



**A great sex life is about one thing and one thing only: a decision.** There are so many reasons to not have great sex, and I know you know all of those. Instead, make a list of ten reasons to *have* a sensual encounter with your husband.

**Mama Gena's Marriage Manual: Stop Being a Good Wife, Start Being a Sister Goddess!**, by Regena Thomashauer

**(2) Read trashy novels aloud.** It's a great way to skip dinner and a movie and move right into intimacy. It can bring a playful spirit of romance back into your relationship, and allows you to live out the fantasy, minus the costume, with a sense of humor. The more melodramatic, the better! As the heroine rips her dress off, you can yank off your sweatshirt for effect.

*Eat Chocolate Naked: and 142 Other Ways to Attract Attention and Spark Romance*, by Cam Johnson

**(3) Make one true connection a day.** For example, maybe you kiss your husband goodbye every morning. Slow it down. Maintain eye contact. I'm just talking about maybe 45 seconds here. It can't be perfunctory; you have to feel you've deliberately done something to create a little bubble in time and for a moment float away in it.

*The Weekend Marriage: Abundant Love in a Time-Starved World*, by Mira Kirshenbaum

**(4) The sexiest look on earth: jewelry...and nothing else.**

*The Great American Sex Diet*, by Laura Corn

**(5) Frankly, the missionary position is the position least likely to bring a woman to climax.** But there is a subtle adjustment you can make that can increase your chances of having an orgasm: the coital alignment technique, or CAT. Have your partner move his entire body up about two inches. Your partner's pubic bone will rest on top of yours so that the base of his

penis presses on your clitoris. This position provides continuous stimulation of your clitoris during intercourse, increasing your chances of having an orgasm.

*Sexual Pleasure: Reaching New Heights of Sexual Arousal and Intimacy*, by Barbara Keesling, Ph.D.

**(6) Foreplay is about sparking the imagination,** creating a sense of anticipation. So help your guy take foreplay out of the bedroom. Give him a "lingerie assignment": Call him up in the middle of the day and tell him to come home with the accoutrements of his choice. By the time he completes his mission, he'll be begging for the sequel.

*He Comes Next*, by Ian Kerner, Ph.D.; he's also the author of *She Comes First*

**(7) Women tend to separate their lives**—when they are being mothers, they are just mothers, when they are working, they are just at work. Stop compartmentalizing and try thinking about sex more often. When

you are walking down the street and see an attractive man, try to think about it for a split second. Be aware of the different sensations in your genitals when you are watching that next romantic movie. For the next month, concentrate on what you find erotic about your partner. Look for small things, like the curve of a neck, his hair, a smile, a particular look, etc. Incorporating sex into your life doesn't mean incorporating

the sexual act into your life 24 hours a day—it means incorporating a sense of sexuality into your life and opening your mind to the sexual energy that's around you.

*Secrets of the Sexually Satisfied Woman: Ten Keys to Unlocking Ultimate Pleasure*, by Jennifer Berman, M.D., and Laura Berman, Ph.D.

**(8) A man's frenulum is the quarter-size area on the underside of his penis.** Stimulating this spot will elicit tremendous, intense sensations. So ladies, when you happen to be hovering in the general vicinity, remember to pay attention to this sensational area of his anatomy.

*The Great Lover Playbook: 365 Sexual Tips and Techniques to Keep the Fires Burning All Year Long*, by Lou Paget

**(9) The reason strippers are comfortable with their bodies** is that they spend 40 hours a week naked. The more time you can spend naked, then, the more comfortable you will feel with your body. Pick a chore you do around the house—washing the breakfast dishes after you pack the kids off to school, putting in a load of laundry, or filing old bills—then do it naked. It may seem ridiculous, but it will increase your comfort level with your own body in a way that agonizing and analyzing never will.

*Dance Naked: A Guide to Unleashing Your Inner Hottie*, by Jessica "Kayla" Conrad

**(10) To have multiple orgasms, keep breathing as you feel yourself reaching your peak.** Do you tend to hold your breath? Most of us do. To have a second orgasm, breathe through the first; your body can stay aroused, keeping blood in the genitals

**(11) Buy a different pair of frivolous, sexy panties for each day of the week. Let him know.**

*Love Stuff: 515 Delightful, Delicious, Sexy, Silly, Fun, Frivolous, Passionate, Positive, and (Above All) Romantic Things to Do with Your One-and-Only*, by Lorraine Bodger

**rather than rushing it up to your oxygen-deprived brain.**

*The Best You'll Ever Have: What Every Woman Should Know About Getting and Giving Knock-Your-Socks-Off Sex*, by Shannon Mullen and Valerie Frankel

**(12) Pretend you're doing it to Latin music.** People assume thrusting can only happen in one plane, back and forth. Instead, tilt your hips in every direction. Do your best Elvis impression.

*The Big Bang: Nerve's Guide to the New Sexual Universe*, by Emma Taylor and Lorelei Sharkey

**(13) During manual stimulation, focus on the upper left side of the clitoris.** In every female student we've taught, the upper left quadrant is the most pleasurable spot.

*Extended Massive Orgasm: How You Can Give & Receive Intense Sexual Pleasure*, by Steve Bodansky, Ph.D., and Vera Bodansky, Ph.D.

## **(14) Go ahead and rent sexy movies**

women are turned on by the visuals. If we weren't, we wouldn't be ogling pictures of Brad Pitt and Johnny Depp! There have been a number of studies that were conducted to test out whether women respond to erotic imagery. Women were put into a dark room by themselves and outfitted with tiny receptors hooked up to their vaginas to measure their physical response, and then shown a variety of sexy images. What the researchers found was that most women would say that they were *not* turned on, while in fact those little receptors belied them! In other words, they were responding physically, but because of years of being told that women are not visual, they fooled even themselves.

*How To Tell a Naked Man What To Do*, by Candida Royalle

**(15) The PC (pubo-coccygeus) muscle is the most important muscle for improving, expanding, exploring, and enjoying one's sexuality. The easiest way to locate the muscle is to stop the stream of urine while you empty your bladder; another way to locate the muscle is by putting a finger in your vagina and squeezing. Once you've mastered PC**

**contractions, do them during intercourse. It will result in more friction, more stimulation, and more pleasure.**

*Sextasy: Master the Timeless Technique of Tantra, Tao and the Kama Sutra to Take Lovemaking to New Heights*, by Caroline Aldred

## **(17) "I think I made his back feel better,"**

Marilyn Monroe was once heard saying after a private meeting with JFK. Wonder what she did? Here's the trick she was famous for—try it yourself: Undress your husband and ask him to lie face down on the bed; climb on top. Tension melts away as you massage warm oil into his skin. Then tell him: "Don't move. I need you stay very, very still...." Then make love to his back. Rock your hips in slow, small circles, pressing your mons directly against his tailbone. Let him know what's happening—whisper in his ear that you're getting close, closer, closer.... You've become the bedmate men dream of—a woman who can get all the foreplay she wants...all by herself!

*101 Nights of Great Sex*, by Laura Corn

## **(18) Try the Spiral of Nines,**

a thrusting sequence that men have used to thrill their women for centuries. Develop a rhythm of varied thrusts—three shallow and one deep;

then five shallow and one deep; seven shallow, one deep; and finally nine shallow and one eagerly anticipated full-bore thrust. Keep up the nine-to-one pattern until one of you reaches nirvana.

*302 Advanced Techniques for Driving a Man Wild in Bed*, by Olivia St. Claire

## **(19) Countless men have reported how turned on they become**

when their wives make the first move. Why? Because men find this show of power sexy; it appeals to their innate desire to be taken care of, but with the added thrill of being sexually taken care of.

*The Great Lover Playbook: 365 Sexual Tips and Techniques to Keep the Fires Burning All Year Long*, by Lou Paget

## **(20) Getting rid of your bedroom television practically guarantees that you'll both be in the mood more often. A blank TV screen is just too tempting, way too tempting. You're sitting there. He's sitting there. It's sitting there. One of you decides to "just check" to see if anything is on. You get sucked in by a VH1 where-are-they-now documentary about a band you didn't even like when they were popular 25 years ago. You get lulled into watching news you don't want to hear, movies you've seen already, and inane game shows. Careless viewing is not such a crime when you've got time to kill, but in the bedroom? No! So many lost opportunities for romance. Put your bedroom TV somewhere else. You may feel withdrawal symptoms at first, but with all the romantic advantages, you won't mind them for long.**

*Eat Chocolate Naked: And 142 Other Ways to Attract Attention and Spark Romance!*, by Cam Johnson

**(16) Do it in the morning!** You are already horizontal, you have less clothes on to worry about, his testosterone level is highest, and you'll be in a glowing mood for the rest of the day.

*Sex Positions: Over 100 Truly Explosive Tips*, by Lisa Sussman

Sit in front of your partner and give your genitals a voice. For instance, "I am happy to live with Margot," or "I'm unhappy she keeps me under the table." They may say, "I'm rusty and out of practice," or "It's about time you gave me some attention." Let your genitals speak for as long as needed. Then, switch roles.

*The Sexual Ecstasy Workbook*, by Margot Anand and Philip Duane Johncock

Underarm deodorant should be banned absolutely. A truly deodorized woman would be like a deodorized carnation.

*The Joy of Sex: Fully Revised & Completely Updated for the 21st Century*, by Alex Comfort

You can achieve an eye-popping effect by wrapping the nipple with dental floss.

*Tricks to Please a Woman*, by Jay Wiseman

Are you suddenly inspired by phallic objects around the house? Then get creative! Candles, rubber handles and cooking utensils will all get the job done very well. And when a friend uses that spatula to flip your pancakes, you'll get added pleasure from knowing where it's been!

*Toygasms! The Insider's Guide to Sex Toys and Techniques*, by Sadie Allison

Insert a moistened Alka-Seltzer tablet in your love tunnel and beckon your man to enter. Makes an invigorating fizzy tingle for both of you.

*302 Advanced Techniques for Driving a Man Wild in Bed*, by Olivia St. Claire