris in the tub or shower;
• Rubbing against an object such as the corner of a desk or the arm of a chair;
• Using vibrators, dildos, zucchinis, hairbrush handles, and all sorts of other sex toys;
• Rubbing against the heel of their own foot ...

... and anything else you can think of.

They do it on their back, stomach, or side; lying down, kneeling, or standing up; with direct or indirect stimulation; fast or slow, with hard or light touches. They may also play with their breasts, anus, or other areas of their body. They may use erotic materials or fantasy, watch themselves in the mirror, or engage in unique and very personal rituals. Right-handed women tend to rub the right side of their clitoral shaft, left-handed women the left side. They do it for minutes — or for hours.

Each woman uses her own special method of masturbation, which she probably discovered by accident as a little girl. She might have rubbed herself to scratch an itch, or squeezed her thighs together to keep from urinating, or pressed up against an object. It felt so good she did it again and again, without even knowing what it was. Soon it became a habit.

And there's the problem.
She has learned to orgasm in a certain way. She can climax easily with her own special method, and as quickly as men do when they masturbate — often in two minutes or less. The trouble is, this method of self-satisfaction may be **totally different** from sex with a partner.

What's more, virtually all women masturbate by stimulating their clitorises, not their vaginas. This is because, apart from the fact that the clitoris gives the most acute immediate sensations, it's harder for women to reach their own vaginas.

So now, here's a woman who has been having clitoral orgasms in a certain way all her life, all by herself. She begins having intercourse. And all of a sudden she's expected not only to be given an orgasm by a partner who hasn't got a clue about **how** she reaches orgasm — but to have this orgasm with a completely unaccustomed part of her body!

And why should she even bother to try, she wonders, since her clitoral orgasms are so super?

With all these obstacles, it's no wonder a full two-thirds of women never experience the ecstasy of vaginal orgasm!

Now here's the good news:

• **Any woman can learn** how to have vaginal orgasm;

• **Any woman who already has vaginal orgasms can learn** to make them even more intense by fully utilizing her other "hot spots" — G-spots #2 and #3;

• **And any man can learn** to bring her to this ecstatic peak.

If, as a woman, after opening yourself to the exercises and techniques in this guide, you still do not experience dramatically increased sexual pleasure, your problem may be psychological rather than physical. In this case, some good professional counseling can do wonders to remove emotional roadblocks to better sex. Then come back to this guide and try it again.

**How to make masturbation work for rather than against you**

Now remember, at the beginning of this section, we said that masturbation was not only the problem, but also the **solution** to women's orgasms.

Here's why: Study after study has shown that the women who masturbate most often are also the most orgasmic. And conversely, that women who **don't** masturbate have the biggest difficulties with orgasm. In fact, the first thing sex therapists teach women is how to pleasure themselves. Then they can transfer these learned pleasures to sex with their partners.

Here's how you can use masturbation to work **for** you in achieving total G-spot function:

1) Next time you masturbate, pay attention to details. Do you keep your legs stiff or bent, together or apart? Do you rub against something or lie passively and let your fingers do the work? Try to duplicate these methods when you make love with a partner.

Research has shown, for example, that women who masturbate by rubbing against something climax best when they rub against their partner's pubic bone during intercourse. Women who masturbate on their stomachs climax best when they're on top during intercourse. Women who lie still and masturbate with their fingers climax best when their partner manipulates them. And women who insert objects in their vaginas climax best when their partners do the more active thrusting.

2) Experiment with new ways of masturbating. Try to reach a climax through different methods than the one you're used to.

3) Masturbate often. The ancient Tao masters were right: it's good for you. It increases oxygen-rich blood flow to your genital area. It keeps your genitals exercised and in condition — particularly when you don't have an available partner. (This is important. Body parts that aren't exercised shrivel up and wither. This includes the clitoris and vagina!) It gives rich pleasure to body and mind. It reduces stress. It's great practice for future sex. And it contributes to a rich fantasy life that your partner can be the beneficiary of.
If you have hang-ups or guilts, maybe left over from a time when your mother may have told you not to touch yourself "there", get rid of them! Your body is your own — nobody else's — to do with whatever you want. Your sex organs were designed to give you pleasure. Your brain was made to fantasize. The ONLY unhealthy thing about masturbation is worrying about it.

4) Try the G-spot stimulation techniques given in this guide.

5) Tell your partner how you masturbate. Or better yet, show him! There's no better way to demonstrate what you like. If you're feeling shy about it, don't be: if he's like most normal men, he'll be tremendously turned on watching you. The reward? Most women report that their men are a thousand percent better lovers after they see how it's done.

MEN: Talk to her about this. A good way to bring up the subject is by reading this section together. Let her know you're eager to learn. Tell her how much it would please and excite you to share her self-pleasuring. Say something like, "I wish you would show me how you like to be touched." Or, "Want to make me really hot? Let me watch you play with yourself."

Another way to help her feel less self-conscious is to let her watch you masturbate. Chances are she'll find it as exciting, educational, and fascinating as you do.
You might notice that the G-spots are the last things we discuss in this section. That's because the sequence and timing of stimulation is all-important for women, and the G-spots are the last things you, as a man, should stimulate, not the first. We can't stress this too strongly. Even using all the right techniques, if you use them in the wrong order, or too soon, you can totally turn your partner off instead of turning her on.

This is very important for men to understand, because in this way they're very different from women.

At the first sign of arousal, most women feel an instinctive urge to grab their partner's penis. And men feel an urge to be grabbed.

But it doesn't work the other way around. In fact, it's just the opposite with women. Her genitals should be the last thing you touch, not the first. That's because woman's arousal sequence goes from the top down, starting with her brain.

If you follow this advice, and tease and stimulate every part of your woman except her genitals, keeping it up until she finally begs you to touch them, we guarantee you'll drive her crazy every time.

Or, in other words, follow the sequence we give you here.
HOT SPOT NUMBER ONE: THE MIND

All sexual arousal starts in the brain and gets carried out by the body. If a woman's mind has a resistance to sex, her body simply won't respond, no matter how great your technique is. Her genitals won't lubricate, her sensations will become dulled, and sex will become a chore instead of a pleasure — for both of you. So the first kind of foreplay a great lover engages in is with his lady's mind, before he even touches her body.

Here are some powerful techniques for mind foreplay:

• **Dress sexy** for her, just like she does for you. Of course, sexy means different things to different women. It may mean jeans and a tee-shirt to one woman, a suit and tie to another, buck-naked to another. You know what she likes. Wear it. Be showered, clean, and wear your best aftershave.

• **Make sure there are good feelings between you.** The worst time for sex is when either of you is angry or uptight.

• **Talk sexy.** Again, this means different things to different women. To one woman it means romantic talk. To another, faintly suggestive talk. To another woman, it means downright dirty talk. Or you might start out mild and get wilder as things heat up. Tell her what you want to do to her. Tell her what you want her to do to you. Try out some unprintable words. Even the most modest lady may surprise you when her juices get flowing!

• **Have phone sex.** Call her from work. Tell her what you're going to do when you get home.

• **Watch X-rated videos** or read erotic literature together. It's terrific mind-foreplay! She may tell you pornography doesn't turn her on. Don't believe her. It's just as much a turn-on for women as it is for men. This has been proven in laboratory experiments where women were hooked up to electronic devices that measured such things as increased pulse rate and vaginal lubrication. Then they were shown pornographic pictures and movies. Guess what? Even if the women said they weren't aroused, the measuring instruments said they were!

If films just don't do it for her, try out different kinds of erotica. You never know what turns someone on. Some women prefer more soft-core erotica. Some perfectly straight women get turned on by looking at the luscious women in *Playboy*. Some women like sexy reading. Try a cheap novel, or Nancy Friday's collections of men's and women's sexual fantasies.

Be encouraging. Let her know you think it's great when she gets turned on. She may really be aroused, but embarrassed to let you know it.

• **Take your video-viewing one step further.** Use it to reach the core of the ultimate mind-sex: sexual fantasy.

Everybody has sexual fantasies, whether those fantasies are conscious or not. Adult videos can help bring them out. Use them to find out what turns her on. She may not even know something turns her on until she sees it. One woman, for example, became wildly excited when she saw group sex scenes — even though she had no desire to have group sex. Another woman who had had very little sexual experience before her marriage discovered she loved seeing dozens of different erect penises, particularly when they ejaculated. Naturally, the erect penis beside her became the beneficiary of all her excitement.

As you watch, use the video as a jumping-off point for verbalizing your own fantasies, or even acting them out. Use them to learn what excites her — and what doesn't.

A WORD OF CAUTION: By all means, watch X-rated videos. But DON'T imitate their techniques! If you really want to turn a woman OFF, rub, pound, suck, ram, and yank at her like they do in too many videos. If you want to turn her ON, follow the advice in this guide, which is ALWAYS to use a light, subtle, and delicate touch (with a few specific exceptions).

After a relaxed session of watching hot, naked bodies in action, you should both be plenty loose and ready to get physical yourselves.
HOT SPOT NUMBER TWO: THE SKIN

The skin is one big erogenous zone. In fact, it’s the first thing sex therapy clinics focus on: they teach their clients the technique of “pleasuring”, which is simply to touch and caress each other without having sex, or even touching each other’s genitals.

Try it! You’ll be amazed at the sensual potential of flesh, even the parts you never thought of as sensual.

Kiss her without touching her. Keep your lips soft. Gently slide your tongue into her mouth. Then pull away. Brush your fingers lightly over her shoulder and arms. That alone should get her wet!

Now do it all over again with your mouth.

By now she’s probably arching her hips, a sign for you to touch her genitals. Don’t do it. Keep teasing her. Now it’s time to go to her breasts.
HOT SPOT NUMBER THREE: THE NIPPLES

A woman's nipples are incredibly powerful hot spots.

- Some women have orgasms from nipple stimulation alone.
- Most women have greatly intensified sensations when nipples and clitoris are stimulated at the same time.
- Many women are sexually aroused by breast-feeding; some even have orgasms from it.
- Many women speak of their nipples as a "direct line" to their clitoris. That is, when a woman's nipples are stimulated, she feels a stabbing ache in her clitoris. Nobody knows why this is; it just is. So take advantage of it.
- Breast size has no relationship to nipple sensitivity. A large-breasted woman may have relatively insensitive nipples; a small-breasted woman may have supersensitive nipples. The only real advantage to having large breasts is that a large-breasted woman can put her own nipple in her mouth — often a big turn-on to her and the man who's lucky enough to get to watch.

Intensify your teasing. Cup her breasts in your hands, still avoiding the nipples. Stroke her breasts. Squeeze and jiggle them. Later on you might want to put your penis between them, but not yet. Make lazy circles around the nipples with your fingers, until they're stiff and erect in anticipation.

Then give both nipples a sudden sharp squeeze.

The lady will go through the roof.

The nipples are among the few exceptions to our rule of soft, gentle touching. Many women love to have their nipples pulled, pinched and squeezed, even to the point of pain. Test your woman's sensitivity in graduated stages to see how much roughness she likes. But be careful not to do anything for too long — too much stimulation will make her numb and sore.

Here are 6 powerhouse nipple stimulation techniques:

1) Lightly brush the very tips of her nipples — the most sensitive part — with just the tips of your forefingers. Try both together and one at a time. Slowly run your fingertips over them. Do the same with your tongue.

2) Lightly roll her nipples between thumb and forefinger.

3) Pull, pinch, and squeeze them with increasing firmness.

4) Try lubricating them with oil or cream, then gently rub the tips.

5) Try rubbing them with different-textured objects — try alternating bristly and soft objects. Apply a vibrator — or two. Try feathers. Try ice cubes.

6) One nipple is almost always more sensitive than the other one. Find out which is her more sensitive nipple and concentrate on that one. Pinch it between two fingers and rapidly flick the tip with your tongue. Take the whole thing in your mouth and lick it with the flat of your tongue. Alternate rough and gentle caresses.

And here's the ultimate nipple stimulation technique:

FOR THE ELECTRIC CONNECTION when you've at last proceeded to intercourse, try this position: With the woman lying on her back, lie on your side (either right or left) next to her. Then lift her leg that is nearest to you and insert your penis into her vagina while laying your free leg over her other leg (see illustration). As you'll see, this will leave you free (particularly your hands) to do the following things:
• Slide your penis in and out of her vagina;

• Stroke her (very wet) clitoris over and over with a finger of one hand, starting at the bottom and sliding it slowly over the swelling;

• Squeeze one of her nipples between the thumb and forefinger of your other hand;

• Tongue and suck her nearest nipple;

• Keep all actions going AT THE SAME TIME with the same easy, steady rhythm, even though she's undoubtedly moving faster and faster.

If she's ever had a wild, bucking, out-of-control orgasm, it will be now!

And here's a variation. If she likes a rougher touch, this will drive her up a wall:

Have intercourse in the above position, but DON'T touch her clitoris. Use both hands on her nipples instead. Firmly squeeze each nipple between thumb and middle finger. With some women, this means very firmly. Then, squeezing steadily, rub and flick the tips of her nipples with your forefingers. Be relentless. DON'T touch her clitoris, no matter how much she begs. Just keep sliding your penis in and out with long, easy strokes and keep those fingers moving.

Do it harder and faster as her excitement mounts. If you do this during the final stages of intercourse, she may not be able to stand it. Because of that electric nipple-clitoris connection, she may find it unbearable not to have her clitoris touched. So don't be surprised if she starts rubbing it herself!
Traveling down her body in the top-to-bottom sequence we described, your next area of concentration is G-spot #3, the area just above her pubic bone and before the swell of her tummy, right in the center of her body. Not only is G-spot #3 an important hot spot on its own, but it's good preparation for sensitizing the vaginal G-spot.

Press down firmly on G-spot #3. Use either the heel of your hand or three fingers. Keep pressing for two or three seconds. This should produce a surge of intense sensation in both G-spot #3 and her clitoris.

Release, then press again, still taking care not to touch her clitoris even though she may be begging you to by this point.

Remember, unlike a man, a woman can be teased to the point of no return. If a man were teased to this degree, he simply couldn't control his orgasm, and that would be the end of the encounter. But a woman can orgasm again and again. If you excite her to maximum capacity, one orgasm won't be enough. In fact, the more you tease and arouse her before she climaxes, the more intense her orgasms will be and the more she'll be able to have. Most importantly, the closer she is to orgasm, the easier it is to have a G-spot orgasm instead of a clitoral one.

So don't be afraid of getting her too hot. It's what her body was made for.

(NOTE: Before you try this technique, make sure she's emptied her bladder. Because of the closeness of the urinary tract to the three G-spots, many women confuse sexual stimulation of these spots with the need to urinate.)
**HOT SPOT NUMBER FIVE: THE CLITORIS**

**What Most Women Think They Know — But Don't — About Their Own Clitoris**

You probably think your clitoris is just a small, hard-to-find nugget between your outer lips. So does your partner. Well, you're both wrong. The clitoris is literally just the "tip of the iceberg." The part you don't see, which is buried inside and runs along the lower pubic bones, forks out into two long, separated "legs". The overall length of the clitoris, measured inside and out, is about four inches — close to the length of a penis! So if you're amazed that something so "tiny" can be so incredibly sensitive, don't be. It's not so tiny after all.

A good way to get an idea of how big your clitoris really is to feel it fully erect through the weight of gravity. Try sitting on a toilet seat after you're sexually aroused. Circle your clitoris with your fingers as it hangs down. Now, that's big!

By now her clitoris should be wet, swollen, and aching for your touch.

But don't rush it. Keep teasing.

Remember, your aim is to put her on the very edge of orgasm and keep her there, without letting her come. The closer she is to that point, the easier she'll make the transition to G-spot orgasm.

Keep teasing by lightly brushing your hand over her thighs.

Tickle her pubic hairs. Slide a finger lightly along the length of her vulva, letting it brush ever so lightly against the tip of her clitoris. Let your fingers dance over and away again.

She's now ready for some serious clitwork! Here are...

**6 "CLITMASTER" TECHNIQUES TO DRIVE HER TO A FRENZY**

To begin, press your thumb against the base of her clitoris, where it meets the pubic bone. Massage until it becomes erect. This will make it even more sensitive. Then alternate the following techniques. Try one technique for a few minutes, then switch to another one. The unpredictability of your teasing will add to her excitement.

1) Press against the top of the vulva with the heel of your hand or with four fingers, just above the clitoris. Make firm, circular movements, always pushing gently downward.

2) With your forefinger, trace circles around the base of the clitoris without touching it. At last touch it lightly. Just tap the tip with feather-light touches. Start out very slow and light, then gradually tap more sharply and rapidly. Brush it from side to side.

3) Switch to long, light strokes along the front and sides. Stroke over and over, making sure finger and clitoris are well-lubricated and slippery. Alternate fast and slow, firm and light strokes.

4) Use the thumb of one hand to hold back the hood of the clitoris, gently rubbing the base at the same time. Stroke the sides and tip with the other fingers.

5) Gently roll the shaft between thumb and middle finger. Still grasping the shaft, stroke up and down with your forefinger in long, gliding strokes.

6) Encircle the whole clitoris with the thumb, forefinger and middle finger on one hand. Tug very, very lightly. Gently vibrate your fingers. Stroke the top with the forefinger, while your thumb and middle finger sweep along the sides.

Now try all these teasing techniques with your tongue. (Never suck, just lick.) Try alternating tongue and finger-strokes.

As you play, touch one side, then the other. Find out which side is more sensitive and concentrate on that side. There are also many supersensitive "points" on the clitoris, some very tiny. Tap your way around the entire clitoris to find them. She may not even know where they are, because they can change from day to day!

Indirect clitoral stimulation is also very effective. Massage her clitoris through the outer labia. Or try brushing your fingers over it through an article of clothing. A feather-light touch can drive a woman out of her mind. One woman recalls her most exciting sexual encounter as the time she was menstruating and her boyfriend brushed his fingers back and forth against her maxi-pad!
Add spice by unexpectedly pressing G-spot #3.

During this extended stimulation, you'll expect her to moan, cry out, and thrash around. But here's what you might not expect: Suddenly, she becomes perfectly still. You think you're doing a good job, but she's not moving a muscle. Her eyes are closed, her face is expressionless, and her body is stiff and motionless.

So what's the matter?

Absolutely nothing.

Her silence means you're doing such a fantastic job that she's totally, intensely concentrating on the sensations you're producing. It means she's in ecstasy. So don't stop. Keep doing whatever you're doing.

How long should you keep it up? As long as you want! Tease her till she's crazed. Bring her to the brink of orgasm over and over, but stop each time. Let her excitement subside a little, then resume your teasing till she's back at the brink. (You'll know when she's on the brink because her clitoris will retract and seem to get smaller. When this happens, take your hand away, fast.)

... AND HERE'S WHAT YOU SHOULD NEVER DO

Never use a hard touch unless she directs you to. (She probably massages her own clitoris a lot harder than she wants you to.)

A clitoris may be similar to a penis, but it's not a penis. It doesn't respond to firm pressure such as men like when they're being stroked. In fact, too hard a touch will turn a woman off, not on.

This is the number one complaint of women about men's lovemaking techniques. The harder the better, the men seem to think. But the fact is, it's the gentler the better for women. This is a big reason why many perfectly straight women have lesbian fantasies. After many exasperating encounters with over-enthusiastic men, they start to think only another woman would know exactly the right, delicate touch to produce the exquisite sensations their clitoris aches for. You can be the exceptional man if you use our Clitmaster techniques and pay attention to her responses. You could make some great discoveries together.
HOT SPOT NUMBER SIX: G-SPOT #2

You might have noticed that your partner gives a special gasp of pleasure when your penis first enters her. That’s because it’s stimulating G-spot #2.

G-spot #2, the area around the urethra at the entrance to the vagina, is such a powerful “hot spot” that many women actually have G-spot #2 orgasms without knowing it!

How can this happen?

First of all, G-spot #2 is not a "fixed" organ. It can be pushed back (but not forward). During intercourse, the penis pushes it against the pubic bone, making it slide in and out of the vagina. This can be ecstatically pleasurable.

What's more, G-spot #2 swells when it's stimulated, and has been shown to expel fluid in varying amounts upon orgasm. Not all women experience this ejaculation, either because the amount of fluid is too small to notice, or because if the woman climaxes during intercourse, the ejaculation is experienced as increased vaginal wetness.

These female fluids "spurt" out because of the increased tension that precedes orgasm. Enough friction against this tense and swollen spot can lead to orgasm. But the woman, not knowing about G-spot #2, may think it’s coming from her vaginal G-spot instead.

What does this mean to you as a lover?

It means you can pleasure your partner to new heights with your awareness of this incredibly sensitive area. It means you might even give her an orgasm by sliding just the head of your penis in and out of the entrance to her vagina. And G-spot #2 stimulation is also great preparation for G-spot stimulation inside the vagina.

Here’s how:

It's really simple. Just lightly run your finger around the rim of her vagina. Slide one or two fingers in, no more than about half an inch. Rub with short, firm strokes. Then, to really thrill her, do the same with your tongue, pushing it in as far as it will go. You can also try lightly running your finger around the urethra itself. But do this only when the area is already very swollen and wet.
A woman's perineum — the area between her vagina and anus — is also extremely sensitive. Some women actually have perineal orgasms. Stroke her perineum very gently with your finger, then slide a lubricated fingertip just into the opening of her anus, no further. (All body openings are sexually sensitive in both men and women. That even includes bellybuttons, nostrils, and ears. But they need a very gentle touch.)

Once again, be aware that you should only approach G-spot #2 after your partner is extremely aroused, wet, and swollen. If you touch her there too early, you'll only irritate her.

And here's another important tip. As we said before, because a woman's G-spots run along her urinary tract, sexual excitement is often confused with bladder irritation. Many women, especially those first experiencing G-spot stimulation, don't know whether they're excited or if they just have to pee. Even more unfortunately, many women who female-ejaculate think they did pee. This confusion has ruined many people's sexual pleasure. So we repeat: women can easily avoid this confusion by emptying their bladders before they have sex. Then they'll know for sure that what they're feeling is sex and not urine!
Now she should be good and ready for the final step to mega-orgasm. (If it's seemed to take a very long time, don't worry that you need to go through such extended sessions each and every time. Once a woman discovers G-spot ecstasy, she can "return" to that point more easily each time. It's like learning to swim or ride a bike: once you "get it", you don't need to go through the learning process again.)

It's important that she be very hot, wet, and swollen. That's because G-spot #1 — inside the vagina — isn't sensitive or even detectable until a woman is highly aroused. The best times to locate it are when she's just had an orgasm or is about to have one. Then you can feel it as a swollen area about 1 to 2 inches inside the vagina. It's on the anterior wall of the vagina, i.e., the upper wall of the vagina, right behind the pubic bone, when the woman is lying on her back.

If she's just had an orgasm, you can quickly give her another one by pressing against her vaginal G-spot with one or two fingers and stroking it at a rate of about once a second.

If she's near orgasm, you can make it twice as nice by stroking her clitoris and vaginal G-spot at the same time. This is also a good way to sensitize her G-spot and get her used to associating it with orgasm. Over several sessions, stimulate both clitoris and G-spot together. Then, after she orgasms easily that way, wait till she's at the point of no return; stop stimulating her clitoris and just stroke her G-spot. As you feel her begin orgasmic contractions, increase the pressure. This will sharply intensify her orgasm — no clitwork needed!

(Another pleasure-enhancer is to stimulate the vaginal G-spot and press on the tummy G-spot at the same time.)

At first, she may experience G-spot pressure as irritating and uncomfortable. She may even feel an urge to urinate. That's GOOD. It means you've hit the right spot. Keep stroking it — just lighten your touch. Her urge to urinate will quickly pass and be replaced by pleasure. As you continue to stroke, her G-spot will swell and harden, just like a penis or clitoris. When it does, increase the pressure.

Don't rush this process. It can take weeks, or even months, for a woman who's new to G-spot pleasuring to experience the full potential of it. The wait is well worth it. And now, she's ready for Mega-orgasm.
MEGA-ORGASM

The Secret of GREAT Intercourse

It's easy to have great intercourse. Just look at an X-rated video and DON'T do what they do. DON'T pound, shove, piston, or ram. You'll only hurt her and DULL her sensations. (You wouldn't want a woman to yank your penis with all her might. So why would you do that to her?) DO thrust your penis slowly, gently, and sensually, with just enough rhythm to maintain your erection. Vary your strokes. Slide it all the way in, then all the way out along its full length. Gently jab it with short strokes, but only HALFWAY in, so you don't butt against her cervix. Grind it round and round. Prod it from side to side, as if exploring every nook and cranny of her vagina. As her G-spot gets more stimulated, she may want faster more vigorous friction. Be alert to her responses; when you've hit G-spot #1 or #2 just right, she'll let you know it. Keep doing whatever it is you're doing, and remember it for next time.

Keeping the above technique in mind, here are the...

3 BEST INTERCOURSE POSITIONS FOR DOUBLE G-SPOT STIMULATION

1) Rear entry. When you enter her from behind, your penis presses most heavily on the front-facing part of her vagina where her G-spot is located. She may be up on her hands and knees, or lying down on her stomach or side. Experiment with all these ways. It may help if she arches her back.

2) Woman on top. This is great for her controlling her own movements to find what feels best to her. Also gives maximum stimulation to both the urethral and vaginal G-spots, while letting you press her outer G-spot as well as play with her breasts and clitoris.

3) Man on top, or kneeling over her with her legs up around his shoulders.

Experiment to find your own best positions. They will depend on your partner's preferences as well as the physical "fit" between you. One thing's for sure, though: since the vaginal G-spot is only about a third of the way into the vagina, you don't need a large penis to stimulate it. So don't worry about size; it's style that counts!

At first, encourage her to rub her clitoris till the point of orgasm, then stop and let your penis take over. After awhile, she'll begin having G-spot orgasms without needing the clitoral stimulation. Each time, they'll get easier and easier, because she'll "know" how to do it.

As her experience of this incredible pleasure increases, she'll need less and less foreplay to become intensely aroused. Just the sight of your penis might do it, or even the knowledge of the pleasure she's about to experience! Do we mean it could be mere minutes, or even seconds, to high arousal? Yes! And minutes, or even seconds, to orgasm!

As you experiment together with this Ultimate Intercourse, you'll also begin to discover the three kinds of female MEGA-ORGASM:

Female orgasms are like snowflakes; no two are exactly alike.

1) Single orgasm. Even if a single orgasm is a clitoral orgasm, it still causes vaginal contractions. Each contraction gives a stab of pleasure. The more contractions, and the more powerful they are, the stronger the orgasm.

The single clitoral orgasm can be the most intense kind of orgasm. It's the kind women give themselves through masturbation. But it's also the most superficial. It's physical, not emotional. It doesn't have the deep, profound, "feeling like the earth moved" impact of G-spot orgasm.

This is not to put it down! The clitoral orgasm is indispensable to a great sex life, the dessert part of a gourmet meal.

Single orgasms also happen vaginally. A great one comes at the end of an extended session of intercourse, when a woman has held back on purpose till she can't stand it any more. Then she "explodes" into an orgasm that feels total and complete.

During a really deep G-spot orgasm (but not during a clitoral one), the uterus itself goes into measurable contractions.
2) **Multiple orgasm.** These are single, separate orgasms, but the woman has more than one. They take place in between resting periods of about two to ten minutes. Multiple orgasms can be clitoral, vaginal, or a combination of both. Very often, multiple orgasms can increase in intensity as they continue. And if you wait a few hours after a very hot session, then have intercourse again, she may immediately begin to explode into a new series of orgasms! That's because, for a woman, one good "fuck" leads to an even better one!

3) **Sequential orgasm.** This is truly the ultimate mega-orgasm. A sequential orgasm is a stream of non-stop, vaginal G-spot orgasms. They happen one after the other, with no break in between.

Sequential orgasms don't happen all the time, or even often. But when they do, the woman truly feels an ecstasy beyond ecstasy, and the man who gives it to her will have her hopelessly addicted to his penis!

### THE FINAL SEX ACT

For men, orgasm often ends in peaceful sleep, sometimes instantly.

But for a woman, *the sex act doesn't end with orgasm*. She takes a much longer time to "come down". She needs to be held. Tightly. For as long as she needs until her excitement subsides. And even then, she may be energized instead of exhausted.

So if you roll over and go to sleep, you'll leave your woman feeling frustrated and abandoned — even if she's had a tremendous orgasm!

Great lovers know this. They manage to stay awake and attentive for lots of "post"-loving.
The better you know your own vaginal G-spot, the more you will be able to enjoy it with your partner.

Here's how to find it:

1) Urinate first, so you don't confuse the sensation with having a full bladder.

2) Take a sitting or squatting position.

3) Push down on G-spot #3, the tummy G-spot.

4) Explore the upper front wall of your vagina with one or two fingers. Press firmly upward as you press G-spot #3 downward.

5) Your vaginal G-spot should begin to swell as you stimulate it. You'll feel it as a small lump. You will also feel a distinctive sensation that stops when you stop the pressure.

6) Keep stroking firmly. That distinctive sensation should become pleasurable. You may even feel your uterus contract. Keep experimenting with your G-spot pleasure sensations. Get used to the feeling. Try to give yourself an orgasm this way. You may even notice an ejaculation of clear fluid.

As you advance, it's a good idea to stimulate your vaginal G-spot with penis-shaped objects, homemade and professional. A good, reliable, confidential source for vibrators and dildos is Good Vibrations, 1210 Valencia St., San Francisco, CA 94110 (goodvibes.com). They even offer special G-spot vibrators that are curved at the tip.
As we said earlier, G-spot orgasms involve uterine contractions. Perhaps for this reason, or for some other reason not yet known, birth control devices such as diaphragms can make it difficult to feel the G-spot. A hysterectomy can also block G-spot orgasms in some, not all, women.

But the most common physical block to G-spot sensitivity can be easily corrected. That problem is simply a lack of muscle tone. The vagina is an elastic, muscular organ that contracts around any size object, from a finger to a tampon to a penis. But if the vagina is "out of shape", it doesn't contract properly. It stays "loose" and "flabby" during intercourse, and gets even looser as the penis continues to thrust into it. This is frustrating for both the man and the woman: the woman doesn't feel a thing, because there's not enough friction. And the man doesn't feel much either, for the same reason.

A loose vaginal muscle, called the PC muscle, can happen at any age, old or young. Fortunately, it's easily correctable at any age, with the following simple exercise:

First, find your PC muscle by urinating. Squeeze to stop the flow of urine. Do this several times in a row. The muscle you squeeze is your PC muscle.

Next, lie down and put your finger into your vagina. Practice contracting your PC muscle alone, so it tightens around your finger, without tightening your stomach, buttocks, or any other muscles.

Now you're ready to do the Love Muscle exercise. You can do it anywhere, at any time — sitting, standing, or lying down — while you're walking, reading, watching TV or almost anything. No one will be able to tell!

Do each of the following exercises ten times in a row, three times a day:

1) Squeeze your PC muscle for 3 seconds. Then relax it for 3 seconds. (Do this ten times.)

2) Next, instead of holding the squeeze, squeeze and relax as fast as you can ten times.

3) Finally, instead of squeezing, contract your PC muscle ten times, as if you were sucking your vagina up to your uterus.

As you progress, gradually increase each exercise to twenty times in a row, three times a day. We say gradual because, like any other muscle, you can strain the PC muscle if you don't build it up first.

Make these exercises as much a daily habit as brushing your teeth. Do them every day for the rest of your life. The benefits are many:

• Increased sexual sensation and easier G-spot orgasms;

• Improved circulation and increased blood flow to the entire pelvic area, leading to a healthier vagina and longer sex life;

• Increased vaginal lubrication;

• Fewer menstrual cramps;

• Increased bladder control. This is especially important for older women, who may experience urine leakage after menopause. The Love Muscle exercise will put a stop to that!

PC muscle control is also an important ability that can add to your sexual repertoire. It's the secret of pompoir — the art of the world's greatest courtesans — who could grip, hold, and "milk" a man's penis to orgasm with the muscle power of their vaginas alone. It's the "magic" performed by the women in old stag films who used to "smoke" a cigarette with their vaginas. And once your PC muscle is in bodybuilder shape, you can use it on your man to give him a rare thrill.
Q. Can a woman have too many orgasms?
A. No.

Q. How can you turn a woman’s worst PMS (premenstrual syndrome) into the greatest sex she’s ever had?
A. PMS is caused by chemical changes in a woman’s body. Some of those changes can make her irritable, hungry, depressed, and bloated. But there’s one compensation for all this misery: most women also experience a greatly increased sex drive before their periods. It’s the “horniest” time of the month when their genitals are most sensitive. In fact, some women are sensitive only during PMS. So use this “hypersexual” time to have plenty of sex, try new things, and make her forget her troubles through pleasure.

Q. How can even older women get wetter than ever without using artificial lubricants?
A. Contract your vagina. Each vaginal squeeze sends blood rushing to the area and stimulates the glands to produce more lubrication. Doing your Love Muscle exercise regularly will help you squeeze better.

Q. What’s the orgasm no woman can fake?
A. A female-ejaculation orgasm. She can fake everything else, including contractions, but no woman has yet faked that orgasmic spurt of fluid.

Q. What’s the simple secret of truly great oral sex?
A. Feather-light tongue-teasing.

Q. Why do women reach their sexual peak in middle age — and exactly what is a woman’s sexual peak?
A. Because women’s first sexual experiences are clitoral, it takes time for them to learn vaginal pleasures. Very young women almost never experience vaginal orgasm — or even vaginal sensation. A woman’s sexual peak is simply her discovery of vaginal orgasms — something that usually doesn’t take place in Western culture till she’s in her thirties or forties. But when it does, it’s all uphill from there!

Q. What’s the Tip-to-Tip pleasuring principle?
A. It’s the rule of thumb that you can turn a woman on best by teasing her tips (nipples, tongue, clitoris) with your tips (tongue, penis, and fingers)

Q. I thought my wife and I had a great sex life, but the other day I discovered her masturbating. Does this mean I don’t satisfy her?
A. On the contrary, it probably means you do. Many women report that the better their sex lives with their partners, the more they masturbate! Remembering the great sex turns her on, and her masturbation is her way of reliving it. Also keep in mind that women’s self-pleasure, like men’s, is totally different from the pleasures of partner sex. One really has nothing to do with the other, and there’s plenty of room for both.

Q. How can a man satisfy even an “insatiable” woman?
A. No way can a man keep up with a woman when it comes to orgasm power, so don’t even try! But even after your penis gives out, you can continue pleasuring her indefinitely with your hands and mouth.

Q. How are men’s and women’s orgasms opposite from each other?
A. A woman needs continuous stimulation right through orgasm. If the stimulation stops, her orgasm stops! Men, however, become extremely sensitive during or right after ejaculation and don’t want to be stimulated. This is important for both sexes to understand.

Q. Can I get “hooked” on my vibrator?
A. Not a chance. No vibrator can take the place of a lover. If you enjoy it, use it. One area where vibrators have proven invaluable is for women who have trouble reaching orgasm. Vibrators provide a unique, continuous kind of stimulation that will eventually bring about an orgasm even in a woman who’s never had one.