

# Super Sex



## **5 Steps to Explosive Orgasms**

*Ella Trudeau*



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# 10 Things You Will Discover in Super Sex...

## 5 Steps to Explosive Orgasms

1. The five simple steps of my proven method... *Chapter 1.*
  - Self pleasure to orgasm.
  - Self pleasure with him watching.
  - Experience an orgasm from intercourse with toys.
  - Experience an orgasm from intercourse.
  - Experience an orgasm from oral sex.
2. 7 ways to look gorgeous naked... *Chapter 3.*
3. How to self pleasure to prolong your pleasure and experience multiple orgasms... *Chapter 6.*
4. The quickest way for you to climax... *Chapter 8.*
5. How to experience a doubly intense “blended” orgasm...  
Chapter 10.
6. What to do as you climax to extend your pleasure... *Chapter 10.*

7. The 3 sex positions that will increase your likelihood of experiencing the most amazing orgasms of your life...*Chapter 19.*
8. The sex position that all but guarantees an earth-shattering orgasm...*Chapter 20.*
9. 5 ways to make your orgasm even more intense when he is inside you...*Chapter 22.*
10. The secret to experiencing two kinds of multiple orgasms...*Chapter 35.*



**Get your...**

**Super Sex...5 Steps to  
Explosive Orgasms  
Complete Multimedia Course  
[Here.](#)**

## **Dedication**

This book...and all my work...is dedicated to YOU.

My mission is to inform...enlighten...and entertain you. I want to spread my passion and joy and offer my support and advice.

I do my best to bring you quality well-organized and comprehensive strategies to inspire...revive your spirit...awaken your best sex life...and create real results in your relationship.

I am grateful to all my readers and invite you to write me with your comments and suggestions.

With these secret weapons there is nothing stopping you from having the intensely satisfying life you deserve.

## About the Author

Ella Trudeau is a professional sex educator. She is the author of...



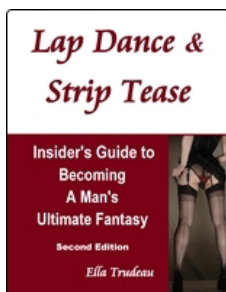
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[The 4 Hottest  
Ways to Heat  
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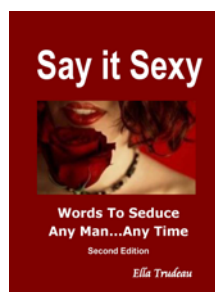
[\*\*Fellatio to  
Blow His  
Mind...Oral  
Super Sex\*\*](#)



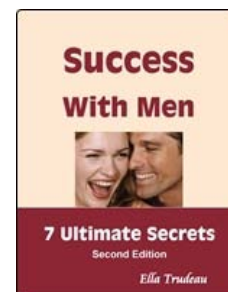
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Strip Tease...\*\*](#)  
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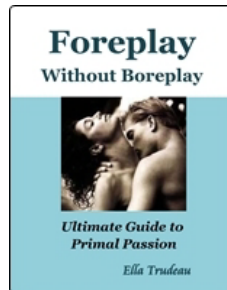


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[5 Steps to](#)  
[Explosive](#)  
[Orgasms](#)

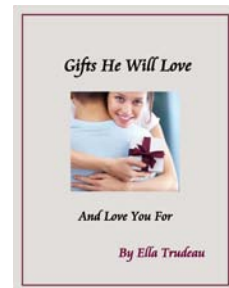
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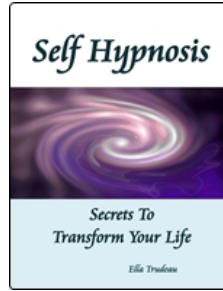
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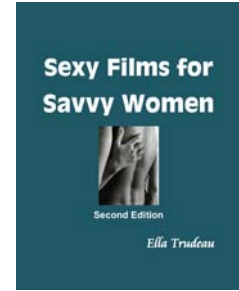
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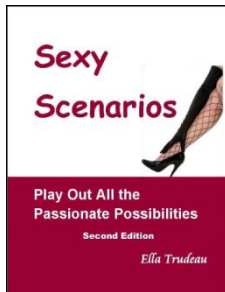
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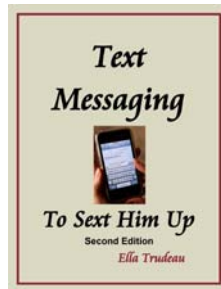
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*And for your man...*



[Cunnilingus Secrets... The Ultimate Guide to Going Down on a Woman](#)



See the [Table of Contents](#) for

Super Sex...

5 Steps to Explosive Orgasms

**Chapter 1...**

**Ultimate Guide to Female Orgasm**

You are about to discover the secrets for experiencing three kinds of female orgasms...including two kinds of multiple orgasms. It's not a matter of *if* you will experience multiple orgasms.... it's a matter of *how*.

Did you ever wish your body came with an instruction manual? Well...now it does. Right here.... You *can* have a better orgasm tonight! Having great sex is a learned skill.

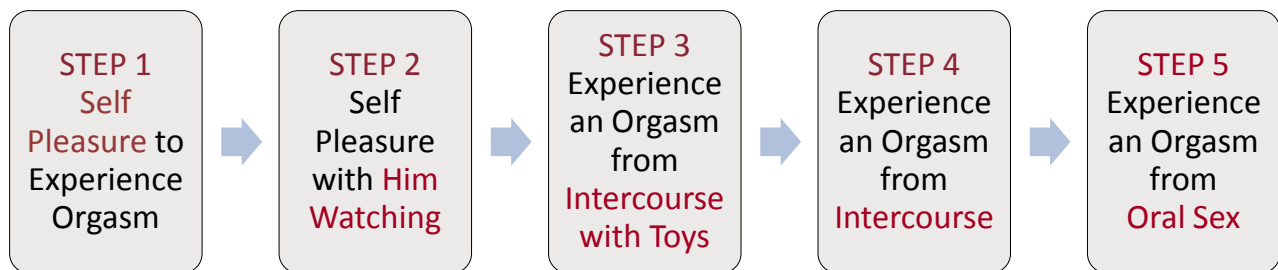
This course is written with your crazy busy life in mind...pared to the essentials...but without leaving out any essential details or steps.

This course helps you get the most out of your sex life...and then some. Start the journey to awakening your inner sex goddess. Relax...it's a short trip.

## The 5 Erotic Essentials of Great Sex

An orgasm is a series of intensely pleasurable involuntary muscular contractions in your pelvis. On average...an orgasmic contraction lasts between 3-10 seconds with an explosion of up to 15 contractions. That is followed by a powerful release of endorphins.

Discover how to use your own sexual powers to experience mind-blowing multiple orgasms with the five simple steps of my proven method...



The Cornerstones of Erotic Pleasure

## **Top 10 Reasons You May Not Experience an Orgasm**

Only a third of women regularly climax during intercourse. Another third need added direct stimulation of their clitoris. And the final third find it's easier to experience an orgasm from other types of sexual activity... manual or oral stimulation...sex toys...or other types of sex play...or have trouble climaxing at all.

The reality of a female orgasm is that it is sometimes really difficult to experience. There are many reasons you may not be able to experience an orgasm...such as...

- Not enough direct stimulation to your clitoris or G-spot.
- Side effects of medications...especially antidepressants.
- Health issues...especially hormonal imbalances.
- Performance anxiety...or anxiety over your inability to experience an orgasm.

- Rushing into intercourse without enough warm-up.
- Stress and fatigue.
- Relationship problems.
- Life issues such as financial problems...or anything that affects you emotionally.
- A man's inability to satisfy you sexually.
- Negative feelings about sex.

## **Medication Issues**

Antidepressants can have a physically depressing effect on your libido and your ability to experience an orgasm.

See your doctor if you are taking an antidepressant...and you were able to experience an orgasm in the past...but you can't now. You

might be able to try a lower dosage or a different type of medication that doesn't have such severe sexual side effects.

## **Three Types of Female Orgasms**

*Vaginal* (G-spot) orgasms...involve the uterus. They are often deeper and stronger than clitoral orgasms.

*Clitoral* orgasms... are reached by clitoral stimulation.

*Blended* orgasms...are a combination of clitoral and vaginal orgasms. A blended orgasm can be the most powerful of all.

Orgasms feel differently when triggered through your clitoris or your G-spot. A clitoral orgasm has shorter muscular contractions than a vaginal orgasm. The stronger your Kegel (also called PC or pelvic floor) muscles... the stronger your orgasm.

## **Chapter 2...**

# **Your Ecstatic Expedition**

### **It's Your Orgasm...Not His**

Adult films show women screaming in ecstasy while having sex with nothing more than a man and his penis. Misleading images like this compound the myth that female orgasm is easy...and if it doesn't happen there's something wrong with you.

Your man doesn't give you an orgasm...he helps you experience one. Your man isn't responsible for your orgasms...you are. Your man wants you to be an active sex partner. Don't give him all the responsibility for your pleasure.

Your man wants to be able to please you in bed. Being with a woman who is totally turned on and into him in bed is one of the things he lives for.

## **The Key to Keeping Him Satisfied**

Statistics show that most men want sex more than three times a week...but are only having it a couple of times a month or less. Men have a physiological need for sexual release. Orgasm releases endorphins that stimulate euphoria and satisfaction.

Delicious recent memories make you want to reenact the pleasure. If you go too long without sex...you forget how much you like it. Once you put off pleasure...it becomes easier and easier to postpone... and pretty soon you're out of the habit.

If you go longer than a week without having sex...you become used to not being sexual. It can be hard to get back in the sexual swing of things once your sensual switches have been turned off.

When your man feels rejected sexually...he not only feels rejected physically...but rejected as a man. He feels like a failure. This is why making sex a priority in a relationship is so important.

When you are in a sexual relationship with a man...keep your man sexually satisfied. If you don't give him sex...he will need to find someone else who will. To strengthen your relationship...make your sex life part of your daily routine.

Let him know that he turns you on. When he feels like you desire him sexually...it gives him more confidence that carries over into other areas of his life. Showing him you are hot for him is as much about attitude as it is technique.

There's no doubt that instant gratification can sometimes be the best kind...so surprise him with a sexual sneak attack once in a while.

Occasionally light his fire by gently running your hand over his crotch. Say with an aroused look: *"I was just wondering if you feel as horny as I do..."* Push your lips into his and grab a bunch of his hair as you pull him toward you.



## Enthusiasm Rules

The first time you have sex with a man...the key for him isn't what you *do*...it is how you *are*. Don't worry what a nice guy will think of you if you get a little wild.

He wants you to be genuinely excited about being with him...not passive or inhibited in bed. Your man wants you to be naughty...he just don't want to offend you by asking for it.

46 percent of men said they want more enthusiasm during sex. Men want playful...fun...energetic sex. If you have a fun, free-spirited attitude in bed...your man knows you are enjoying yourself. That lets him have a better time too.

To truly unleash your inner sex goddess...you have to adopt a confident erotic attitude and be an active participant in the action.

Suggest that it might be fun to start trying new things in the bedroom. Try a new sexual idea...if it doesn't do it for you...don't try it again. But if it does...you have just opened the door to many more orgasmic possibilities.

He wants to know you're happy to be with him. When you see his manhood...he wants you to think: *"Damn good!"*

Experiencing an orgasm means losing all control...which includes your facial expressions and the sounds that come out of your mouth. Being able to let go is even more essential to being a great lover...and enjoying yourself during sex...than having great technical sex skills.

## **Chapter 3...**

# **The Key to Becoming An Absolutely Unforgettable Lover**

### **Stay in the Moment...**

## **Are We Having Sex Now Or What?**

To experience incredible orgasms...it is crucial to enlist your most powerful sex organ...your mind.

To have a really fulfilling sexual experience...you have to put yourself into a sexual state of mind...*mental foreplay*. Your orgasms depend as much on mental arousal as they do on physical stimulation.

The key to being highly orgasmic is to relax and focus on how incredible your body feels... rather than just pleasing your man. So relax and enjoy the ride...and you're bound to get there.

If you get caught up worrying that you aren't going to climax...tune back into your pleasure by touching yourself. Taking your mind off the grand finale and simply enjoying the hot action may be all you need to experience an orgasm.

## **Get Your Mind Set for Pleasure**

To get in the mood you might need...

- Candlelight and soft music.
- Deep breathing.
- An adult film playing in the background.
- A glass of wine.
- A warm bath.
- A sexy fantasy.

So figure out what atmosphere works for you...then use it.

Create an atmosphere for arousal...a haven without distractions where you can say goodbye to your inhibitions. Lock the door and disconnect your phone.

Listen to different types of music to find what helps you lose your inhibitions. You need to be thinking: *"Hell yeah...I'm awesome!"* Make a playlist of those songs that get you in the mood. A drink before having sex may also help you feel less inhibited.

Tie back your hair if it gets in your face or mouth. Or have your man reach around and grab your hair and hold it back. This does occupy one of his hands, though.

Take a shower...but skip the antiperspirant before sex. A mouth full of antiperspirant isn't pleasant for your partner.

Empty your bladder before you begin having sex because you are going to be stimulating an area close to your bladder...and it might make you feel like you need to pee.

## Tease Yourself Before He Arrives

One way to ensure faster orgasms during sex with your man is to prime yourself before you even see him. Building excitement throughout the day will keep you in a heightened state of arousal.



Fantasize about what you and your man will be doing later that evening...visualizing every hot detail. Your body responds to stimulation more quickly if you're already turned on mentally.

## The New "Threesome"

After you have finished turning yourself on...send your man a teasing text message... *"I just had the most amazing threesome with... me...myself...and I."*

Then describe for him what you've been up to. Or message him...  
"I expect you to finish where I left off when you get here."

Send that to him at work in the morning. He'll have an irresistible mental image of you self-pleasuring that will build his desire to a fever pitch until he gets home...which may be earlier than you expect.



Discover the 131 hottest texts to send to a man in [Text Messaging to Sext Him Up.](#)

## Your Bare Essentials

Most women...56%...are dissatisfied with their bodies...

- Abdomens...71% are dissatisfied.
- Weight...66% are dissatisfied.
- Hips...61% are dissatisfied.
- Muscle tone...57% are dissatisfied.



Many women are looking for acceptance over pleasure from a man.

Poor body image will hurt your sex life. If you're worried about your body...you won't be able to focus on sex and really enjoy the pleasure.

Feeling self conscious can lead you to...

Refuse to let your man see you with the lights on.

Obsess about fat.

Put down your body.

Put down your sex skills.

Hide your body under the sheet.

All are real arousal killers for your man.

Obsessive thoughts have a momentum...stop thinking about your body image problems. They make you feel inhibited and that is a definite turn off for him. You need to get over any fear and embarrassment.



Remember that you're sexually attractive to the man in your life. Your man doesn't see your body "imperfections". He sees the woman he has won....and he is proud of you. Realize that your man is more concerned with pleasing you sexually than in the size of your thighs.

FEAR is False Evidence Appearing Real.

Fear of...

What a man will say or think...

Disapproval or ridicule...

Being different...

...is False Evidence Appearing Real.

The truth is..."There is nothing to fear but fear itself".

Your man really doesn't have a *flaw-o-meter* that is scanning your body for a bulge or dimple in the wrong place. During sex...a man is experiencing such a neurochemical rush...he's really just caught up in the intoxication of it all. In other words...he's too overwhelmed with pleasure to notice your "flaws."

Fill your mind with sexy thoughts. Turn off any unsexy thoughts that may distract you during sex...or sabotage your sexual confidence.

Replace...

*"Am I too fat?"*

*"Does he like what I'm doing?"*

*"Does he even like me?"*

...with...

*"Ooh...what do I want now?"*

Replace your body insults with positive thoughts. Visualize a giant STOP sign when you say...or even think...something negative. Then give yourself a compliment...such as: *"I have great skin."*



**Get your...**

**Super Sex...5 Steps to  
Explosive Orgasms  
Complete Multimedia Course  
[Here.](#)**

## **7 Ways to Look Gorgeous Naked**

There is nothing sexier than a woman who loves her body... and is uninhibited about her sexuality. Strut your stuff and see where it takes you. What have you got to lose...besides your inhibitions?

- 1. Use softer and more flattering lighting.** Overhead lights are not your friend. Uplighting is very flattering. Try a pink or peach-tinted floodlight in a canister in the corner of your room.
- 2. Wear sexy lingerie for a visual feast.** Sexy lingerie can be as arousing as being nude...because it builds anticipation. Leaving a little to your man's imagination is a huge turn-on. Wear whatever makes you feel hot...because when you feel hot...that gets him hot.
- 3. The most important thing about your hair is that it makes you feel sexy!** Your hair should look soft and healthy...and most importantly of all...touchable.

**Lose the heavy hair products...especially the heavy hairspray.**

Men love the smell of a woman's freshly washed hair. Let your hair hang loose and playfully flowing...or tie it up in a ponytail to be freed at the right moment for a dramatic impact.

**4. Don't suck in your tummy when you're on top...**it just makes your ribs stick out strangely. Sucking in your tummy also makes it harder to breathe deeply...which is a key to climaxing.

**5. Show off your strengths....rather than trying to hide your perceived flaws.** If you have nice breasts...try a woman-on-top position. If your derriere is one of your favorite body parts...do it doggie-style. Make more eye contact with your man during sex and you can feel more secure your man is not staring at your thighs.

**6. Break your inhibitions with "fake it till you make it".** Pretend you're the sex goddess you want to be. Discover the details of using confident body language in [Lap Dance and Strip Tease...Insider's Guide to Becoming a Man's Ultimate Fantasy](#). Eventually...you'll feel that sexual self-confidence for real.

**7. Walk around in front of him naked... wearing nothing but sky-high stilettos.** Never underestimate the power of sexy stilettos to flatter your legs and sexify your walk.

And...commit to taking care of your body in ways that make you feel sexier and stronger. Go to the gym to get your body buzzing with endorphins.

## **Add to the Seduction with Lingerie**



What is *always* sexy? Mystery...and nothing is more mysterious than the unknown.

Your fantasy lingerie should include a corset with garter belt and stockings. A corset with intricate fastenings can be frustrating to try to remove in a hurry. You could try one that fits under your bra and is open on top. That way you can have a separate bra which is easy to remove and still have the sexiness of the corset.

It is very flattering to leave the corset on...especially if you feel your breasts are too small or saggy. Any man will tell you the best lingerie



is the kind you can leave on for him to enjoy looking at during sex.

Have a few things that are over-the-top sexy for when you really want to blow a man's mind. You need to have a few pieces that make your stomach flutter with excitement at the thought of wearing them.

Have some sexy red lingerie for Valentine's Day and Christmas celebrations. A red bra and thong and you are ready to put your man in a festive holiday mood.

## **Lingerie Shopping**

For some extra incentive...every once in awhile...indulge in some sexy lingerie shopping.

Every piece of lingerie has the potential to transform you...both in your mind and in his eyes. As you try items on...concentrate also on how different pieces make you feel...as well as how they look and fit.

A lacy demi-cup bra could make you feel like a saucy mistress.

Discover [Secrets to the Sexiest Bras](#) here.

A bustier that accentuates your curves may make you feel like a sex siren. Think of how easy it would be to seduce him while wearing it.

All black lingerie...with garters and extra straps...might make you feel like a dominatrix. This could provide some excellent fodder for role playing fun.

Choose a few lingerie items to bring home that make you feel amazing.

You can shop online for lingerie at places like *BareNecessities.com* and *DesignerIntimates.com*. Order two sizes of the same item...try them on...and send one back. *Bare Necessities* and *Designer Intimates* have always been great about accepting returns without question.

Give your man a fashion show that will make his jaw drop. Indulge in some saucy poses that makes him even more appreciative of what you've got.

At the end of your fashion show...let his reactions help you decide what to purchase. This one-time splurge will be well worth it.

Later on...surprise your man at the door wearing nothing but your new sexy lingerie.



## **Chapter 4...**

### **Turn Your Ripple into a Tsunami**

One of the most private places to awaken your senses is in the tub. A hot bath will help you de-stress as you awaken your erotic feelings.

Increase the release by massaging your inner thighs and running your hands up your body and over your breasts. Circle your nipples with a sudsy fingertip and gently tug on them.

You'll be more responsive to his touch when you're relaxed. The warm water increases circulation and blood flow to your pelvis...which is necessary to climax.

## A Versatile Sex Toy

A handheld showerhead is not only a convenience...but you can use it as a sex toy.

Aim a handheld showerhead between your legs so the running water cascades over your clitoris. Avoid directly spraying your clitoris. And be careful not to force water under pressure up your vagina.



If the pressure is too hard...change the setting from a pulsating rhythm to a delicate spray.



If you don't have a handheld showerhead... sit froggy style with your vagina over a tub faucet...or the water jet of a jetted tub.



Explore more about sex in the shower in [Hot Sex In a Hurry...33](#)  
[Places for a Quickie.](#)

## Chapter 5...

### The Scent of a Woman

Your natural, healthy vagina should have a slightly pungent, sweet smell...similar to that of plain yogurt. Your ordinary taste is also close to the taste of plain yogurt. That's because the same bacteria...lactobacilli... exist in both environments.

When the pH balance gets off...less friendly bacteria begin to outnumber the lactobacilli...and the resulting alkaline mixture produces odor. If you notice a *sudden* bad odor... see your doctor... it could be indicating a low-grade infection.

Causes of a pH imbalance include...

- Douching.
- Overwashing.
- Not washing for a few days.

- Lubricants that contain glycerin or sugar.

But most men love that distinct taste and smell of sex. Nearly 80 percent of men love giving cunnilingus. Many men find your flavor an arousing aphrodisiac and get turned on when they give oral sex to a woman. Actually...the healthy vagina is cleaner than the mouth if you wash daily with soap and water.

Using a perfumed product before oral sex can make giving you oral sex like licking a bar of soap. And skip the feminine hygiene deodorants and douches. Since the vagina is self-cleaning...douching interferes with the natural balance and can actually increase your risk of infection and production of discharge.

If you are nervous about how you might taste or smell...find out for yourself. Self pleasure and then gently smell your fingers afterward. You can even try a taste to see what he will taste.

## **Arouse Your Fantasies**

About half of all men and women get turned on mentally and *then* feel a desire for physical intimacy. The other half need to be physically stimulated in order to feel mentally aroused.

Rather than waiting to get in the mood...you may need to begin getting physically intimate so your desire can follow. So get physically erotic...and then decide if you want sex.

## 9 Top Erotica to Fuel Your Fantasies

Men are turned on by sexually explicit pictures...while women prefer the power of the written word. Romantic novels are the female equivalent of men's girlie magazines.

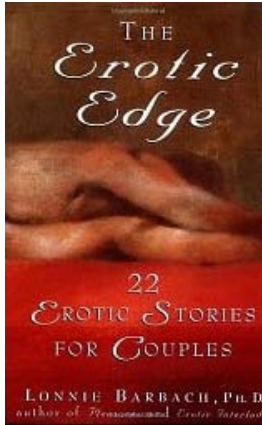
For fantasy inspiration...read a steamy best-seller like *Vox*, by Nicholson Baker. Susie Bright's "*Best of American Erotica*" is a series of books of erotica written especially for women. Women's erotica features empowered women characters and their desires.

And of course... "*Fifty Shades of Grey: Book One of the Fifty Shades Trilogy*" by E L James is a must read.



The Erotic

Edge

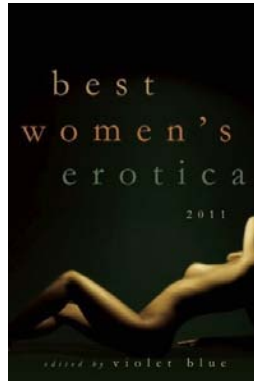


contains exclusively heterosexual content.

Best

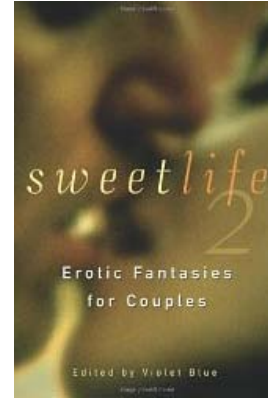
Women's

Erotica 2011



contains mostly heterosexual content.

For something with a softer touch...



Sweet Life 2:  
Erotic  
Fantasies for  
Couples

For some fantasy hotel sex...



Do Not Disturb.

Or for sex on a plane...



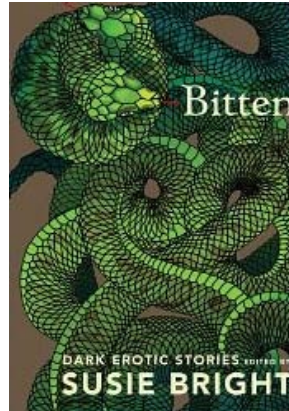
Mile High  
Club

You can read about  
erotic career  
women in their  
'30s in



[Open for  
Business.](#)

For a taste of adult  
gothic erotica try...



[Bitten.](#)

It may contain some  
hardcore bad-ass  
boys ...such as



[I Love Bad  
Boys.](#)

If bondage and  
domination excites  
you try...



[Best Bondage  
Erotica.](#)



## Steamy Scenes

Watch a movie with a steamy sex scene...like *Lake Consequence*



(1993) ...Billy Zane is mmmmm.... Then reenact the hottest scene.

Or play an adult film with the sound off...with your own sexy music playing in the background instead. Say to your man: *"Let's watch an adult video together"*...and watch your man's eyes light up.

## Adult Films without Guilt

Watch different kinds of adult films. Pay attention to what turns you on. Did you like that the sex was rough? Did you like the idea of being slowly caressed? Did you like the idea of being dominated or dominating? You may discover sexual desires you didn't even know you had.

Focus on your experience of pleasure...not just the goal of experiencing an orgasm...which can add pressure...anxiety...and feelings of "*Why isn't this working?*"



[Sexy Films for Savvy Women](#) has a smart woman's guide to selecting and enjoying adult films.

## **A Sound Track to Put the Rhythm in Your Romp**

Make a playlist of sultry songs to shuffle in the background during sex. Your pace and mood will change with each new song.

Think about how a sound track intensifies a movie. The right music can do the same thing for a sex. Not only does it help you get into a rhythm with your man...but it enhances the sex.

Play something with a tempo that approximates a heartbeat to set a pulse-pounding pace to your movements. Play music that mimics the rhythm of your body's movements during sex to amp up the action. Play arousing music that makes you want to move to the beat.

Set the pace of your next passionate encounter...either fast and furious or smooth and slow...with the music.

Ask your man what songs he listened to in junior high to take him back to that time when he was in an almost constant state of primal horniness.

[Pandora Radio](#) is like having your very own sound stylist...enter an artist you both like and it will play music similar to your selection.

## The 20 Hottest Songs to Have Sex To... Songs in the Key of Sex

An added bonus...play them enough during sex and you'll start to associate each one with feeling horny.

- [Angel](#)...Massive Attack
- [Breathe](#)...Kylie Minogue
- [Do Me](#)...Bel Biv DeVoe
- [Drown](#)...Vibrolux
- [Fade Into You](#)...Mazzy Star
- [Get It On](#)...T Rex
- [In Your Room](#)...Depeche Mode
- [Je T'aime...Moi Non Plus](#)...Jane Birkin & Serge Gainsbourg
- [Kiss You All Over](#)...Exile
- [Let's Make Love](#)...Faith Hill & Tim McGraw
- [Lil' Death](#)...Imperial Crowns
- [Natural Woman](#)...Aretha Franklin
- [Never Say Never](#)...Romeo Void
- [Ooh La La](#)...Goldfrapp
- [Relax \(Don't Do It\)](#)...Frankie Goes To Hollywood
- [Sex is On Fire](#)...The Kings of Leon

- [Start Me Up](#)...The Rolling Stones
- [Wanna Feel It](#)...Vibrolux
- [Wicked Game](#)...Chris Isaak
- [You Shook Me All Night](#)...AC/DC

### **Bonus Song...**

- [Spread Your Love](#)...Vibrolux



## **Key Points of Introduction**

### **Chapter 1... Ultimate Guide to Female Orgasm**

- ❖ Use your own sexual powers to experience mind-blowing multiple orgasms with the five simple steps of my proven method...
  1. Self pleasure to orgasm.
  2. Self pleasure with him watching.
  3. Experience an orgasm from intercourse with toys.
  4. Experience an orgasm from intercourse.
  5. Experience an orgasm from oral sex.

- ❖ Only a third of women regularly climax during intercourse.
- ❖ An orgasm is a series of intensely pleasurable involuntary muscular contractions in your pelvis.
- ❖ The three types of female orgasms are...
  1. **G-spot** orgasms are often deeper and stronger than clitoral orgasms.
  2. **Clitoral** orgasms are reached by clitoral stimulation.
  3. **Blended** orgasms can be the most powerful of all.
- ❖ The stronger your Kegel (PC) muscles... the stronger your orgasm.

## **Chapter 2...Your Ecstatic Expedition**

- ❖ Statistics show that most men want sex more than three times a week...but are only having it a couple of times a month or less.
- ❖ Once you put off pleasure...it becomes easier and easier to postpone... and pretty soon you're out of the habit.
- ❖ To strengthen your relationship...make your sex life part of your daily routine.

## **Chapter 3...The Key to Becoming An Absolutely Unforgettable Lover**

- ❖ Your orgasms depend as much on mental arousal as they do on physical stimulation.
- ❖ The key to being highly orgasmic is to relax and focus on how incredible your body feels.
- ❖ Obsessive thoughts about your body have a momentum. They make you feel inhibited and that is a definite turn off for him.

- ❖ During sex he's too overwhelmed with pleasure to notice your "flaws."
- ❖ FEAR is False Evidence Appearing Real.
- ❖ Replace your body insults with positive thoughts. Visualize a giant STOP sign when you say...or even think...something negative. Then give yourself a compliment.
- ❖ There is nothing sexier than a woman who loves her body... and is uninhibited about her sexuality.
- ❖ 7 Ways to Look Gorgeous Naked...
  1. Use softer and more flattering lighting.
  2. Wear sexy lingerie.
  3. Your hair should look soft and healthy...and most importantly of all...touchable.
  4. Don't suck in your tummy when you're on top.
  5. Show off your strengths.
  6. The best way to break your inhibitions..."fake it till you make it".
  7. Walk around in front of him naked... wearing nothing but sky-high stilettos.



## **Chapter 4...Turn Your Ripple into a Tsunami**

- ❖ A handheld showerhead is not only a convenience...but you can use it as a sex toy.

## **Chapter 5...The Scent of a Woman**

- ❖ Your natural, healthy vagina should have a slightly pungent, sweet smell...similar to that of plain yogurt. Your ordinary taste is also close to the taste of plain yogurt.
- ❖ But most men love that distinct taste and smell of sex. Nearly 80 percent of men love giving cunnilingus.
- ❖ For fantasy inspiration...read steamy erotica or watch a movie with a steamy sex scene.
- ❖ Watch different kinds of adult films. Pay attention to what turns you on. You may discover sexual desires you didn't even know you had.



**Get your...**

**Super Sex...5 Steps to  
Explosive Orgasms  
Complete Multimedia Course  
[Here.](#)**