

**10 WAYS
TO DRIVE ANY
WOMAN
WILD IN BED**

*Passionate Secrets
of the World's
Best Lovers!*



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Passionate Secrets of the World's Best Lovers!

Congratulations! You're about to become a great lover...the kind of lover who's able to drive ANY woman wild in bed. And the remarkable truth is that you'll be able to become a world-class lover no matter how old or young you are... and no matter what your physical condition is (provided you're able to perform).

How's that possible?

Well, it's possible because the secrets you'll discover in this special report are all about what Dr. Ruth Westheimer, the famous sexologist, has called the most important of all sexual organs — the mind. In other words, these secrets are all about enhancing sex, moving it to a new level, a level you've almost certainly never experienced, just by tapping into the amazing sexual power that's locked in your mind — and in the mind of your partner.

These secrets are available to you today, thanks to this report. They're techniques (none of which is complicated) that will amaze your partner, and you, as you set out to become one of the world's great lovers.

Let's start by looking at what may well be the most powerful of all these secrets. Namely,

SECRET #1: the power of anticipation

This is a technique you can use with your spouse of 40 years, your long-time lover, or a woman you're taking to bed for the

very first time. It's all about building anticipation and passion by teasing and tantalizing.

Here's how it works. Later today, take your wife or lover in your arms. Kiss her gently. Smell her hair and tell her how much you want her. Caress her. Then, when she begins to respond, Pull away gently. Say something like, "You know I want you, but we have to wait until later tonight. Then I'll show you just how much you turn me on."

Do this a couple of times during the day...or — if you really want to make her crazy with desire — do it each day for a couple of days. What will happen? Well, your arousal level will be pumped up — and so will your partner's. In those moments or hours when she's waiting for you to show her how much you want her, she'll be thinking about your lovemaking — at least subconsciously. And as she does, those thoughts will be arousing her without her even necessarily being aware of it. In a way — this is foreplay that can go on for hours.

You can also use this technique to turn a tentative lover — perhaps a woman you're dating who has been shy about making love — into one who's willing and even hungry for your attention. Let's say your date invites you into her apartment or home after a night on the town. In her foyer, you embrace, kiss. When she becomes aroused, don't press on! Instead, pull back reluctantly. Shake your head. Say something like, "No. Not yet. I want it to be perfect! Let's wait!"

You may — if you have the needed control — keep this "game" up for awhile. Keep her on tenterhooks, waiting anxiously — and probably in a state of near-constant arousal — for the time when you finally take her to your bed.

It doesn't take much imagination to see just how this secret — building passion through anticipation — can work wonders in your sex life!

Now let's take a look at another "secret" technique.

SECRET #2: the power of positive “messaging”

Often, women are resistant when it comes to really letting themselves “go” in lovemaking. This resistance usually comes from distracting nonsexual or negative thoughts that get in the way of the woman’s completely abandoning herself to the pleasure you’re providing. She may be thinking about chores that need to be done or about bills that haven’t been paid. If she has had difficulty achieving orgasm in the past (and an estimated 60 percent of all American women report they never or hardly ever achieve orgasm!) she may, in fact, be so concerned about having a climax that her worry about her own pleasure gets in the way of that pleasure.

Of course, as one of the world’s great lovers, it’s your “job” to help your partner overcome this resistance. One of the best ways is through the power of positive “messaging.”

If you see or feel your partner is struggling — not letting go — talk to her, softly and gently. “I love you so much.” “You’re so beautiful.” “That’s it...just let yourself go! Trust me!” “Relax.” Even a simple, “Yes, yes, that’s it!” can help your partner break through her resistance and move to ever higher levels of arousal.

Another way to work through tension when you sense it in your partner is to change position slightly or move to an entirely new position. Put a pillow beneath her hips. Roll to one side or the other. Do something — whatever you find comfortable that doesn’t destroy the mood — to redirect your lover’s attention. (This also helps when you experience “blockage” yourself.)

If you can, you might also try “training” your love-partner to concentrate on taking deep, regular breaths whenever she encounters resistance. This kind of breathing will enable her to naturally focus on the physical sensations she’s experiencing rather than thinking about the surrounding world. This also helps since many people unconsciously hold their breath when they’re reaching — striving too hard — to experience the pleasure of orgasm.

Of course, as is the case with most sexual “secrets,” it will take some practice before you and your lover or spouse are comfortable using these techniques. But the payoff — in terms of pleasure to you both — is sure to be well worth any effort you have to put forth.

The next “secret” is one of the simplest to put into practice. It has to do with creating the proper setting and mood for love-making. We call it:

SECRET #3: the power of romance

If you want to truly be one of the world’s greatest lovers, you’ll take the time to establish mood and setting as a precursor to your love making. If you don’t know what is meant by mood and setting, think back to when you and your partner first met and started dating. You took charge, right? You went out of your way to make time when you were free from distractions and to create a romantic setting for your time together. Maybe you went out of town to a romantic hideaway. Perhaps you fitted out a room with sexy lighting, candles, incense, and a stereo that played soft, romantic music.

As a great lover, you’ll talk to your partner to discover when and where she likes to make love (it’s every bit as important as your technique!). Perhaps she’s turned on by Ravel’s Bolero played at top volume...and loves to make love in a candlelit room heavy with the scent of jasmine. Maybe she craves the excitement of making love in the back seat of a car. Whatever her turn-ons, it’s your task to establish the setting and mood that will move your wife or lover to the heights of pleasure!

On this business of romance, it’s also important that you act in romantic ways long before any episodes of love making begin. Let’s face it, women hunger for positive and loving attention. If it’s not forthcoming, they can very easily start feeling pent-up

sexual frustration that gets in the way of their ability to experience pleasure when making love...or, worse, resentment that makes it impossible for either of you to truly experience anything like the joy that's possible in a loving, caring, romantic relationship.

The secret to success in this area is to pay attention to your lover. Call her during the day to let her know you're thinking of her. When you're talking, actually pay attention to what she has to say. Compliment her. Tell her you think she's beautiful...as pretty as the day you married her twenty years ago. Joke with each other. Hold hands and touch even if you're not planning on making love. All these things add up to romance, and can add up to a huge boost to your lovemaking.

Another — and often overlooked way — you can inject some romance into your loving relationship is to make sure — to do whatever you have to do — to see to it that you and your lover or spouse are not interrupted when you're making love. This sounds simple and obvious, but it's not. Often, as couples spend more and more time together, men tend to spend more time worrying and thinking about the “practical” areas of life and less and less time on romance. This can mean that work, hobbies, bill-paying, etc. assume more importance than romance and love making.

Our suggestion? Make yourself the leader in your romantic life. You be responsible for seeing to it that there's time for lovemaking. That there are candlelit dinners and strolls in the park in your future. You see to it that the phone is turned off and the volume on the answering machine is as low as it can be. If you have children, you see to it that they're with a baby-sitter or that you and your spouse or lover can get away for a few days.

Romance — and spending time on your romantic life — can work wonders. You'll see!

Now let's take a look at yet another “secret” technique that'll drive your sex partner wild with lust.

SECRET #4: shared fantasies

Everyone has sexual fantasies at least some of the time. Most people (both men and women) are careful, however, to keep their fantasies hidden from their partners. Sharing these fantasies, they feel, might hurt the other person's feelings...might be viewed as a betrayal.

That's too bad, because sharing fantasies can add a wonderfully exciting dimension to lovemaking. This sharing can, in fact, turn "mundane" love-making into earth-shattering stuff.

Obviously, there are some people who just won't ever be comfortable sharing their fantasies. One way to find out how you can use this technique in your relationship is to start out by sharing some relatively safe fantasy. It might be a fantasy that involves only you and your lover, doing something that you don't usually do. If your partner is really uncomfortable, you might have to forget this technique. If she's not, however, you will almost certainly find that your intimacy is enhanced...that trust is increased...that your lovemaking becomes more open and focused. This can be an especially valuable technique for a couple that have been together for a while.

Even if you find that you and your partner can't fantasize together or share fantasies, you can use fantasies to boost your own desire and — in the process — find that you're better able to please and satisfy your partner. According to a recent survey by sexologists Alan Brauer, M.D. and Donna Brauer, here are the most common fantasies, listed in the order of their popularity:

- **Sex with your regular partner.** This can be about pleasures you've enjoyed in the past or about sexual acts you'd like to enjoy but can't for any reason.
- **Sex with another partner of the opposite sex.** This can be anybody from a woman friend to a movie star.
- **Sex with more than one partner.** The possibilities are endless.

- **Forcible sex.** This is particularly popular with some women who fear a loss of control in “regular” lovemaking. Many couples also find this a great shared fantasy that lends itself to role playing.
- **Fantasies that are holdovers from childhood.** Maybe you fantasize about playing doctor as you did with the little girl next door when you were a child...or incest fantasies. If you can use these to enhance your love making today — have at it!

The important thing to remember about fantasies is that they are a normal part of life...they’re exercises in human imagination that harm no one — and that may add a whole new and exciting dimension to your lovemaking!

Now let’s look at another “secret” that’s all but unknown except by real “masters” of lovemaking.

SECRET #5: strengthen your sexual “muscle”

It has been known for years that there’s a simple exercise women can do — known as the “PC Exercise” — to boost their sexual responsiveness and experience more powerful orgasms. This same exercise can help you become a more powerful lover, a sexier man better able to evoke enhanced responses in your love partner.

This exercise is easy to do, requires just a few moments a day, and needs no special equipment. In fact, you can do it in public, while talking on the phone, driving, or even while walking.

The muscle used in performing this exercise is known as the pubococcygeus muscle. To identify this muscle in your own body, simply try to stop the flow of urine during urination. When you do this — it’s a perfectly natural act that causes no harm at all — you’ll probably feel a slight tightening around your anus and, perhaps, a pleasurable feeling as well. This same act —

pretending that you have to suddenly stop a stream of urine — is the basic PC exercise.

Developed by a Dr. Arnold Kegel in the 1940s, these exercises were designed to help women control their bladders. Over time, it was discovered that these exercises also help both men and women increase both the length and intensity of their orgasms. (In fact, these so-called “Kegel exercises” are often “prescribed” to pre-orgasmic women as a way they may be able to find the sexual satisfaction they desire.)

According to the experts, there are three basic types of PC or Kegel exercises.

1. **Flutter Clench.** To do this exercise, you should clench and relax the PC muscle about once each second. You’ll notice your anal muscles will be clenching and relaxing at the same time.
2. **Flutter Push-Out.** To do this exercise, bear down moderately as if you are urinating and attempting to push out the last few drops of urine. Then relax. Do this push-out-and-relax series over and over, about once each second. As you do this, you may notice your anal muscles relaxing or opening slightly.
3. **Slow Clench and Inhale.** To do this PC exercise, squeeze and clench and PC muscle as you did during the Flutter Clench (as if you’re stopping the flow of urine). Clench firmly for a count of about two as you hold your breath. Then relax your PC muscle as you breathe out. Pause for a second or two before clenching your PC muscle again. You will find that you’ll soon hold your slow clench for the duration of your inhalation and relaxing the same muscle during your exhalation.

It is suggested that you start your exercise routine by doing 10 repetitions of each exercise above twice each day. If that’s not comfortable, start with fewer. If you’re able to do more, that’s okay as well. You may also start by allotting a specified number

of minutes to the exercises. Perhaps you will start by exercising for two or three minutes. Over time, however you count, you'll be able to spend more time on these exercises.

With practice, as well, you'll discover that doing these exercises during your early arousal or while actually making love can stimulate both you and your partner and bring you both to heights of passion you haven't yet experienced.

SECRET #6: It's better in the morning

Almost all men are familiar with the fact that they have erections when they waken. In fact, there's a common, crude term for this state of arousal — a term that leads most men to believe that their erection is the result of a full bladder and a need to urinate. But this morning state of arousal usually has nothing to do with the fact that a man's bladder is full and everything to do with that man's levels of testosterone — the hormone secreted by the testicles — are highest in the morning, often as the result of erotic dreams experienced in sleep not long before waking.

Many men — even those involved in relationships where they wake next to their wives or lovers each morning — don't take advantage of these high testosterone levels. Some men think the idea of lovemaking first thing in the morning is “weird” or “kinky.” Others — and their love partners, as well — fear they look and even smell bad in the morning. Of course, these problems aren't really problems. They're just situations that are easy to fix. Wanting sex first thing in the morning is perfectly natural. And it's easy to pop out of bed, freshen up, maybe even have a glass of juice and a sweet roll, and then take your lover or wife back to bed for a sexual encounter that's likely to reach new heights just because it's different.

Not to be overlooked is the truth that this simple innovation — making love in the morning when you're already simmering instead of at night when your testosterone levels are lower and

you're tired — can open the door to a lot of other innovations. Things like sex in the middle of the day...or on the dining room table! — that really add a new dimension to your lovemaking!

Now let's take a look at another "secret" that's known by the world's greatest lovers, namely:

SECRET #7: The geography of sexual pleasure

Too often, for too many men and women, love making is limited to a few moments of what can only be loosely called "foreplay" followed by a kind of "wham-bam-thank-you-ma'am" intercourse. Overlooked completely is the pleasure that can be given and received by long sessions of loving mutual caresses. Sometimes these long sessions don't even lead to intercourse. But when they do, they often result in firmer erections for you and more powerful, mind-blowing orgasms both for you and your lover.

Here's what we suggest.

Chose a time when you and your lover can spend at least thirty minutes just "pleasuring" each other. Avoid the late evening when your testosterone level is at its lowest. Let your imagination run wild. Get in the tub together...or on the living room floor. Start partially clothed, nude or dressed in fantasy costumes. Put on some sexy music and light the incense. Then start to enjoy a "steamy" touch session.

The list of "hot" erogenous zones you shouldn't overlook (and that your partner can caress to put your sexual engine in overdrive) include:

- **Her temples.** Use your fingertips to gently massage her temples in soft, circular motions. She's liable to melt!
- **Her mouth.** Not just for kissing. Trace your lover's mouth gently with your fingertips. Perhaps because it's so often

overlooked or downplayed as a pleasure zone, most women find this kind of touching intensely erotic. Also experiment (and ask questions) to discover exactly what kind of kissing your lover wants. Some women love to be devoured. Others love soft “butterfly” kisses. Many like both — with variety. But you’ll never know unless you ask.

- **Her ears.** There’s a reason why accomplished lovers pay a lot of attention to ears. Gently blowing in your partner’s ear, darting your tongue inside or even probing softly with your finger can drive a willing partner up the wall. In fact, researchers have discovered a link between ears and genitals that’s overpowering.
- **Her lower belly.** There’s a spot, located about 3 inches below the navel known to the ancient Japanese as the “Tanzen.” This spot was thought to house a person’s “chi,” or life force. Even if this isn’t true, it is true that many women find it both relaxing and arousing to have this spot massaged. The best way to do this is to place your lover on her back. Kneel between her spread legs, grasp her hips and stroke this spot with your thumbs, massing in slow strokes from above her pubic hair in the direction of her navel.
- **Her inner thighs.** This is a primary area for arousing and pleasing a woman. The inner thighs are a jungle of nerve ending that seem to be directly linked to a woman’s genitalia. Start with gentle strokes, so light you’re barely touching her flesh and slowly increase the pressure of your caress until your lover is writhing with pleasure.

Of course, there are other areas of your lover’s body that may be particularly sensitive. As always, talk about what gives you both pleasure. Experiment. Have fun as you move your love-making to higher and higher levels.

Now, let’s look at a particular and long-overlooked female “pleasure spot.”

SECRET #8: the “ecstasy button”

It’s been around for as long as there have been women. But most men — and, in fact, a lot of women — were unaware of its existence until just a few years ago. What are we talking about?

The “Grafenberg Spot” — more familiarly known as the “G-Spot.”

What this is, in simple terms, is a female internal organ that operates a lot like an “orgasm trigger” for most women. Knowing where this organ is located, and how to find and stimulate it, can immediately elevate you from “also-ran” status as a lover to one of the world’s most adept love-makers.

Now, it’s not our purpose to function as an anatomy book. But here are the facts:

- There is a spot inside the vagina of every woman that is very sensitive to pressure.
- When properly stimulated, this spot — known as the Grafenberg (or “G”) spot swells and leads to orgasm in most women.
- In some cases, when properly stimulated, these women enjoy a series of orgasms.

This spot is located in the front (anterior) wall of the vagina, directly behind the pubic bone. Imagine, if you will, a clock inside your partner’s vagina with 12 o’clock in line with her navel. Her G-spot will be located somewhere between 11 and 1 o’clock. It’s not always easy to find this spot since it lies deep within the vaginal wall. That means firm (but not rough) pressure is needed to stimulate it, at least when your partner is not aroused. But — and this is a huge but — if you take the trouble to find it (your partner can help you), you’re almost guaranteed to drive her to new heights of sexual pleasure!

How can you take advantage of this female “pleasure button?”

Well, you and your spouse or partner will have to experiment. With her help, you should use your fingers to explore her vagina until you find her G-Spot. You may want to bring her to orgasm this way...or use your new-found knowledge to determine exactly what sexual positions enable you to best arouse her with your penis. Some couples say that the best position is with the female on top...others say it's best using a rear entry position. A few even say the plain-old-fashioned "missionary" position is best. Results depend on individual physiology.

So explore...take the time to find out, from your partner, how you can best stimulate her G-Spot, then prepare yourself for a rocket ride to new shared sexual heights.

Now, let's take a look at our next secret...one that — when coupled with the secrets we've already discussed — will gain you a reputation as a lover every bit the equal of Don Juan. This is...

SECRET #9: Lining up for love

This secret — its formal name is the "Coital Alignment Technique" (CAT) — is one of the newest ecstasy techniques to hit the sex-research scene. Discovered just a few years ago, it may well be the most powerful sexual ecstasy secret in history.

In fact, one recent study showed that when partners make love using CAT techniques, fully 75 percent of the women eventually achieve orgasms. This compared with about one-third of women who typically climax during "regular" intercourse.

As with most good things, though, there is a caveat. In this instance the caveat is that perfecting the techniques involved in CAT requires some practice. But, then, that's not all bad news, is it? After all, practicing sex isn't quite like practicing the violin. And, on the upside, researchers report that after a couple of months of practice, CAT becomes as natural and easy as falling off a log.

So what is this thing called "CAT," exactly?

Well, the secret (as the technique's name makes clear) is to bring your penis in more direct contact with your partner's clitoris during lovemaking and in that way to increase her pleasure exponentially.

Here's how it works:

- **Step One:** Assume what is commonly known as the “missionary” position. That is, after foreplay, your partner should be on her back with her legs spread and knees slightly bent and raised. You are on top, with your penis inside her vagina. While you should penetrate your partner — in fact you must — don't thrust!
- **Step Two:** Before actually thrusting, you need to slide forward so that your pelvic bone is slightly higher than your lover's (more toward her head). In this position, the base of your penis is touching her clitoris. This is the cornerstone of the CAT technique.
- **Step Three:** In this position, you must take your weight off your elbows and lower your chest onto your partner's torso. This may feel uncomfortable to her at first, but if you veer your head and shoulders either over her left or right side (which ever is more comfortable for you both), she'll soon become accustomed to it. This is important since taking the weight off your elbows you can release any tension you feel in your shoulders and/or neck. This tension — if present — inhibits your pelvic mobility. At the same time, your partner should wrap her legs around your thighs, with her ankles resting on your calves and her knees as low as possible so that she has as much mobility as she needs. (Please note, if you are much heavier than your lover or spouse and she finds this position uncomfortable, this technique may work with you on the bottom and your partner on top.)
- **Step Four:** Your partner should lead by tipping her pelvis gently but firmly enough for you both to feel definite genital

contact. You should move upward only slightly in response to her movement. Make sure you don't over-respond. Move only as far and as fast as you are pushed by your lover.

- **Step Five:** Now it's your turn to initiate. Apply enough downward pressure with your pubic bone and penis to tip your lover's pelvis slightly. Your partner, in response, should resist a bit, allowing her pelvis to move backward only until the small of her back is flat on the bed.
- **Step Six.** Now you should begin a gentle "rocking" motion, back-and-forth. As you push down with your penis, you should feel a warm, exciting feeling radiating from the base of your organ. Your lover should focus her attention on moving so that she feels pressure and pleasure on her clitoris.
- **Step Seven.** Relax. Don't strive or reach for an orgasm. This isn't easy, but the rewards are reportedly phenomenal. Just letting your orgasm — and your partner's — just happen has resulted in extremely powerful results for both men and women.

Now it's time to talk about a technique that's very often overlooked or looked down on. Yet this next technique can truly move your lovemaking to a new and unexpected level.

SECRET #10: the power of selfishness... for you and your partner

Okay, we've spent a lot of time talking about the importance of communication so you know what your lover or spouse wants when you make love...about paying attention to setting and so on to make sure your partner gets what she wants. So what's this "selfishness" stuff?

Well, after you've done all the other things and mastered the techniques and you're actually making love, the best way — the very best way — to make sure you please your partner is to please yourself, provided your partner is following the same advice.

That's right. Do the things that make you feel good...that give you the most pleasure...while your partner does all the things that give her the greatest pleasure...and you'll both enjoy better sex...the best sex possible.

How can that be?

Well, a lot of it has to do with the amount of enthusiasm you bring to your love-making. A lot of it also has to do with the undeniable fact that when you achieve new heights of pleasure yourself your partner can't help but be driven to new heights of pleasure herself.

It's kind of like the economic rule about "enlightened self-interest" (which is a fancy way of saying "greed") being the best way to improve the economic lot of everybody. "Enlightened sexual self-interest" — the desire to please yourself but not at the expense of your partner — is a sure way to guarantee great sex for both of you.

Conclusion:

Now you've got the information you need to revolutionize and energize your sex life. Of course, in addition to the "secret" techniques contained in this special report there are important basics you have to pay attention to. Make sure you're in good physical shape. If you're having sexual problems such as erectile dysfunction (ED) or premature ejaculation, visit a physician. Often these difficulties can be solved quickly and easily. Make sure you eat right and get all the vitamins, minerals and supplements you need. It goes without saying that you must practice "safe sex" regardless of your marital status or age. It's also important that you pay proper attention to hygiene. These simple suggestions will keep your sexual power at its best. ■

