

Sex Positions

Sex Positions Guidebook to Spice
Up Your Bedroom Romance



Ben Alexi

Sex Positions

Sex Positions Guidebook to Spice Up Your Bedroom Romance

Table of Contents

[INTRODUCTION](#)

CHAPTER 1: FOREPLAY

CHAPTER 2: PLEASURE ZONES THAT WILL DRIVE HER CRAZY

CHAPTER 3: PLEASURE ZONES TO PLEASE HIM

-

CHAPTER 4: BASIC SEXUAL POSITIONS

CHAPTER 5: ORAL PLEASURE

CHAPTER 6: ANAL PLAY

CHAPTER 7: MULTIPLE PENETRATION POSITIONS

CHAPTER 8: OPTIMUM PLEASURE POSITIONS

CHAPTER 9: ROLE PLAYING FANTASIES

CHAPTER 10: FOOD PLAY TECHNIQUES

CONCLUSION

INTRODUCTION

Sexual intercourse has been occurring on the planet ever since the first non-protocoon animal has evolved. Even after various ages of evolution, sexual intercourse is still the only means to reproduce for higher organisms. There are several sophistications where sexual intercourse is concerned, and in the human, the highly evolved of all the animal species, sexual intercourse takes a different meaning altogether.

It can be rightfully said that the human being is the only organism that derives the full pleasure of sex, and makes deliberate efforts to make the process much more fulfilling. Most importantly, the sexual intercourse is a very necessary device to strengthen the emotional ties between married partners and make them actually believe that they are like two bodies with a single soul. In the human being, the sexual intercourse is an act that involves all the five senses sight, sound, smell, taste and touch and is a very elaborate process of mutual stimulation.

In the most basic sense, sexual intercourse is the penetration of the male penis into the female vagina for sexual satisfaction. However, this definition is grossly incomplete, as the total intercourse act is a much more intricate process, working at various levels. The process begins with physical attraction, which develops naturally in both males and females in their early puberty. This is when the changes in their own bodies intrigue them, and they are also intrigued by the differences in the bodies of the opposite sex. Up until this stage, both boys and girls do not have much of shame about their bodies, but

after the pubertal realization, they would keep their bodies and the changes occurring in them as a personal secret.

From this attraction, develops infatuation for a particular person. Both boys and girls are infatuated with several members of the opposite sex in their early days. This is a period of much awkwardness, when the child is unable to give vent to feelings, and at the same time not understand fully well what is happening. The first sexual experience may happen early or late, depending on the level of sexual attraction between the partners and the opportunity, among other factors. This is when the first sexual intercourse may occur. This may actually be more of a harrowing experience than satisfying for both the boy and the girl. But still, there is an unexplained yearning to have more of the same. As time passes by, both partners gain in experience and this is when sexual intercourse begins to become fun.

Talking about the mechanics of sexual intercourse, it all begins with the titillation. The changes are seen quite easily in the male, with the erection of the penis. Even the nipples might become erect to a small extent. The stiffening of the nipples is seen much more prominently in women. In women, there is also lubrication of the vagina, which indicates that it is receptive to the penis.

Foreplay follows, which can take several forms depending on the preference of the partners. The usual foreplay is done by fondling and caressing the bodies. Oral sex may be performed by both partners on each other if a man stimulates the woman's genitals, it is called cunnilingus; if a woman stimulates the man's genitals, it is

called fellatio. Oral sex is a precursor to the actual penetrative sexual intercourse.

When, the man, is fully aroused, he would penetrate his penis within the vagina. The penis is then moved back and forth, with the impetus for the movement provided by either the male or the female. Sexual climax for the male is reached when he ejaculates his seminal discharge. The woman finds her climax when she is fully aroused. This is felt by a characteristic quivering of her body; however this may not always be observed.

Sexual intercourse is the device by which reproduction takes place. The male ejaculate contains the sperm, which is the male gamete. It unites with the egg cell of the female to form the embryo. However, every sexual intercourse does not lead to a pregnancy. A female can become pregnant only on specific days of her menstrual period.

Sex is pleasurable for a good reason. Sex is pleasurable because of we humans need to derive pleasure from sex in order to be driven to find a mate and to have sex. Now we as humans actually don't always want to have sex to procreate, because consciously we know that it would be a bad idea to have sex and then end up with a baby that we need to take care of. Instead we want to experience the incentive that makes us have sex to get a baby, but without actually getting a baby.

The second reason why we have sex is to actually procreate. With sex being such an everyday activity we don't always stay conscious of the fact that having sex is intended to help us procreate. For most this is rather easy, at least until the baby is born. The man puts his erect penis inside the woman's vagina and ejaculates his sperm.

Usually the woman doesn't get pregnant, but it does sometime happen. Since getting pregnant is so easy, many women end up becoming pregnant unintentionally.

CHAPTER 1: FOREPLAY



Three important reasons why foreplay is important will be discussed here, keep in mind that there are more reasons.

Foreplay is...

1. Part of sex.
2. A great opportunity to give pleasure to a woman.
3. Fun.

Let me explain each idea.

1. Foreplay is part of sex.

You need to understand clearly that sex is not just about intercourse. For the sake of convenience, we classify activities that are not intercourse as foreplay or post-pay; it's important to note that these activities are part of sex and as important as intercourse if not more important. If you've been focusing just on intercourse, you better spend more time on foreplay as well, especially if you don't know how to last long in bed. By doing foreplay well, you will get your woman aroused and her vagina will be wet enough to have your penis inside it. That will make the intercourse part of sex better for both her and you.

2. Foreplay is a great opportunity to give pleasure to a woman.

Foreplay includes various sexual acts like massaging, kissing, oral sex, fingering and so on. Yes, it's essential to know how to go down on a woman. If you know how to do these activities right, you can give pleasure to a woman. Treat foreplay as a great opportunity to give pleasure to a woman rather than a chore you need to do so that she will be wet or something you have to do. Just by having this attitude that foreplay is a great opportunity to give pleasure to a woman and actually trying to do so, you will be much better than the average lover. Your attitude will help you get better at foreplay and once you've learned how to give pleasure to a woman, sex will be much, much better for you and her.

3. Foreplay is fun.

When you know you can give amazing experiences to her through foreplay, foreplay becomes so much fun. If you enjoy doing it, it's

more likely for you to get better at it. The better you get at it, the more pleasures you will be able to give to her. The more pleasures you will be able to give to her, the more confidence you will have as a man and probably more pleasures you will receive. It's a win-win situation for everyone involved.

The best way to learn how to make her orgasm during foreplay (and intercourse) is to be aware of her reactions and to understand what she likes. If you have a solid relationship with your woman, you can ask her. If it's just the beginning of a relationship, observe what she does to you and do it back to her. Kiss her as she kisses you. Touch her as she touches you. It's very likely that she does what she wants you to do so, doing it back to her is a great option.

Perfect Foreplay Positions

Some men can make themselves crazy when trying to figure out what foreplay is and how to do it. They may be intimidated by it and it may be the reason so many men jump straight to sex. Foreplay can be as simple as spooning on the couch and does not always necessarily need to lead to intercourse. If you're one of those people that freaks out about foreplay and are dumbfounded on what to do, take a deep breath and relax.

There really is no such thing as a foreplay position in the traditional sense that can be compared to sexual positions such as missionary or cowgirl. Foreplay is not any one specific technique; it is a natural process that should develop organically. Foreplay can be as simple as kissing, or can be intense flirting in an intimate state. It should be

stimulating and turn you and your partner on, and may or may not lead to sex.

Experimenting with foreplay should be a fun and pleasurable experience. If your girl loves deep kissing, then kiss her deeply. If she loves to be nibbled on her neck or ears, then do it. Dirty talk and intense flirting are all forms of foreplay and should be experimented with. If you are comfortable with your partner, you should be able to do these things without a problem. The point of foreplay is to turn each other on so much that you will both want to please each other.

In order to have fun and gratifying foreplay, you must not only know what turns your woman on-but what turns you on as well. Your focus should be strictly on arousal, not on necessarily having sex. Once you get having sex immediately off your mind and focus on the present, you will see that the sex will come naturally. Knowing how to please your woman in the foreplay arena will make it easier for you to please her in both oral sex and intercourse. If you know, what gets her stimulated and going, you can use those techniques to further enhance your entire sexual experience.

Some classic foreplay faves include:

Nibbling earlobes

Sucking and biting someone's neck

Licking and sucking nipples

French kissing

Caressing and squeezing breasts

Stroking a man's penis

Stroking a woman's clit

Licking and kissing an anus

Lightly caressing someone all over their body

Fingering a vagina

Fingering an anus

Spanking someone's ass

Playing with testicles

Telling him he's good at guitar

Telling her you like her poetry

Blow job

Hand job

Fingering

CHAPTER 2: PLEASURE ZONES THAT WILL DRIVE HER CRAZY



Some body parts have lots of nerve endings and make you feel excited or aroused when they're touched. Those are your Pleasure zones. The biggest Pleasure zones for most people are their genital areas: the vulva, clitoris, labia, vagina, penis, scrotum, perineum, prostate, and anus.

Usually the penis and clitoris are the most sensitive. Other common Pleasure zones are the breasts, nipples, thighs, butt, mouth, ears, neck, and feet. But everyone's different, so what feels good to you

might not feel good to your partners you have to ask them to find out
Places to Touch a Woman and Drive Her Wild.

We all know which female body parts men most frequently like to explore. The largest amount of nerve endings may be packed into those areas, but she has pleasure sensors all over her body, and getting her in the mood may be as easy as stimulating some of these often-neglected parts. Incorporating touching these places into foreplay and sex, or just giving her some pleasure after a hard day, will definitely earn you some brownie points.

1. Hair

Maintaining their gorgeous locks isn't the only reason women go to their hairstylists so often. The process of wash, cut, color, and styling can actually be quite a stress reliever. Running your hands gently through her hair is a sure-fire way to send tingles down her spine. Let your fingers massage circles from her temples to the nape of her neck and she'll be putty in your hands.

2. Pelvis

Concentrating some affection on her pelvis is a great idea; however, you'll have to resist the urge to slip down to her vagina while you're so close. Like teasing her inner thighs, kissing and licking around her pelvis will excite her until she's begging for more. Prolong the sensation by leaving the region to focus on another body part for a while.

3. Inner thighs

Touching her inner thighs without venturing into the vaginal area will make for an excellent tease that is sure to get her revved up. Use

your hands and mouth to caress and kiss the insides of her thighs, getting excruciatingly close to her ultimate pleasure spot, but pulling back before going all the way.

4. Feet

Pulp Fiction taught us that rubbing the feet of another man's wife may be an offense punishable by being thrown out a window, so the sensual appeal of a foot massage is obvious. There are few better ways to help her relax than to give her feet a good rub, especially if her job requires her to be on them all day. Do it right and grab some massage oil or lotion. Don't forget to pay some attention to her toes, ankles and the sides of her feet too. Some women really enjoy having their toes sucked, but others find it repulsive, so asking first is a good idea before putting them in your mouth.

5. Ear Lobes

Touching, kissing and even lightly biting the earlobes of your woman will up the bliss factor for her. These delicate, soft lobes are very sensitive and most women thoroughly enjoy the sensation of having a man's lips on them. You can nibble around the outside of the rest of her ear as well, but for courtesy's sake avoid jamming your tongue inside her ear.

6. Palms of her hands

People often use their hands as tools to please their partners, but rarely do they consider the pleasure potential of stimulating the hands themselves. The palm of a woman's hand is an innocuous spot to focus a little attention on without making people around you uncomfortable. Tracing your finger along her palm will give her delightful shivers and make you appear sensitive and attentive.

7. Behind her knees

This area is one that most men don't think of when trying to stimulate a woman, but it is, in fact, quite sensitive. Gently caressing the back of the knee under her skirt while the two of you are in a public place will make her ready to get busy once you get home. Don't forget to pay some more attention to this special spot once you're alone too.

8. Small of her back

The best way to guide your woman through a crowd is to place your hand against the small of her back. This small gesture shows that you feel protective of her without being too pushy like an arm around the shoulder might be. When you're alone, kissing or licking down her spine to end up with a kiss on the small of her back will get her heart racing.

9. Clavicle

A well-defined clavicle, or collarbone, can be very sexy on a woman. Why not show your appreciation for its beauty with your touch and kiss? Pay attention to this body part while she's still fully clothed, unbuttoning her shirt just enough to reveal the clavicle and no further. You can always come back to it once the clothes have disappeared as well to remind her of the anticipation it created when you started.

10. Nape of her neck

Once you get to the nape of her neck, place a few light kisses there. In ancient Japan, the back of a woman's neck was seen as very attractive by men since it was one of the few places not covered by clothing. In modern times, the napes of the neck is often neglected in

favor of more obvious pleasure centers, but never underestimate the power of gentle touches and kisses from her hairline to her shoulders.

11. The neck

Studies have shown that the neck is super sensitive to stimulation and so gently touching or kissing a lady on her neck is a sure fire way to get her turned on.

In fact, you don't have to do much. By merely blowing a little breeze on the nape of her neck you can get her alarm buzzing and out her in the right mood for some action.

12. The abdomen

This is another very interesting area that should never underestimated if truly pleasing your woman is what you look to achieve.

Experience has shown many men stimulate women from gently licking and playing on their abdomen. The reason this is possible is because some parts of the muscles on the abdomen are interlinked with the vagina, making it possible for many women to orgasm even from exercising.

13. The breasts and nipples

If you didn't know which seems almost impossible to believe the breasts and nipples are as important as any other part of your woman as far as Sexual satisfaction are possible.

Stimulating her nipples send a million buzzing signals to her brain, helping you jumpstart the process to truly satisfying her in bed.

14. The buttocks and clitoris

The primary function of these parts of the female body is sexual satisfaction. There are dozens of strong nerve endings in the clitoris that can set fire to your lady. Whether you prefer to use the fingers or your mouth, the choice is yours. Do your thing.

15. Talk her into it

Employ the psychological skill and talk dirty to her every now and then for the right sexual pleasure.

16. The wrist This is another area many men fail to focus on but studies have shown it can increase stimulation when kissed and caressed.

CHAPTER 3: PLEASURE ZONES TO PLEASE HIM



"These are places on his body that are literal hot spots, loaded with supersensitive nerve endings that instantly charge him up when stimulated. Here, check out those naughty triggers, as well as the specific lick, squeeze and stroke technique for each that will send him into orgasmic overdrive.

Those V-Lines

Besides being hot and fun for you to look at, the v-zone is a hot bed of pleasure for your partner, as clinical sexologist and psychotherapist Kristie Overstreet explains. Not only is it a turn on that he gets front-row tickets to watching you stimulate him, but it's an easy pit stop to make on the way to bone-town.

Have him lay on his back while you straddle him and give him what he really wants: a view of your scalp as you make your way down on him. Starting from his belly button, use your fingers and nails to trace a line down from his happy trail stopping before you hit total groin. Then retrace your steps, but use your tongue to trace a “V” shape from his hips to right above his penis. Draw it out and really tease him until he can’t take it any longer.

The Outside of His Lower Lip

You know that spot between your lower lip and your chin where you usually break out? Yeah, the one that one hair always sprouts out of? That’s an erogenous zone. It has been discovered that this tiny; delicate curve is actually packed with extra sensitive nerve receptors.

Suck his lower lip into your mouth the next time you’re making out and use the tip of your tongue to stroke this under-lip area. That motion stimulates the whole erogenous zone in a teasing way, which will put him on the erotic edge, And by keeping his lower lip inside yours, you magnify the sensation. It’ll feel as if electric currents are shooting from his mouth straight to his member."

Give him a throat job, not like that, you can re-hinge your jaw now. Have him lie on his back and literally just suck and his Adam’s apple. Keep your tongue flat and light, not too much pressure! Massage the area with wide circular motions to ensure you’re hitting that T-spot of the thyroid.

His Nipples

While male nipples are basically the same as human nipples, they might even be more sensitive than yours since guys aren’t used to

having them touched so often. "For a lot of men, their nipples are uncharted territory an erogenous zone they haven't experimented with. Touch them, however, and you'll send shock waves of pleasure radiating through him.

Have him lie on his back and slowly licking from his areola inwards, like an ice cream cone, but never touching tongue to nip. Get closer and closer until you flick his nipple with your tongue and then gently bite it. Men love when you slowly build up the pressure like that, so don't be afraid to nip him harder than you would like to be, If you want to be really extra, you can suck on an ice cube beforehand for more sensation.

His Feet

Get him to take his socks off, grab the lotion and get rubbing. Men love foot massages, the heels of the feet are believed to be pressure points that can trigger sexual arousal. Brushing his feet against your mouth or breasts, which can really get him excited.

His ears

Many men love when their ears are touched, it's often a forgotten area that can soothe or excite him. Just place your thumb and index finger on the spot where his ear lobe connects to the tissue near his face then, gently pull down and let your fingers slide off so you can start again

The Back of the Knees

It's a tickle spot, yes, but in the heat of the moment, the back of the knees can also be a pleasure spot. The skin is smoother at the back of knee, and many men love to be kissed or caressed there, areas like this where there is less hair, are often more sensitive and exciting for men and gentle touch can lead to fireworks. Orgasm is buildup and release of sexual tension, so the more tension you build up, the greater the release. To ramp up his anticipation, lightly touch the back of the knees with your fingertips in a circular motion, being sure to keep your touch firm.

Lower Abs

The area right below his belly button is one of the most sensitive spots on the male body. Amazingly it has many nerve endings that

will quickly stimulate him when handled the right way. Use your fingers to slightly sweep this lower area, creating small circles in a sensual rotating motion. Don't be afraid to get it wet. Using your tongue to gently massage this area will surely get his juices flowing and eventually wake up the "sleeping giant."

Inner Thighs

Think of his inner thighs as the gift wrapping to his package. You can start with light touching at his belly button and slowly but gently work your hands south. The area of the abdomen between the navel and pelvis is a fun area to tantalize, and as blood flows to the pelvis and sexual tension gathers, it's a good area to simulate, by going from genitals to other areas and then back again you will develop sexual tension throughout the body.

This zone can get him in the mood fast. Here's how: Slowly move your fingertips up and down his inner thighs. Then, tease him by following the outline of the crevice of his thigh, sensuously moving your index and middle finger up and down this hot spot for a few strokes before pressing the palm of your hand on the top of his thigh to start again with your fingertips.

The Mind

Whisper something sexy in his ear. The mind is a powerful erogenous zone for men. Very recent, innovative research suggests that a heightened state of arousal in the generalized central nervous system (the brain) facilitates sexual arousal." When his mind begins to get excited, his body follows

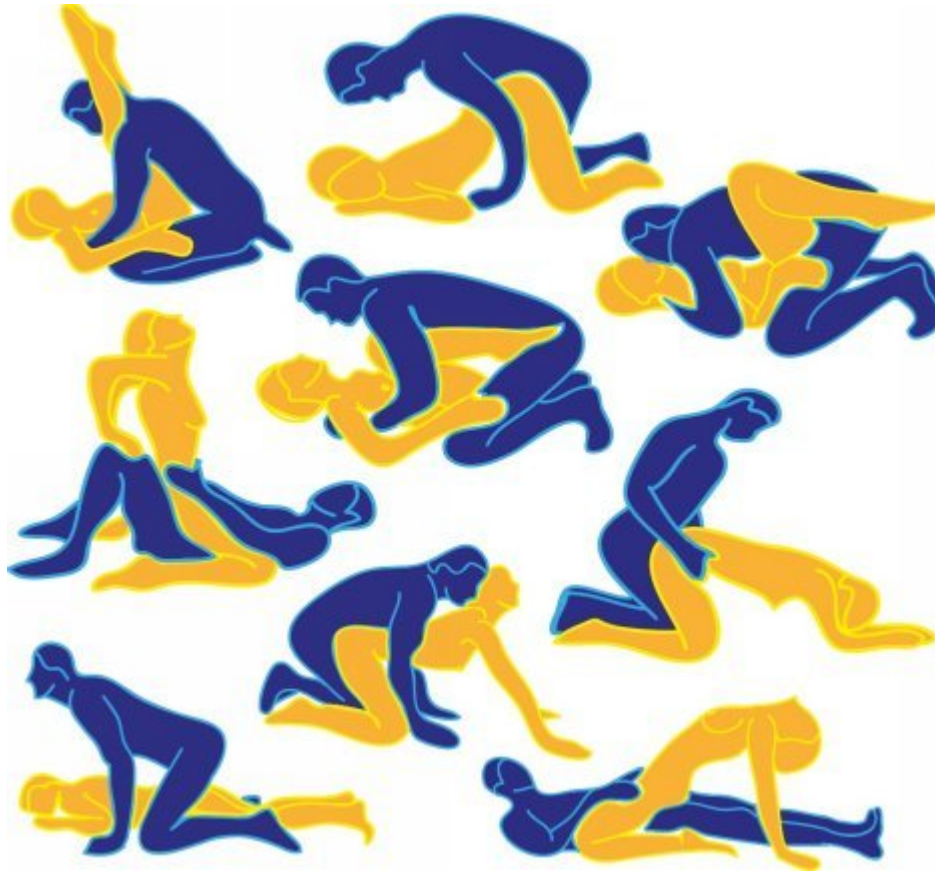
Eyelids

When his eyes are closed, kissing or rubbing his eyelids gently can show him that you love him and also drive him wild, Why? When his eyes are closed; you're in control, which is an experience a lot of men enjoy, If a move or touch is in the context of a dominant woman it can be a totally different and pleasurable experience for a man. Try lightly running your fingers around his eyes and eye sockets, then kissing the area lightly, while he lies with his eyes closed.

Forehead

His forehead may not seem like a sexy spot, but try to think of the male body as a totally erogenous landscape. After all, the head and scalp are covered with nerve endings, and lightly massaging from his hairline to his forehead can trigger feel-good hormones like dopamine and serotonin that may just get him in the mood.

CHAPTER 4: BASIC SEXUAL POSITIONS



Sex has and probably always will be a taboo subject; however it is entirely natural and is something that the large majority of us will experience at some point in our lives. Obviously each sexual experience that you have will be unique, but there are some basic sexual positions that are accepted as being the industry standard.

There are several sex positions that apparently belong in the beginner's category. This is not to say that these positions are any less enjoyable than those that are said to be expert positions and in fact many of the following positions regularly top polls for people's favorite positions.

The Missionary Position

The missionary position is probably the single most common sexual position used by couples across the globe. It involves the man lying on top of the woman facing down, whilst she faces up towards him. This is a particularly intimate sexual position.

Woman on Top

This position does exactly what it says on the tin. The man lies on his back with the woman on top of him, normally on her knees with her shins touching the ground and facing her partner. Many women enjoy the element of control they get with this position - they are able to dictate the tempo and angle of penetration.

Doggy Style

Borrowed from our canine companions this position involves the woman on all fours with the man penetrating her from behind whilst holding onto her bum or sides. The lack of face to face contact can be an issue for some, but doggy style remains one of the most popular sexual positions.

69er

The 69 or 69er is an oral intercourse position and allows the man to pleasure the woman, whilst she pleases him at the same time. Either partner can go on top, or you can attempt the position side-on.

A healthy sexual relationship involves experimentation. Talk to your partner about what you are and aren't comfortable doing and what you would like to try. Don't feel pressured into doing something that you are not happy with and above all, enjoy yourself.

While this isn't a penetrative position per se, it's still delightfully fun as a position for foreplay and oral sex. The idea with 69ing is that both partners can give and receive pleasure simultaneously. The easiest way to try this one is to lie on your side and have your partner lie on theirs and then proceed to suck, lick, or eat out.

Variations: Girl sitting on guy's face.

The great thing about any of these positions is that there are endless variations to try and they're super easy to mix and match with one another when you want to change it up a bit. They never go out of style and, honestly, most people will fall back on at least one of these positions no matter how many other crazy positions they try.

Whether you're a total newbie or just don't have that much experience, maximize these positions for your ultimate pleasure potential!

Spooning

Yeah, you heard me right. It's like cuddling but with his dick inside of you. Spooning is pretty nice for beginners because he can't go too deep and it's a pretty relaxed position. You're literally cuddling so it's probably one of the most stress free positions out there.

Variations: Facing each other with your legs wrapped around.

CHAPTER 5: ORAL PLEASURE



In a time when taboo erotica novels are replacing the books on our coffee tables, it's no wonder that couples are exploring the naughtiest sides of sex, from silk ties and whips to candle wax and bend balls. But what about kink's greatest predecessor, its founding father-the blow job?

Oral sex has been one of the hottest ways to get off since the invention of the mouth, so what better way to get back to your roots and perfect your tantalizing techniques? This sexy how-to guide takes you through the Hers, His, and Us approaches to oral bliss. Get a sexy re-education on anatomy, build your oral arsenal for the most earth-shattering orgasms, bring in the kink, and try new oral positions with the help of some artfully drawn sketches. For foreplay or for your play, read some of the steamy erotica excerpts of oral sex that have been included to get you both riled and ready!

Oral sex is a highly intimate sex act. Many people find oral sex to be way more intimate than intercourse. Perhaps this is because oral sex triggers a lot of feelings of vulnerability, and it's emotionally intense

to let someone so close to your most sensitive parts. Yet, oral sex remains as one of the most pleasurable and orgasmic sex acts there is, so learning how to enjoy it fully either giving or receiving is an essential step in loving your sex life and making sure it's as wonderful as it can be.

Oral sex positions do a lot more than create specific angles and access to sensitive spots; they communicate your feelings and excitement about receiving it.

Oral sex is a way to show you and your partner's vulnerabilities and can create an intense connection between the two of you. Finding out the best way to pleasure your partner and even the best way for you to receive pleasure is a key step in enjoying the process and eliminating any uncertainty or discomfort.

This counts for both giver and receiver because as it turns out, the biggest turn-off was if they were giving oral sex to someone who stayed still and silent. Yeesh. No one wants that!

Exploring new oral sex positions can help you open up channels to communicate your pleasure and arousal while receiving, and make giving oral pleasure a lot more fun, too. Here are a few positions to experiment with as you lean back and enjoy the pleasures of oral sex.

Here are few of the hottest oral sex positions you and your partner can try for ultimate pleasure.

1. The Classic

The classic oral sex position for women receiving cunnilingus is a classic for a reason. One of the reasons oral sex is so pleasurable is due to the opportunity to lie back, relax and receive pleasure. Getting comfortable in bed and allowing your lover to lavish you with pleasure is a delicious and simple position.

You can experiment with a few modifications to make this classic oral sex position even more pleasurable.

Don't make your lover suffocate under the sheets while going down on you. Throw off the covers and allow your lover to breathe freely while pleasuring you. The bonus? You get to feast your eyes on your hot lover in between your thighs. Make it even more intimate by making eye contact as your lover continues to pleasure you.

Place a pillow under your hips to elevate your pelvis, giving your lover a bit more breathing room. Experiment with two or three pillows to gain more height. This position is also ideal for adding in fingering techniques to oral sex, a sure-fire way to maximize your orgasmic potential and hit all your pleasure zones at once.

Plant your feet on the mattress, allowing you to push off your feet and move your hips. This can be your first step in becoming a more active receiver during oral sex. By shifting your hips a little up and down, or to the right and left, you can help your lover's tongue find your most sensitive spots. Once you gain more confidence and are ready to go wild, try moving your hips in circles to maximize your pleasure.

Adapt the classic oral sex position by wrapping your legs around your lover's shoulders. This can be slightly acrobatic, so try it for short bursts and see how you feel in this position. Wrapping your

legs around your lover's shoulders is a way of communicating your enthusiasm and excitement during oral sex, and your lover may enjoy feeling the skin of your legs and thighs. Remember that enthusiasm while receiving oral sex is infinitely sexy; by offering yourself up and clutching your lover's head between your thighs, you're participating more fully, and communicating your desire and excitement for oral stimulation.

2. Queening

If you want to take control of your pleasure and give your lover an overwhelming experience, try queening, which is also known as facesitting. Like a true queen, you take your throne by sitting on your lover's face.

Get your lover comfortable lying down in bed and then kneel over them, presenting your most intimate parts for them to pleasure. You can kneel up or down in order to control how much they can reach you, move your hips for your own pleasure, and even experiment with engulfing their face in your flesh for short, intense bursts.

Don't be shy about suggesting this position; many guys fantasize about this experience and think it's a total turn-on. Queening is truly an empowering experience, so if you're ready to claim your erotic power and beauty, assume the throne.

3. Doggy style

Ready to get primal? Get on all fours and allow him to stimulate you while you move and rock your hips. He can either be totally behind you if you're comfortable with his face so close to all your parts or he can lie down and use his mouth around your clitoris. Enhance the

primal experience of this position by making lots of noise, expressing your pleasure with moans, groans and even growls.

4. Recline and receive

If you have a comfortable recliner or reading chair, try putting a pillow on the floor in front of you, scooting to the edge of the chair and inviting your partner to kneel in front of you. This can also work on the edge of a bed. Inviting your lover to kneel in front of you and perform oral sex is a delicious way to allow them to worship your lovely body.

CHAPTER 6: ANAL PLAY



Anal sex also called backdoor sex. No matter what you call it, anal play is healthy and normal. It's a good way to share pleasure and avoid pregnancy, but not everyone is into it.

Anal play is any kind of sexual activity that involves your butt. This can include:

Putting fingers around/inside someone's butt

Putting a tongue around/inside someone's butt (rimming)

Putting a penis inside someone's butt

Putting a dildo or other sex toy inside someone's butt

Putting a hand inside someone's butt (fisting)

Anyone can give, receive and enjoy anal play.

Anyone of any gender or sexual orientation can enjoy anal play, on their own or with a partner, as long as it is done safely and with

everyone's consent.

Many are taught that anal play is wrong and that your anus wasn't designed for sexual purposes. Yet there are thousands of sensitive nerve endings in and around your butt that can give pleasure.

Anal play does not cause conditions like constipation, diarrhea or hemorrhoids but if you already have these health problems, you may want to avoid it until your butt is feeling better.

Anal play should not hurt if you take it slow, are using lots of lube and have a sexual partner you can talk to.

Anal play doesn't have to be messy. Some people like to have a bath or shower before to clean the anal area, but this is not necessary.

Some people prefer to put down a towel or plastic sheet before play starts and/or have wipes nearby just in case.

Start on the outside: relax the area by touching near and around the outside of the anus with toys or fingers for at least 15 minutes before going inside the butt.

If and when you are ready to try something inside, start with small toys or body parts until you and your partner feel ready moving on to something bigger.

Your anus doesn't naturally get wet, so have lots of water based lubricants on hand oil-based lubricants can break down latex condoms and silicone-based lubricants don't work well with silicone toys. Use lots of lube and re-apply often.

Some people like to use sex toys for anal play. Make sure anything you put in your butt or someone else's is: smooth, unbreakable, flexible, clean, comfortable in size and has a flared base so that it

can be gripped and removed easily. Putting condoms on toys can help keep them clean.

ANAL FOREPLAY TIPS FOR BEGINNERS

- 1. It shouldn't hurt.** This is where lube comes in. It should basically just feel like you might need to poop. Relax your muscles, and breathe and Use a lot of water-based lubricant.
- 2. Start small.** The whole point of anal play is to keep it simple before working your way up. To prepare a bottom for sex play, start with fingers, tongue, or a very small sex toy designed for butt play.
- 3. The person doing it should err on the shallow side.** Everything that goes in should be just the tip. The nerve endings you're trying to stimulate are in the anus hence the moniker "rimming" and not all the way up there, which is generally the painful part and also the part that makes you feel like you need to take a huge dump.
- 4. There shouldn't be any rapid-fire movement immediately.** Vigorous jamming of fingers anywhere should not happen immediately. So much of sex is fast especially in porn but anal play has to be prepped.
- 5. You can vary up positions.** Not all butt stuff needs to be done doggy style. It's true it might be a little harder to get some solid eye-contact going on when face-to-anus things are happening. But! There are a variety of positions to try, like lying on your back with your hips elevated, or sitting on his face in reverse cowgirl. Move around until you find one that makes you feel most at ease.
- 6. Communication is the key.** The only way to know what works and what doesn't is to be totally honest with you partner about what

they're doing. The importance of always being tuned in to how the other is feeling and being vocal about your preferences.

7. It is not dirty. The anus and the lower part of the rectum actually have very little fecal material in them, which means it tends to not be nearly as dirty as you think.

8. That being said, you can totally clean things up. The key to anal play is comfort, so do whatever you need to help with any lingering anxiety. "Using an anal douche is, not harmful if only done once in a while and might help you relax your concerns about your bowels. You can use something as simple as warm water for a quick cleanse too.

9. It feels best when there's some additional stimulation going on. Vaginal, clitoral, nipple centric whichever feels best for you. While some women only need butt play, most women can't come from anal stimulation alone. The anal part is something that's an accent. It adds to the overall experience.

10. Make sure your partner doesn't use the same butt finger in your vagina afterward. Why do you think The Shocker exists? Necessity is the mother of invention. "Baby wipes should be mandatory on every nightstand.

11. If you try it a few times and hate it, don't keep trying it because you think it'll eventually be tolerable. Assuming you have a considerate lover who's invested in you feeling good, I think you'd know within the first five times whether you like it or not. It depends on your levels of inhibition, your feelings about your partner and your feelings about your body. If all these things are good to go, and you just don't like the sensation, you'll know pretty fast."

12. You don't need to get a wax. Most women don't get Brazilians simply to engage in anal foreplay.

CHAPTER 7: MULTIPLE PENETRATION POSITIONS

A person may be sexually penetrated multiple times simultaneously. Penetration may involve use of fingers, toes, sex toys, or penises. Scenes of multiple penetration are common in pornography.

If one person is penetrated by two objects, it is generically called double penetration. Double penetration of the vagina, anus, or mouth can involve:

Simultaneous penetration of the anus by two penises or other objects. This is commonly called double anal penetration (DAP) or double stuffing.

Simultaneous penetration of the vagina by two penises or other objects. This is commonly called double vaginal penetration (DVP) or double stuffing.

Simultaneous penetration of the vagina and anus. If this is done using penises and/or strap-on dildos, this is sometimes called the sandwich or BigMac.

Simultaneous penetration of the mouth and either the vagina or anus. If the penetrating objects are penises, this is sometimes called the spit roast or the Chinese finger trap.

MULTIPLE POSITIONS

Oral Train. This group sex position can be used with any even male/female ratios. Everyone lays on their sides, forming a human circle giving oral pleasure to the person in front of them on the "train."

Chained. For a man with 2 women, this group sex position allows for giving and getting pleasure by all. The male lays on their back as one female chooses to receive oral by swatting over his face and the other female performs intercourse.

Total Interaction. This group sex position works for groups of 2 males and 2 females where the females are bi-sexual or at least bi-curious. One female lays on her back while one male performs intercourse on her. The second female squats over her to receive oral when being penetrated from behind by the second male.

Double Tech. Another two women and one male group sex position involves the females in girl on girl action. One females lays flat and gives oral to the male while receiving oral from the other female.

Anal Bonus. For the group of two men and one male where one female enjoys anal, this group sex position works. The ladies assume a top/bottom "69" position and the female on top is penetrated anally by the male.

Double VO Game. A group sex position for 2 males and a female, this one involves the woman laying on her back with a man on both ends of her. One male receives oral sex while the other penetrates vaginally or anally.

Double Amazon. This group sex position involves 2 males and one female. One male lies on his back. The female sits on him, penetrating vaginally. The second male sits on his knees behind her and penetrates anally.

Double Intruder. Another group sex position for 2 males and one female. One male lays on his back. The female faces away from him

and allows anal penetration. The female leans back and the second male sits on his knees and penetrates vaginally.

Doggie Bowl. A one male, 2 female group sex position for bi-sexual or bi-curious females. One woman is placed in the doggie style position, and is penetrated from behind by the male while the other female lays on her back in a position to receive oral from the first female.

Two Chimneys. The final group sex position involves 2 bi-sexual or bi-curious females and one male. The first female lays on her back. The second female squats to receive oral sex from her while the male sits on his knees and penetrates vaginally or anally.

CHAPTER 8: OPTIMUM PLEASURE POSITIONS

The Lusty Leapfrog

You and your man will quickly realize why The Lusty Leapfrog has such climax potential: Hovering in a sexy squat above your man rather than sitting or straddling him squarely gives you the perfect chance to clench him tight. "This is one of the easiest positions in which to flex your PC muscles around the glans of his penis, which can initiate an intense orgasmic response.

Straddle your man (lying on his back) and slowly lower yourself onto his pelvis, sliding his penis inside you as you go. But rather than sitting down in a straddle position, raise yourself up off him in a squatting position. Put your hands on his thighs, stomach, rib cage or upper chest for support. Start by sliding yourself up and down his member by lifting your lower body up and down a totally different motion than going forward and back like regular woman-on-top.

Vary your pace, starting with some fast, teasingly shallow thrusts that touch only the tip of his penis, then move down into deep, slower thrusts that envelop him completely. The fabulous friction you'll create will give you the double bonus of amazing sensations all along the edge of your vaginal opening when you pump shallow and on your G-spot when you pump deep. And if you try leaning backward and resting your hands on his thighs and knees, the sensation will even spread to your clitoris and the natural arching of your back will open up your body for him to fondle.

The Sultry Sidewinder

The Sultry Sidewinder allows you the sort of languishing, leisurely pace that, in the end, packs a real punch. Slow and steady can win the climax race; Orgasms that result from a long, slow buildup are frequently much stronger than those that are achieved with fast and intense stimulation.

You and your man should be facing each other on your sides, super close together. Raise your upper leg and help him to slide inside you, then drape the leg over his and tight around it. Try to arrange it so that your feet are braced against a wall or footboard, That way, you can use the strength in your feet, legs and toes to give you the action you want." If you tend to get tense before climaxing, this is the perfect move to do as you peak upward. "Some women require a form of strong muscular contraction to get to that next level of stimulation that leads to orgasm, The side-by-side allows you to have that firm, full-body contraction while staying in motion." Adjust the coital fit of his entry by tensing or relaxing your thighs together. You'll hug his trunk, stimulating the inner walls of your entire vagina; by relaxing your legs and opening them somewhat, he'll have a bigger range of motion, which can help you get intense clitoral titillation en route to your climax.

The Canine Coupling

The orgasmic advantage of the Canine Coupling (a special version of doggie-style) is that it directs intense, firm pressure from your man's member to your G-spot; pressure so pointed, in fact, that

Stubbs says it's "one of the only positions where the penis is touching the G-spot like a bull's-eye.

Assume an all-fours crawling position and let him enter you from behind, either standing or kneeling on the bed behind you. But instead of staying on your hands and knees, tilt your shoulders downward with your forearms flat on the bed in front of you. The natural curve in your back from this variation will expand or contract your vaginal wall so you can monitor how deep he goes. If you arch your back into a small hump, it will shorten your vagina and shift the stimulation down a notch; bend it the other way and you'll get deeper, more intense thrusting action. Plus, he'll get strong stimulation to the head of his penis, the most sensitive part. If you don't like him to go deep, have him use a circular motion, so his pelvic bones don't push into your tush. Should your arms begin to ache from the exertion, meld with the mattress by lying flat on your stomach but arching your buttocks upward by placing a pillow under your pelvis. He'll be perfectly positioned to hit your G-spot, which is on the anterior (tummy side) vaginal wall.

The Magic Missionary

The Magic Missionary is a twist on the regular missionary position that simultaneously stimulates both your and his hot buttons he gets extremely firm and strong glans stimulation; you get close clitoral stimulation. Both the man and woman's groin areas stay in constant contact in this position, which can be amazing for orgasms.

Have him enter you while you are lying on your back with your legs apart. Once he's inside, bring your legs close together and have him hook his ankles around your calves and raise himself up slightly on

his hands with a small arch in his back. "He'll look a bit like a frog, but he'll feel more like a prince. By closing your legs, you will create a more snug entry for him and more sustained clitoral stimulation for you his groin will be doing a rumba on your hot spot. Also, because it's a short stroke and the angle of his penis in this position will be arching up, he can control his movements better and really reach the front vaginal wall. If too much depth in missionary position causes you discomfort, have him use shallow strokes so he doesn't come in contact with your cervix.

The Titillating Trapeze

"With this sex pose, a woman is really able to watch her man in action and one hundred percent surrender to the sensations. The power of this position is that he gets to take complete control and show off like a stud while you lie back, relax and let yourself have some very intense G-spot pressure, because your lower body is lifted up at a perfect angle for his penis to give you maximum penetration. Plus, it will double your pleasure: Besides putting your body in a prime position for your guy to hit your most sizzling spot, you'll also be more open than ever to manually and directly stimulate yourself. This will heat up your hottest genital nerve systems (those around the clitoris and the G-spot) and hold them in harmony, so much so that you can have blended orgasm.

Start by lying on your back on a bed with your legs spread apart slightly and your honey kneeling in front of you. He should then place the backs of your knees in the crooks of his elbows and pull upward so that your lower back and butt are raised off the bed at a 20- to 30-degree angle and the backs of your thighs are pressed against his

stomach and chest. Try using one or more pillows beneath your tush and back (the more pillows, the less you have to do) to hike yourself up a bit so he has a prime pleasure-you angle. He should be able to enter you easily this way, as your buttocks will be cupped between his quads with your genitals pressing right up against his. Although you'll have to expend a bit of effort to keep your thighs together, it will be well worth it! "This position allows the man to maintain his balance and push his hips forward when he pulls your body toward and away from him, attaining a very easily maintained rhythmic motion. And the better the rhythm, the better your chances of a mind-blowing orgasm.

CHAPTER 9: ROLE PLAYING FANTASIES



Sexual desire is as diverse as it is personal, and sometimes we don't find it easy to share our most intimate thoughts even with the people closest to us.

We use a variety of methods to overcome these inhibitions and now more and more couples are getting started with sexual role play as a means to take on a different persona and explore their lesser-expressed fantasies.

Sexual role play is not a new idea, but it is a good one and as such many sensual scenarios have been created, explored and ultimately shared.

The possibilities are limited only the imagination, so if getting dressed up in the name of sexual self-discovery sounds appealing to you, here are a few simple ideas just to get you started.

Roleplaying is fun, actually roleplaying is very exciting. It's exciting for both, men and women.

If you're struggling to think of a good roleplaying scenario, chances are you have never done roleplaying at all. Do not be worried, it's easy. In fact, women love roleplaying.

First: Pick from the list below your role-play fantasy. Do not tell your girl about it, just pick one. You want to surprise her.

Second: Imagine how it would look, what would you say to her, how you would want her to act. Make it as vivid as possible. When you have an idea what to do, it's going to be easier to execute.

Third: Think of a way you can introduce it to her without giving away too much and ruining the element of surprise. But you don't want to be totally random. Spontaneous things are fun as long as they are safe.

Fourth: Get things going. You're not looking for a perfect moment. Any time you two are alone and there is plenty of time to go through it to the end, go for it.

List of fantasies:

1. The Repairman

You've got a leak to fix and your partner's the only one who's got the right wrench, but this one is surprisingly fun and simple for beginners.

2. Professor/Student

For anybody who had a little teacher fetish in their early twenties, this role playing situation is more fun than cliché.

3. Stripper

Pick your favorite sexy song, slide on some lacy lingerie, then sway your hips and let yourself give the perfect lap dance.

4. Porn Star

Pick a porn you both like and reenact it together.

5. On-Camera Porn Stars

Kick the previous idea up a notch and actually film yourselves having sex. Not only will it turn you both on, it will ensure you two will be at the top of your game.

6. Cheerleader/Football Player

If you're already trying out the porn star thing, you might as well try a role playing situation familiar to it!

7. Strangers At A Bar

Arrive separately to the same bar, flirt a little bit with other people, then eventually go and talk to one another like you're strangers. This will get the feelings flowing as you start to remember exactly what drew you to each other in the first place.

8. Dominant/Submissive

Do a bit of playful spanking and some light hair-pulling to determine if you want to go further.

9. Then Switch

One of the best things about having sex with somebody you love is that you two can explore your options together. Of course, if one isn't comfortable with a specific role, then certainly don't push yourselves into it, but if you are feeling flexible, changing it up could be fun.

10. Role-Reversal

Is your partner usually on top? Then this time, you take over the upper role and dictate the conversation your bodies are having.

11. Your Favourite Movie

Regardless of what it is, if you two have a sex scene or film you find particularly entrancing, act it out with one another and see how it feels.

12. Crooner

If one of you is particularly good at singing, you could try doing a little private performance featuring a seductive song. For example, nobody could resist the charms of Portishead's "Glory Box" no matter how hard they try.

13. Fireman

It is a well-known fact that everyone who has ever worked for every fire department ever has been unreasonably hot.

14. The Control Freak

Have one of you lie down and the other do whatever he or she wants kissing, licking, even light tickling until the person lying on the bed is begging for more.

15. Client/Call Girl

Let, your partner list exactly what he or she wants as you, act like like a call girl who's there to cater to their every need.

16. Hollywood Starlet

You play the sexy star and your partner can be your secret admirer. Do your hair, do your makeup, put yourself in a fancy gown and let your inner diva nature go wild.

17. Chef and Server

Don't make just any dishes only make foods you can feed to your partner by hand.

18. Masseuse

Snag some sexy massage oil, light a few candles and give one another massages until you're both feeling smooth, silky and ready to be touched further.

19. Voyeur

Watch your partner masturbate for an extended period of time to increase tension and enjoy the view.

20. Exhibitionists

Speaking of enjoying the view, if you two, are into the idea of being watched, imagine you have a little audience made up of people you both find hot.

21. Bather

Give each other baths slowly and sexily among bubbles, essential oils and delicious body washes.

22. Your Favourite On-Air Duo

Got a thing for Olivia Pope and President Grant? Shane and Carmen? Rachel and Ross? Doesn't matter who it is, as long as pulling off your own scene acting as them gets you going.

23. Royalty And Servant

Have, your partner bring you wine, feed you grapes, rub your feet, and just do all the general things we see in depictions of Renaissance royals and their servants.

24. Painter And Muse

If one of you is artistically inclined, break out the easel and brushes, then have one pose naked as the other immortalizes them on canvas.

26. Doctor And Nurse

After a busy day in the office, the nurse can assist the doctor with resolving his “symptoms” by giving him a full medical examine utilizing professional tools to help her appease the naughty doctor. Roles can be reversed, take turns making each other all better.

26. Dance Teacher And Student

Take a few private lessons to prep for this one, then enact a scenario in which you are a student and your partner is the instructor (or vice versa) and seduce one another through the art of movement.

27. Innocent Versus.Well, Not-So-Innocent

One of you can pretend to be a bit naive, while the other takes control and "teaches" the first all about sex.

28. Mile-High Clubbers

Having sex on an actual airplane can get you in a lot of trouble, but making out and eventually sneaking into your own small bathroom can feel nearly as exciting.

29. Boss/Employee

Ever seen Secretary?

30. Hotel Maid And Guest

Slip into a sexy maid costume and after one knock on the door from "housekeeping" things will heat up in no time.

Other lists of role play fantasies

1. The prison guard is seduced by the inmate and has wild sex in a dark corridor.
2. The nurse comes in to take the patient's vital signs.
3. The naughty patient seduces the doctor.
4. The pirate on the high seas traps a fair maiden and has his way with her.
5. A proper Victorian woman is seduced by the bad-boy rogue.
6. The cowboy captures the Indian maiden and teaches her the ways of the West!
7. The lonely man at the bar gets a blowjob in the bathroom.
8. The gynecologist does more than just "the usual."
9. The young man is seduced by his female principal.

10. A serious “fight” turns into a serious grudge-fuck.
11. The two handsome orderlies take advantage of the helpless patient.
12. The doctor and the nurse get it on.
13. The male model winds up fucking a groupie outside the photo shoot.
14. The preacher makes love to the parishioner while his congregation awaits his sermon.
15. A naughty slut confesses all their sins to the priest.
16. The priest makes the naughty slut do an interesting penance.
17. The boss catches the intern masturbating and nature takes its course.
18. The slave is purchased by the slavemaster and brought home for sexual duties.
19. The foreman demands more than an honest day’s work from the laborer.
20. Two married people enter into an affair with each other.
21. “Daddy” has to spank his girl for being a slut.
22. The groupie fucks the musician after a great show.
23. The Russian spy sent to kill the informant winds up having sex with them instead.
24. A stripper turns into a slut and gives her client more than he expected.

25. A man is abducted by aliens and forced to undergo sexual “experiments.”
26. An extra “surprise” is offered during a routine massage visit.
27. A “John” picks up a prostitute and takes advantage of all her services.
28. The strong businessman turns into a sex slave as soon as he gets home.
29. A woman invites her sexy neighbor into the bedroom to get her husband off.
30. The male gigilo gets paid to get a woman off over and over again.
31. The dominatrix gets off on beating her lover with a whip.
32. The secretary gives the boss head while he’s on the phone.
33. Little Red Riding Hood gets stalked and caught by the Big Bad Wolf.
34. The porn star has to try something they have never done before.
35. The delivery guy delivers more than just pizza.
36. The man dresses up like the woman and their roles are reversed for an evening.
37. The auto mechanic allows the young lady to “pay” for repairs in a creative way.
38. The babysitter has a fling with the handsome daddy.
39. A photographer takes more than just candid pictures of his model.

40. A woman comes home to find a “stranger” in her home with intentions to “rape” her.
41. The older woman seduces the much younger man.
42. A woman gives the “gift” of her best friend to her husband for his birthday night.
43. A slave is “punished” if they have an orgasm.
44. The wife is tied up and “given” to another man for his pleasure.
45. The movie star fucks the driver in the back of the limousine.
46. A woman takes on a gangbang while her husband watches.
47. A husband is made to watch while his wife sleeps with someone else.
48. A woman is tied up and blindfolded while she gives head to a string of men.
49. A submissive man is ordered to suck another man’s cock.
50. The cop uses his handcuffs to restrain the wild and naughty whore.
51. The private striptease turns into something more.
52. A foreigner comes to a new country and needs to learn lessons about love.
53. A woman is a “naked platter” for her man as she serves fruits and sauces from her body.
54. The pilot gets it on with the flight attendant.
55. The porn star masturbates for the camera.

56. The hostage is repeatedly taken against their will, and they enjoy it.

57. Adam and Eve partake of naughty indulgences in the Garden of Eden.

58. A man gets “caught” by a co-worker who then has to teach him to masturbate properly.

59. A virgin is taught by a very experienced man.

60. A man loses his virginity to his boss.

61. The surgeon fondles the patient right before surgery.

62. A woman encounters a horny vampire in her bedroom.

63. The slut on prom night fucks the hottest man in the class.

64. A couple has sex out in the open, where anyone can see.

65. The slave shaves his mistress everywhere to make her as smooth as silk.

66. The anal sex virgin gets a lesson from an expert hooker.

67. A plumber is asked to check out more than the bathroom pipes.

68. A man must service all the women in his neighborhood, one at a time.

69. The chef creates meals that have to be eaten with the hands – while naked.

70. A man is caught cheating and has to confess all the lurid details.

71. The completely inexperienced monk meets a sexy woman who wants to seduce him.

72. A virgin enters a harem and gets taught the ways of sex from the Sultan.

73. The widow gets her frustrations out by banging the young man who mows her lawn.

74. The millionaire offers the maid extra money if she will let him take her up the ass.

75. The schoolgirl is seduced by the headmaster and then spanked for being bad.

76. The randy husband has to be “forced” into anal play before he can get off.

77. The Catholic schoolboy is spanked with a ruler for being “bad” with the girls.

78. The cop who arrested the prostitute gets a freebie to let her off the hook.

79. A game of “truth or dare” winds up as blackmail for sex before someone tells secrets.

80. The cheating spouse gets “marked” with the name of their lover (tip: use washable markers).

81. Repair guy winds up having sex with the lonely woman of the house.

82. The man comes home to find his wife having sex with another man.

83. The shy and quiet woman is “forced” to go down on another woman while her husband watches.

84. Two strangers meet at a bar and do what happens naturally.

85. The dark and mysterious CIA agent rescues the damsel in distress.
86. The dentist “tests” a patient’s gag reflex by having oral sex with them.
87. The military man rescues the hostage and then she rewards him for her freedom.
88. A person shows up for an interview with a very sexy resume and offers to showcase some of their “skills” and “techniques” for the boss.
89. The man who “misbehaves” takes his punishment by accepting anal sex.
90. The captured maiden seduces her captor and gives him an orgasm so intense, he vows to never let her go.
91. The mailman delivers a nice, big package to the lonely wife while her husband is away.
92. The hot, sexy player is teased and ridiculed by women who only want some tongue action, and he gets nothing for himself.
93. Sex education class turns into “hands-on” training.
94. The “naughty” man is forced to wear a chastity box all day.
95. The cheating woman is tied to the bed while she confesses to all her sins.
96. A man is spanked once for every naughty fantasy he has.
97. The princess offers herself to the prince in exchange for marriage.
98. Santa Claus and Mrs. Claus get an early Christmas present!

99. Lonely woman having dinner alone winds up fucking the waiter on the table.

100. The belly dancer tries to seduce the King so she can become one of his wives.

CHAPTER 10: FOOD PLAY TECHNIQUES



Popsicles

Let's be blunt: Popsicles look like penises. But since they're made out of mostly frozen water and sugar, they're not good to use for penetration. Not only can the sugar in a popsicle throw off your pH balance and potentially cause yeast infections, but the popsicle itself might melt inside an orifice. That's not so fun for a vagina, but it's super fun and delicious for a mouth.

Show off your blowjob skills by sucking and licking a popsicle as your partner watches, or sit across from them and swap the icy treat back and forth between your mouths during a make out session. The frozen dessert is also an exciting way to introduce temperature play

into your sex life; try having your partner run a popsicle over your nipples and then they can lick off the sweet residue.

Brie & Crackers

If your taste buds prefer savoury over sweet, brie can be used in the same manner as gooey chocolate syrup. Get messy by spreading the soft cheese over your lover's nipples and licking it off while enjoying an entirely new flavor profile than the sugary treats traditionally used for food play.

Not turned on by eating fancy French cheese off your partner's body? Brie and crackers can also be served as the ultimate post-sex snack. A cheese plate in bed is pretty much the classiest and most delicious palate cleanser you can have after an oral sex marathon.

Grapes

As part of breakfast in bed, after Sunday morning sex, have your partner add grapes to your plate of well-deserved delicacies, and feed them to you Cleopatra-style. You'll feel worship worthy for sure. Before you get to the post-sex snacks, grapes can be used for temperature play while getting it on. Frozen grapes are delicious even without the love making, so imagine how delightful the fruit can be when orgasms are involved. Place a bundle of grapes in the freezer overnight. When you're ready for some icy hot foreplay, have your love pluck a frozen grape from its stem and run it over your nipple and other erogenous zones.

Cucumber

If done safely, you can turn this salad ingredient into a dildo. It's mega-taboo to put foods up your vagina, which is half the fun. Perhaps coming in second after the infamous electric toothbrush, many young people with vaginas may have masturbated for the first time with phallic foods, simply because they're available in their parents' fridge.

When using a cucumber as a method of penetration, make sure to practice safer sex techniques. Think about it: If you wash a cucumber before you use it to make a salad that you're going to eat, you should wash it with anti-bacterial soap and warm water before inserting it into your other orifices. And however many times you wash it, please still put a condom on the veggie before inserting it. There's no risk of STI transmission, unless you're using the cucumber on multiple partners, but those rough edges will go in much easier if wrapped in latex and covered in lube.

Whipped Cream

If the infamous Varsity Blues whipped cream bikini scene didn't convince you, whipped cream is a classic for a reason. It's delicious and it has the perfect fluffy-yet-sticky consistency that helps it stay put on erogenous zones. You don't need to go full-bikini, of course, but integrate the tasty treat into your foreplay by having your partner spray it on your nipples and lick it off or vice versa.

You can also use it as the perfect segue way to oral sex by creating a line from your partner's neck down to just barely above their genitals. Lick your way down, then proceed to give a blow job or eat them out. While penis shafts are fun to decorate with whipped

cream, if you or your partner has a vagina, be careful about getting the dessert inside the labia, as sugar can cause yeast infections.

Grapefruit

Grapefruit became infamous as a sex toy via "Auntie Angel," creator of the "grapefruit blow job technique," which involves slicing off the sides of the fruit, then cutting a hole the width of your partner's penis in the center portion. The grapefruit is then placed on the base of the penis shaft and used in tandem with your mouth like you would with your hands when giving a non-grapefruit blowjob. Angel advises springing this on them as a surprise, but we'd suggest discussing thoughts on food play with your partner before waking them up with a citrus fruit wrapped around their genitals.

You don't need to give a grapefruit blowjob to add the pretty pink fruit to your sex life. Grapefruit can act as an erotic and uplifting scent when incorporating aromatherapy and massage into your relationship. Place a bowl of grapefruit in your bedroom for both the aroma and to have a sex snack handy. Remember those controversial Thinx subway ads featuring grapefruit? The pink citrus is indeed vulva-esque, making it the perfect pre- or post-sex food to feed to your partner.

Chocolate Syrup

Using chocolate syrup during sex is next-level whipped cream because it's a little messier and much drippier, requiring more tongue action to lick it off your partner after you've drizzled it over their erogenous zones. (But we also recommend you try chocolate syrup with whipped cream.) Just like whipped cream, beware of getting the syrup or anything sugary inside the vagina.

An extra fun thing to do with chocolate syrup is to use it to write messages of love on your partner's body. Since chocolate syrup is drippy like paint, it works much better for body art than whipped cream. Use larger areas such as the back, stomach, or butt to drizzle little hearts, perhaps initials, or filthy names your partner likes being called in bed across their body.

Cannabis Chocolates

If you and your partner indulge in cannabis and truly want to up the ante, incorporate cannabis chocolates into your sex life by feeding them to one another before sex as part of foreplay. The reputation of the cannabis plant as an aphrodisiac is growing, from cannabis-based intimacy oils like Foria to weed strains designed specifically to make you orgasm.

The act of placing a cannabis chocolate in your mouth and asking your partner to take a bite like a spaghetti kiss but with weed is an intimate act in and of itself. A fun game to play is to stick with foreplay until the effects of the edible kick in, which can be an entire hour. An important reminder whenever using cannabis edibles: Start with a low dosage (5-10 mg).

"Be really careful with edibles, because they take time to kick in, and they bring about a more intense high than smoking or vaping.

Spaghetti

Foreplay doesn't begin in the bedroom. Spaghetti and tomato sauce is the ultimate comfort food, and many of us have pleasant childhood associations of the delicious red dish. Surprise your partner by making a home-cooked meal of spaghetti. Your home will be flooded with rich aromas of garlic, butter, and tomato sauce, creating a warm

atmosphere ripe for post-meal love-making if you can push past the pasta coma.

Once the dinner is ready, if you want to try sexy spaghetti, go Lady and the Tramp-style and enjoy a spaghetti kiss although I'd suggest using a napkin as a bib first unless you're eating naked and don't mind getting messy.

CONCLUSION

Traditionally, "foreplay" was considered to be something that a man had to do to get his partner ready for sexual intercourse. Today, foreplay has become an integral part of the whole lovemaking experience.

It is true that impromptu sexual encounters without foreplay can sometimes be some of the best sexual experiences, but in general, most women will agree that good sexual encounters mean that you learn the importance of foreplay. A more vigilant form of foreplay will bring increased pleasure to both partners and make the whole lovemaking experience more enjoyable

Sex is important for genetic diversity, which significantly improves evolutionary adaptation in species. This is true despite the usually very high energy costs of sexual reproduction to the individuals in a given species.

Sex can promote social engagement and unity. The desire for sex brings people out of their shells and forces them to find strategies to successfully attract and maintain sexual contact with those they find attractive.

Sex can provide pure physical pleasure and relief from tension in the way that having a good meal can be pleasurable and sate feelings of hunger.

Sex can be used to reward others who have given something of value. Oftentimes, the thing of value is just a physical look that is appreciated, but intelligence or empathy can also be rewarded with sex if the sex is valuable to the person who it is being awarded to.

Sex can boost one's sense of self-worth. If one is physically endowed or skilled, having a wide variety of satisfied sexual partners and admirers can serve to reinforce self-worth and even attract significant resources to the individual that they otherwise would not have access to.

Despite what the media will tell you, there is no “normal” amount of sex you should be having. Research has shown that happy couples have sex about once a week, which does away with old three-times-a-week standard.

But really, what this research shows is that there is no way to put a number on normal sex drives. Every couple is different. One person's every day slay is another person's every other week.

We're all different. We should probably stop judging each other and instead focus on what makes us happy.