

Dating Dilemma Volume Two



**Foreplay**  
**For The Free Spirited**

**A Guide For**  
**Men And Women**

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**Dating Dilemma**  
**Volume Two**

**Foreplay For The Free-Spirited**  
**A Guide For Men And Women**

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# Sex Basics



**Make him stay at the shallow end to make sex better for you. The outer third of the vagina is the most sensitive, so deep thrusting isn't essential.**

**Have him 'dip' the tip of his penis into your vagina - it'll feel great for both of you.**

**Spice up your sex life by doing it in the cupboard under the stairs - seriously.**

**Novelty is an intense aphrodisiac, and any unusual setting with strange sensations, smells and muffled sounds, will make sex feel new, upping the excitement.**

**Have your man sit on top of the washing machine while you have sex (you perched on top, with your legs wrapped around his waist). The vibrations carry through his penis, turning it into a wonderful vibrator.**

**Select the cottons cycle for the best results. It's a warm wash so his bum won't get cold, plus it has the longest, fastest spin. Feel those good vibrations.**

**By placing a pillow under your bottom you're creating an orgasm optimum 26-degree pelvic tilt, which means maximum contact between his body and your clitoris. This way you'll reach orgasm every time.**

**Go red. Colors create a sexy mood. Red, dark blue and violet are the three most erotic colors. Sex in the bath is fun but can be tricky. Try this: fill the bath halfway with water, and then pour plenty of bath gel over each other's bodies.**

**With your man lying down in the bath, lie on top of him and, instead of going for penetrative sex, stimulate each other to climax by rubbing your body on his.**

**Good vibrations. Take turns with the Tongue-Joy Oral Vibrator. Strapped to your tongue, the vibrations stimulate nerve endings like you've never felt before.**

**Play Twister. Nude. And wet. It removes inhibitions and gets you in positions you wouldn't usually attempt.**

**Don't go solo with your vibrator. Only 25% of women climax through penetrative sex alone, so get your man to pleasure you with a sex toy while he's at it.**

**Ask him to talk to you when he's going down on you. The vibrations from his voice and the unpredictability of it will make you come even quicker.**

**Feed your man cinnamon, cardamom, peppermint and lemon if you're planning to give him oral pleasure. It'll make his semen taste nicer. And don't let him near garlic, onions, curry or asparagus all these foods will make his semen taste unpleasant.**

**Masturbate him with a string of pearls. Use lots of lubrication, and then wrap the pearls around the shaft of his penis, slowly stroking them up and down. They'll add different levels of stimulation to the experience.**

**Ask him to use his nose when he's going down on you. Most men genuinely love the smell of a woman and the nose makes an excellent clitoral stimulator.**

**If you enjoy outdoor sex, try this: take a drive to the country, open the car's sunroof and perch yourself on the edge of it, with your legs dangling down inside. Now have your man who is still inside the car – lick you to orgasm. If anyone should pass by, you'll simply look like you're sunbathing and, once you're done, it's his turn.**

**Have sex on a swivel chair to make sex really exciting. 'The spinning sends fluid rushing around the balance mechanism in your inner ear,' and this disorientation makes you feel like you're floating. Get ready to land on Cloud 9.**

## **Sexual Positions**

**Make your man feel bigger inside you by placing your legs over his shoulders when having sex in the missionary position. Doing this shortens your vaginal canal, so he'll feel much longer.**

**Lie facedown on the bed and invite your man to lie on top of you, keeping his legs outside yours. The squeeze of your thighs on his penis will intensify sensation for him and for you.**

**Sit on top of him with your feet tucked in tight either side of his bum. Now lean back as though you were riding a bucking bronco and enjoy the extra stimulation on the front wall of your vagina - an incredibly sensitive spot.**

**Make doggy style work for you. Kneel on the edge of the bed and put your face and upper chest on the mattress, so you create a 'slide' with your back. This steep angle elongates the vaginal barrel, squeezing his penis. Plus you can enjoy the added stimulation on your nipples from the mattress!**

**Get extra clitoral stimulation in the classic 'spoons' position with a simple body twist. Lying on your left sides, place your right leg over the top of his and your left leg between his. Now position yourself so you're almost flat on your back. Grip his right leg and grind away - this is a sure-fire route to orgasm for you.**

## **Food Of Love**

**Make oral sex better for you and for him with some ice cream. But don't just spoon it on - buy an ice cream cone, bite off the end and slip it over his still-soft penis. Now add the ice cream and take your time nibbling and licking until he's so hard that he breaks out of the cone!**

**Use ice-cream topping to supercharge your sex: you get to choose where you get licked by painting numbers on each other by simply start at number one, and lick your way through to 69.**

**Chill some grapes in the freezer for at least 20 minutes. Use them to trace shapes on each other's bodies - the cold, wet sensation will send shivers up your spines.**

**Peel two thirds of a reasonably sized cucumber and leave in the freezer for 40 minutes. Have your man rub it over your breasts and inner thighs, and use it to stimulate his nipples and testicles. Just watch as his very own 'cucumber' stands to attention!**

**Forget unwieldy ice cubes for adding sensation to oral sex – pop a mouthful of frozen berries or tropical fruits in your mouth. They taste great and are a lot easier to hold in your mouth while he's in your mouth.**

**Take turns pouring mint alcohol into your belly buttons, dipping your tongues and tracing shapes around each other's bodies. Now gently blow to increase evaporation, which will add to the stimulation. Hopefully before you're both the wrong side of squiffy and a funny shade of green.**

**Forget the old sex and chocolate recommendations - cheese contains more phenyl ethylamine, the chemical that gives you that chocolate 'high'. So order a cheese platter after dinner and see if doesn't get you both in the mood.**

**If you still prefer chocolate, make it plain rather than milk. The dark stuff has a much higher cocoa solids content (and therefore more feel-good chemicals).**

**To get him ready for sex in the morning, make him cereal with chopped apple and almonds - both have high levels of phenylethylamine, which will help get him in the mood.**

**Eat avocado to get in the mood for love. It's loaded with the feel-good, pleasure-intensifying substance, phenyl ethylamine.**

**Take a swig of champagne before going down on him. Keep it in your mouths by creating a 'seal' with your lips, then use your tongues to swirl the bubbles around the head of his penis. Nerve endings react to the bubbles, heightening sensation, and when he's suitably satisfied he can do the same for you.**

**Most people know that mints can make oral sex even better but did you know that M&S's Curiously Strong Mints are your best choice? 'They contain peppermint oil, which has a higher content of menthol than spearmint, making them zingier in your mouth,' and on your private parts.**

## **Fire Up Your Foreplay**

**Don't be too gentle when you're giving him a helping hand. Although you must never bend an erect penis (it can break), you do need to apply a fair amount of force when masturbating him - particularly when he's about to come. If you're still in doubt, try masturbating in front of each other - you'll both be turned on and will get to see how it's done.**

**Men do love the sensation of their penis deep inside your throat. Why? Because there are so many more nerve endings at the penis tip and, when it rubs on the back of your throat, it feels great. So, to get more of him inside you, try doing it with him standing and you kneeling so your chin is raised, elongating your throat.**

**If deep throat makes you gag, just use your hands. Use your lips to move up and down his shaft and form an 'okay' sign with your fingers, following your lips' movement. This is the surest route to a mind-blowing orgasm for him.**

**Licking his penis like a lollipop is fine for foreplay but, if you're trying to get him to orgasm, he needs some friction. Form your lips in a tight 'O' shape (covering your teeth), so that as you move up and down his shaft the foreskin moves too, and make an effort to stimulate the head of his penis with the flat of your tongue as you come up. Get this trick right and he'll be more than happy to give you the tongue tickling you deserve too.**

**Don't get stuck on sucking him there's nothing worse for a man than if a woman is 'working' too hard when giving fellatio.**

**Relax, try to enjoy it, explore his penis with your tongue, lips and hands don't head-bob for hours on end in the hope that he'll come soon. He'll come a lot quicker if it feels like you're enjoying it.**

**Sing to him while you give him oral pleasure. The lower the notes the more vibrations he'll feel and he won't care if you're in tune or not, it'll feel great.**

**Explore his nether regions more fully. Many men don't even realize how pleasurable anal stimulation can be until some adventurous explorer shows them how. Use loads of lubricant (you can't have too much) and place your finger over his anus, initially stimulating it without penetrating.**

**Once he's comfortable you can edge your finger in slowly, and when it's in an inch or so in, wiggle your finger in a 'come hither' motion. This stimulates his prostate gland, and you'll be surprised at how much he loves it.**

**Watch porn. Women are just as aroused by watching erotic films as men. So get cozy on the sofa and stick on a video!!**

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## **So....What Is BDSM?**

**"BDSM" is an acronym of "B&D" (Bondage & Discipline), "D&S" (Dominance & Submission), and "S&M" (somasochism). "BDSM" refers to any or all of these things, and a lot of stuff besides.**

**Tying up your lover is BDSM; so is flogging that person, or bossing that person around, or any of a thousand other things. BDSM is highly erotic, usually (though not always) involves sex or sexual tension; and is highly psychologically charged. One person (the "submissive") agrees to submit to another person (the "dominant").**

**Many people practice some element of BDSM in their sexual lives without even necessarily being aware of it. They may think of "S&M" as "That sick stuff that people do with whips and cattle prods and stuff," yet still blindfold one another from time to time, or tie one another down and break out the whipped cream...**

**All of these things are "BDSM." BDSM is not necessarily hardcore somasochism; it can be remarkably subtle and sensual and soft. Pinning your partner to the bed and running silk or ice cubes or rabbit fur over your lover's body qualifies as "BDSM"**

**The key to all these different forms of BDSM, is the exchange of power. One person (the "bottom" or "submissive") is choosing to allow the other person (the "top" or "dominant") to have control over him or her in some way--perhaps by allowing the dominant to tie them up, perhaps by allowing the dominant to spank them, perhaps simply by doing whatever the dominant instructs them to.**

**People who are practicing BDSM in any of its trillions of forms are doing it voluntarily, for fun. It's a way to explore. Everything that happens in a BDSM relationship is consensual; and believe it or not, it's not just about the dominant getting what he or she wants--it's more about the submissive getting what he or she wants.**

**Role-playing? Fantasy? You make it sound like it's all some kind of game.**

**It is. You're exercising your imagination, and you're playing a game with the other person. You get to be the dominant; your partner is the submissive; you're playing the role of the mad scientist who's just kidnapped someone and is going to use this poor innocent person for evil experiments.**

**You can also explore fantasies by role-playing scenarios that are highly charged psychologically. One such type of exploration is a form of BDSM called "resistance play," in which one person (the dominant) takes another person (the submissive) by force, and the submissive is expected and encouraged to resist by force.**

## **Force? Whipping? That's Supposed To Be FUN?**

**It is fun. The experience of being flogged is nothing like what you imagine it would be like. For the most part, it's more stimulating than painful.**

**Ever have a really deep massage? The kind that hurts, but still feels good? Same thing, only more so.**

**Besides, when you're sexually aroused, all kind of stimulation can be fun. Ever had a lover who left gouges in your back during sex? Or one who bites? It's very passionate and intense. If you're in the right frame of mind, even a flogging that leaves welts isn't really painful, precisely--not like stubbing your toe, or running into the edge of the bathroom wall at two o'clock in the morning because you didn't turn the light on. It's more like the lover who claws your back when she gets off thing.**

**BDSM is a very broad term that encompasses many wildly different practices, and many wildly different beliefs. But central to all these things is the idea of challenging boundaries and testing limits.**

**You cannot know your limits if you never test them and never explore them. You may know some general things, but you can't truly know yourself if you have never explored and never experimented.**

**BDSM provides a context and a set of tools for exploring your own personal boundaries in a safe, fun, enjoyable, and mutually reciprocal way. It provides a vehicle by which you can get to know yourself and your lover much more deeply and intimately than you might have thought possible. And hey, you often find along the way that you can be surprised! You probably have turn-ons that you don't even know you have, and you will never discover without exploration.**

**What's the point of tying people up? Why would someone agree to any of this?**

**Because it's fun, it's highly arousing, and it's tremendously powerful. It's a great vehicle for exploring a number of different kinds of fantasies in a way that's exhilarating.**

**People are dominant or submissive for different reasons. Being submissive in a BDSM scene can be tremendously liberating, particularly for people who aren't comfortable exploring their sexuality or their personal boundaries. When you agree to act as a submissive, you give up responsibility for what's going on; you sit back and let things happen. Provided you trust the person who's being the dominant, you can mentally relax and concentrate on the role that's being created for you.**

**As a dominant, the pleasure comes from constructing a scenario and acting it out. You can determine the submissive's fate; you're the scriptwriter, director, and producer of the entire show; you construct the fantasy world and make it real. Being a good dominant is a lot of work. You have to be creative; you must be able to improvise; and you have to pay attention to your submissive, to maintain the illusion you're creating and make sure your submissive is getting what he or she wants from the scenario. In many ways, the dominant person is a facilitator; the dominant's job is to make a fantasy that takes the submissive wherever he or she wants to go, and bring that fantasy to life.**

**You surrender to another because you want to be taken to that place where reason and thought disappears, where the world folds up flat and spins away into its own corner and there's nothing left but what you're feeling.**

**You take control of another because you want to take them to that place--because when you become the orchestrator and the director of their world, when you can set the stage and write the script and make them, for a little while, become someone else, somewhere else, then you can feel what it is to wake the sleeping lion--and that is heady stuff indeed.**

**On top of that, it's very romantic.**

## **Romantic? You've Got To Be Joking.**

Nope. See, that's one of the things about BDSM that isn't obvious to someone on the outside. When a dominant is creating a BDSM scenario, the dominant needs to focus his or her attention entirely on the submissive. A good dominant pays very close attention to the submissive--how the submissive is reacting, what's going on around the submissive, what the submissive is feeling--everything. Having somebody pay that close attention to you doesn't suck. It's very romantic.

### **So you've got someone tied to the bed. So what?**

It's more than just tying someone to the bed. The good stuff isn't in tying the knots; it's in what you are while you're tying the knots. Think of it as a game that's two parts acting, two parts roleplaying, three parts sex, and two parts psychology.

Or, if you want, think of this: There she (or he, depending on who you are) is, lying helpless beneath you, restrained hand and foot, blindfolded, and you have a feather in your hand...and she's very ticklish and she doesn't know when you're going to.....

### **Blindfolded?**

Yeah! That way, the submissive (a) can't tell what's about to happen (anticipation can be half the fun) and (b) is made to focus more closely on what she's (or he's) feeling.

So, anyway, there she is, restrained hand and foot, and you get out the clothespins, and...

### **Clothespins?**

Yes. You use them to...well, we'll get into that later.

The point is: Just tying somebody up is boring. The fun is in the stuff that goes with it. When you're restrained, you have this delicious feeling of helplessness, your lover free to do anything to your vulnerable body...it's fun!

**There's more than one way to tie somebody up. When most people think about bondage, they think of tying someone spread-eagle to the bed. That's a simple form of "restraint bondage" tying somebody to keep that person from moving.**

**Another form of bondage is "stimulation bondage"--tying somebody up, not to keep that person from moving, but in a way that stimulates that person sexually.**

**The same kind of fun can be had in bossing your lover around. The fun part is in the fact that your lover is compelled, within the limits of the game, to obey. She must submit as you tell her to slowly--peel off her clothes, and caress her own body as she tells you, Maestro, that she'll do anything to make you happy; then, as you direct, pick up the vibrator and...**

**Okay, okay, so, what do you actually DO, anyway?**

**Ah, now that's the fun part.**

***Okay, okay, so, what do you actually DO, anyway?***

**Ah, now that's the fun part!**

**There are as many ways to "do" BDSM stuff, as there are people. So really, what you can do is almost limitless.**

## **Clothespins Make Wonderful Toys.**

**They can be clamped to all sorts of interesting parts of the body, and the sensation--especially on sensitive parts like nipples--is quite intense indeed. Furthermore, the longer they stay on, the more intense the sensation when they come off.**

**Clamp them to nipples, or anywhere along the breasts; along the sides, arms, legs, and thighs; and in fact almost any other place you can think of.**

**Plastic clothespins produce more intense sensation than wooden clothespins, and small clothespins have a sharper "bite" than larger clothespins.**

**Make a zip strip:** If you really feel adventurous, take about six wooden clothespins and drill a small hole in one handle of each one, near the end. Then, tie the clothespins along a piece of twine, leaving about four inches or so between clothespins.

The result, called a "zipper" or "zip strip," is a series of clothespins that can be clamped in a row along your partner's body--for example, on your partner's belly, up along your partner's body, over your partner's breast, and on your partner's nipple.

Once the clothespins are in place, it's just a matter of finding exactly the right time to tug sharply on the twine, pulling the row of clothespins free, one after the other...

A wicked variant on this idea: tie one end of a long piece of twine to a clothespin. Run the twine through a pulley in the ceiling, and attach a weight to the other end. Clamp the clothespin on your partner's nipple (or any other suitable place!), and have your partner hold the twine in his or her teeth, so that if your partner lets go, the weight will fall and pull the clothespin off. Now, see if you can make your partner let go...

## **Brushes**

Excellent on bare skin, especially when the submissive is blindfolded. For example, a soft brush such as a shaving or makeup brush can be alternated with a stiff brush such as a toothbrush on breasts, nipples, thighs, sides, and so on. An electric toothbrush makes a wonderful sex toy when used on a clitoris...

## **A Bamboo Skewer**

Of the type used in the kitchen is quite an interesting sensation toy when it's used on a bound and blindfolded person. Dragged slowly and with moderate pressure over the skin, it feels much sharper than it is; used on sensitive areas like nipples and breasts, you can make someone believe you're actually piercing the skin with a needle, even though the skewer is blunt and won't break skin.

## **Ice**

is a great all-purpose sex toy that can be used in a number of different ways? Of course, you can always go with the old standbys--run an ice cube over your lover's body, especially if your lover is blindfolded and/or bound; or place an ice cube in your mouth and run your lips and tongue over your lover's body.

A more complex variant if you have enough lead-time is to make an ice dildo. To do this, you'll need a plain unlubricated condom and the cardboard tube from the center of a roll of paper towels. Cut the cardboard tube lengthwise, then close it into a cylinder that's as wide as you want the dildo to be, and tape it. Fill the condom with water, tie it shut, and suspend it in the tube with a piece of string; the cardboard tube will prevent the water from bulging in the dildo. Then place it upright in the freezer. In a few hours, you'll have a seamless dildo made of ice whatever diameter you like! This can be used for vaginal or anal play.

## **Dice and Cards**

Also add all kinds of potentially interesting variation to your sex life. They can create an element of surprise and tension. You can make your own cards from 3x5" index cards; or, better still, get a deck of blank playing cards from a hobby shop.

A punishment box is a good way to keep a submissive in line. Make a set of cards, each of which has an erotic punishment written on it. If the submissive misbehaves, he or she has to draw a punishment at random from the box. Or, if you prefer, make your submissive create the cards--preferably while aroused, as people who are aroused will think of devious things that people who aren't aroused won't.

### **Some Basic Punishments Might Include:**

The submissive is not allowed to orgasm for the next two days.  
The submissive will be turned over the dominant's knee and naked.  
The submissive must wear clothespins on his or her nipple for half an hour.

The submissive will be brought to the edge of orgasm, then stop.  
They can be as mild or as kinky as you like.

## **The Marble Bag:**

**Make both a punishment box (filled with cards describing things the submissive doesn't like) and a reward box (filled with cards describing things the submissive does like), and to fill a bag with twenty marbles, ten black and ten white. On a regular basis--say, every other night at ten o'clock--the submissive draws a marble at random, and then returns it to the bag. If the submissive draws a black marble, choose a card from the punishment box; if the submissive draws a white marble; choose a card from the reward box.**

**This is very effective if, any time the submissive does anything disobedient or naughty, you take a white marble out of the bag and replace it with a black marble (increasing the odds of drawing a black marble), and any time the submissive does anything exceptionally worthy of praise, you remove a black marble from the bag and replace it with a white marble (increasing the odds of drawing a white marble).**

## **Earning Points to Freedom:**

**The premise here is that the submissive is the dominant's sex slave, and must do anything the dominant instructs at any time until the submissive can earn his or her freedom. The submissive earns freedom by winning "points." To earn points, the submissive agrees to perform certain actions, which are like punishments (and you can use a punishment box as a starting place for making a list of activities and their point values). Each activity has a certain number of points associated with it, which varies depending on how difficult or unpleasant the activity is. The submissive is free to choose activities to earn points any time he or she likes, but is otherwise totally the dominant's slave until the submissive has earned 100 points, whether that takes a couple of days or a couple of weeks or a couple of months.**

### ***A few quick ideas to get you started:***

**The submissive must masturbate to orgasm for the dominant's entertainment. The first, second, third, and fourth orgasm earn, no points; each orgasm after that earns one point. If the submissive**

does not ordinarily shave his or her pubic hair, the submissive must shave his or her pubic hair completely for 5 points.

## **Knives**

Can make fun and psychologically powerful sex toys You do not actually have to cut your partner in order to do knife play. A semi-sharp or pointed knife edge drawn over skin, not hard enough to break the skin is an intense and erotically charged sensation especially if it is combined with a blindfold.

Draw the knife very slowly over your partner's body for an emotionally intense effect.

If the knife is kept in a freezer before you use it, it can actually feel much sharper than it is; a blindfolded submissive may believe that you are actually cutting with the knife, when in fact you are not. The back, chest, thighs, and legs are excellent places for knife play.

## **Saran Wrap**

Bondage doesn't always involve ropes and chains. Ordinary saran wrap works very well for bondage; your partner stands with his or her arms at their sides while you wrap them from head to foot in a cocoon of saran wrap. This is a quick, easy bondage technique that's highly secure, and a nude person wrapped in see-through wrap is quite sexy. The saran wrap allows for all kinds of interesting sensation play, from mild play with ice cubes to more intense play with knife tips. You can spank, poke, pinch, and otherwise play with any part of your partner's body without any ropes getting in your way; this is very effective when combined with a blindfold.

## **Bungee Cords**

Make interesting bondage gear. The kind you can find in a hardware store for securing loads in a car also are excellent for restraining someone. Pad or cover the place where the hooks meet the cord, and latch the cords around the bed. Bungee cords are deceptive; a person bound this way may feel like he or she can escape, but they're surprisingly secure.

# Ritual

**Can be a very powerful technique in domination and sub-mission. A submissive can be required to perform certain rituals, automatically and without prompting, at certain times or during certain events.**

**For example, you might create a ritual where the submissive is required to masturbate to orgasm every time he or she showers or bathes. This is an expected and required part of the process; the submissive should not need to be prompted.**

**A more risqué ritual might require a submissive to find some way to masturbate to orgasm at least twice per week while at work.**

**Dice or other randomizing elements can be integrated into ritual, as well, One possibility, for example, is to require the submissive to roll a die each morning; the submissive's responsibility then becomes to have exactly that many orgasms that day, by whatever means necessary.**

## **Techniques**

### **Extended Penetration**

**With practice, it is possible to train a person's body to accept vaginal and/or anal penetration for extended periods of time. You can, for example, have a submissive wear a dildo vaginally throughout the day, or make a submissive wear an anal plug as he or she does errands or housework. The key is to start small--a dildo or anal plug that seems quite small at first can become too big after a period of time--and not push the submissive if it becomes painful. Patience is essential.**

**What this does is makes it impossible for the submissive to ignore the penetration, whatever else he or she may be doing. This in turn can keep the submissive constantly thinking about and constantly craving sexual stimulation.**

### **Orgasm Denial**

**This is a fun, and frustrating, technique that can bring some of the spark back into sex. There are a hundred variations, but the basic idea is simple: prevent your partner from having an orgasm for a length of time (a day, two days, a week, whatever you want). You shouldn't make it easy; you can, for example, require that your partner have sex one or more times a day, or masturbate regularly (this works well when combined with a ritual of some sort), but your partner is not allowed any sexual release. Over time, the sexual tension builds up, and your partner becomes perpetually aroused.**

**When done over a period of several days or longer, this technique creates a very powerful level of sexual excitement. When you do finally allow your partner release, it's an extremely intense experience.**

### **Human Sex Doll**

**This is a good way to explore your partner and get your feet wet in D/s. The premise is simple: the submissive partner is a living sex toy, and allows the dominant to put him or her into any position and take any action, and the submissive partner remains completely passive throughout. The submissive partner simply remains in whatever position the dominant places him or her into, and does not take an active role in any way whatsoever as the dominant explores the submissive.**

**A variant on this idea involves tying the submissive securely in a sexually available position, and alternately exploring the submissive's body in humiliating and/or painful ways--for example, by probing the submissive's orifices with dildoes or other toys, clamping the submissive's nipples, and so on and having sex with the submissive, during which time the submissive is forbidden to make any sound or respond in any way whatsoever. Failure to remain completely passive earns a punishment.**

## **Enforced Availability**

**This works best with a female submissive, and is especially good for those of you with an objectification fetish.**

**Choose a specific period of time, such as one particular day, when your partner is required to be available for sex at all times, regardless of her state of arousal. During this time, she is required to do whatever is necessary to keep herself ready for sexual penetration or intercourse. Periodically throughout the day, you should take advantage of her availability by taking her sexually, without warning and regardless of what she's doing at the time. Keeping herself available and well lubricated is part of her responsibility, she should be ready for you constantly, at any time.**

## **Eroticising Everyday Activities**

**There are a number of ways you can integrate D/s into things that normally don't have any connection with sex, eroticising them. For example, you might go into a pet store and have your submissive try on various collars right there in the store, then buy the one that looks the best. Or, you might send the submissive partner into a grocery store to buy innocuous things, which suggest a sexual context--such as a cucumber and a box of condoms. This creates a psychological effect where the submissive is convinced that everybody knows exactly what's going on.**

## **Sensation Play**

**This is a technique suited for anyone with a very sensual approach to sexual exploration. The idea is very simple; start by blindfolding your lover (and tying him or her down ), then subjecting him or her to a wide variety of different sensations. For example, you may stroke your lover's body with ice, or drip hot wax on his or her body,**

or caress your lover's skin with soft fur, coarse sandpaper, and other textures.

A bit more intensity can be had by using a dull butter knife you've kept in the freezer for a few hours (the cold edge of a dull knife can feel very sharp!).

## **Public Play**

Take your partner out to a very ritzy dinner at an upscale restaurant. Midway through dinner, quietly slip your partner some sort of sex toy. Order your partner to go to the restroom, go into a stall, strip naked, and masturbate to orgasm. As a particularly evil twist, you can order your partner to return to the table still wearing the toy. Doing something like this is a very effective way of creating a delightful sense of vulnerability.

## **Conditioning**

The human brain is a remarkable organ; creative, good at pattern matching and association, and capable of learning. This affords all manner of ways to have some kinky fun.

One idea that works particularly well is to condition your partner to want something which he or she normally wouldn't want, and to anticipate and even ask for things that test limits.

Pick something that's within your partner's hard limits, but that normally your partner would never voluntarily want or ask for. Something that you might otherwise use as a punishment is good, something your partner finds humiliating, for example, or otherwise challenging to endure.

Describe how you are going to do this thing to your partner. Take your time; let the apprehension build. Explain in loving detail what you're going to do, and how it's going to feel. When your partner is writhing and twisting in apprehension, explain that you're not going to do it until they ask you to. And tell them to make it convincing.

Don't give it to your partner right away. Order your partner to keep asking for it until you are absolutely convinced that they want it. Tell them to beg for it, and to describe how badly they want you to do it. Only after your partner is begging and pleading should you do to them whatever it is.

**The interesting thing about doing this is that human responses work both ways; our emotional state influences our actions, but our actions also influence our emotional state. A person who finds himself or herself begging for something will really begin to want that thing, even if he or she would not ordinarily want it at all!**

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# **Role-Playing Scenarios**

## **Surprise Beginnings**

**This is a good way to start a scenario or an evening's activities. When the submissive is away, take a brown paper bag and place a set of restraints (ankle cuffs, wrist cuffs, or the like), or a blindfold, or both, in it. Set the paper bag near the bedroom door (or near the door to the house!), and tape a sheet of paper with instructions on it on the door. The sheet should instruct the submissive to strip completely, open the bag, and put on the restraints/cuffs/blindfold before opening the door. The submissive is not allowed through the door until he or she is properly prepared.**

## **Night Security**

**The setting here is straightforward: the dominant is a security guard, and the submissive has committed some infraction--perhaps trespassing on secure property while walking home late one night.**

**The security guard confronts the offender, and takes the offender back into the security room, where the offender is subject to a humiliating strip search. The security guard explains that standard policy is for the police to be notified and the offender is to be booked for criminal trespass, but that other arrangements can be made; at this point, wishing to avoid a night in jail, the offender does whatever the security guard instructs.**

## **Secret Past**

**The submissive in this scenario has a secret past--some dark, shameful thing he or she has done, which his or her spouse absolutely, positively must never learn about. One day, a person out of this dark past shows up on the submissive's doorstep, with photographs and videotape in hand, threatening to expose the submissive's secret to his or her spouse.**

**Desperate, the submissive bribes the blackmailer with sexual favors, trading sex for the secrecy. The blackmailer may make any demands on the submissive's body; the submissive is forced to comply, or be exposed.**

## **The Hostage**

**In this scenario, the submissive is an innocent victim, and the dominant is a desperate criminal. The dominant carjacks the victim's car to escape police, not allowing the victim time to escape and driving too fast for the victim to jump out of the car. The carjacker drives to a seedy motel on the edge of town, where he or she decides to take advantage of the turn of events by raping the victim in the run-down motel room.**

## **The Photo Shoot**

**One person is a professional photographer, specializing in erotic and sensual photography. The other is the client, who wants a special set of photographs. The client commissions the photographer to do a sexy series of photos, in whatever poses the photographer wants.**

**After the shoot is over, the photographer reveals a catch: the photographer wants payment for the shoot in a...special form. Rather than paying the normal fee, the client will pay the photographer in sexual favors. The client renders payment by becoming the photographer's plaything, agreeing to do whatever the photographer says. The photographer may even do a second shoot to record the events...**

## **The Pirate**

**This is a basic roleplaying scenario. You're the rapacious pirate plundering the village; she's the innocent maiden in the local town. (It works particularly well if you have an eye-patch and a bandana.) She's at home alone, minding her own business, when you come crashing through the door. She struggles, of course, but she's helpless to resist you. Swooping down on her, you bodily rip her clothing from her and pin her against the wall. You hold her there by the wrists while you explain what you're going to do to her. Then, finally, you ravish her until you're thoroughly satisfied.**

## **Dinner and a Movie**

**This one explores the psychology of power exchange. One of you agrees to be the submissive for the evening; the other is the dominant, the maestro, and the one whose word is law. You go out for an evening on the town--a formal dinner, perhaps, and maybe a movie afterward. The dominant should establish a few rules beforehand; for example, the submissive is not allowed to speak to or have any contact with anyone except the dominant. So, for**

**example, when you're ordering your meals in the restaurant, the submissive cannot tell the waiter what to bring; he or she must tell the dominant, which will then tell the waiter. (Or, you can turn this around; the dominant speaks to nobody except through the submissive.) Rules like this are fun to play with, because while the people around you may notice something is going on, they won't know exactly what. As the evening progresses, the dominant can find all kinds of delightfully subtle ways to tease the submissive.**

**Perhaps he'll tell her to go to the ladies room and remove her underwear, the better to tease her in a darkened theater. Maybe he'll order her not to come back out until she has thoroughly aroused herself.**

**Or perhaps she'll have to wear a sex toy of some sort under her clothes. Maybe during dinner he can whisper to her what he's going to do to her when they get back home.**

**The key to enjoying this kind of scenario is to keep it quiet; it's great fun if nobody else has the slightest idea what's going on. (To an aroused submissive, it will seem like it's obvious and that everybody knows what's happening--and that's part of the fun!)**

### **Mad Scientist**

**In this game, the dominant is the evil mad scientist, and the submissive is his helpless experimental victim. The mad scientist (who for effect can be wearing rubber gloves and a disposable laboratory gown) has the subject tied to his examining table deep in the heart of his laboratory, and can perform all manner of experiments on her. He might, for example, probe her in various places using any one of a number of suitable laboratory instruments (vibrators are good for this). Perhaps while he's doing that, he might put clothespins on her nipples, to see how they respond to compression. Maybe he'll want to experiment to see how long she can be stimulated without being allowed to climax. He could keep her there through the long hours of the night, conducting endless experiments to find out how many times she can climax, or how large a probe she can accept, or how deeply she can be penetrated...you get the idea.**

## **Ravishment**

**This starts as a romantic evening at home. It can be dinner for two, or cocktails, or simply wine in front of the fireplace. In any event, after kissing, cuddling and necking for a while, she refuses to go farther. Slapping him, or pinching him in the middle of a clinch, should be last-ditch action.**

**Finally he reaches his limit. When she rejects his demand that she "put out", he ties her up, then has his way with her until she begs him for release.**

## **Crime and Punishment**

**Make up some silly rules, the violation of which is grounds for arrest. One such "rule" might be Attempted Seduction; another could be Aggregated Sexiness, or Possession of a Dangerous Body. Or she can to wear hooker clothes, and stand on the corner of Driveway and Garage Door when he drives home. She makes him an offer, only to learn that he's a vice cop.**

**In any case, she's placed under arrest. He makes her "spread 'em", frisks her, and ties her hands -- it's been a busy night, they're out of handcuffs. This can also explain why she's tied to a chair in the squad (bed) room instead of going to lockup. If she smarts off to the arresting officer, he might even gag her.**

**Depending on your own particular tastes, she could get a bench trial and be sentenced to a spanking. Or she could bribe the officer with her body...**

## **Exchange of Power**

**She dresses in full Domme gear, black lace bustier, long gloves, stockings and high-heeled boots or a reasonable and affordable facsimile. She also needs a weapon a whip is of course traditional, but a toy pistol could also be used. She struts out and confronts him, orders him about like a mere slave. Perhaps he goes along for a bit, lulling her into false security. Then he swings into action, knocking her talisman of power from her hand. Perhaps he gives her "The Kiss of the Petite Mort"--a kiss so romantically powerful that her will is completely sapped. Or if they want to play a little rougher, he simply clips her (lightly!) on the jaw, knocking her out. Then he ties her up. She struggles fetchingly in her unyielding bonds, demanding release until her gags her. Then, slowly, he has his way with her helpless body.**

## Switch Tease

Before anything gets underway, she ties his hands and blindfolds him. Then she puts on a sexy outfit that he likes her to wear. When she's ready, she removes the blindfold, and proceeds to tease her prisoner unmercifully with her body. At some point, of course, she makes a mistake. Perhaps his pleas to be allowed to touch her make her careless. In any event, he gets loose, seizes her in his strong, masculine arms, and proceeds to tie her up. He then drives her wild with desire, until, standing over his captive, he slowly strips . . . Okay, you get the idea.

These kinds of things all qualify as "doing" BDSM; there are endless variants on these ideas, and a whole rich territory outside these particular scenarios to explore. Some people might be interested in doing this sort of thing only occasionally, and alternate between who's the dominant and who's the submissive; other people like to make dominance and submission a full-time part of their lives. The point is to have fun with it; discover what arouses you and do it!

## **Let's Talk About Foreplay!**



**Foreplay is to sex what stretching is to a workout: easy to skip but essential for great results. And it's a lot more fun than stretching.**

**Good foreplay is the way we smooth out our differences - slowing the man down a little, speeding the woman up a little, and meeting (hopefully) in the middle.**

**We, do better when we work up to sex slowly, which is why time spent flirting, touching, caressing and kissing is time well spent.**

**Why is it so important? Because women take longer to achieve orgasm than men.**

**"A man's sexual responses are like a light-bulb: you turn it on, and it goes from cold to hot almost instantly."**

**"When you turn it off, it cools right away. But a woman's responses are more like an iron: you turn it on, wait for it to heat up, then wait ages for it to cool."**

**Women's sexual responses in themselves aren't any slower than men's - it's just that women need more foreplay because it's harder for them to orgasm through intercourse alone.**

**Women generally do take longer to become aroused, but here's a sobering thought: women can climax in minutes when they masturbate.**

**Not only is foreplay important for establishing intimacy and understanding, it's essential for good, strong erections.**

**Many men find that prolonged foreplay enhances their orgasm. And the older a man gets, the more important foreplay becomes to his sexual performance.**

**Because men are so goal-orientated they tend to neglect the very thing women crave tenderness.**

**"Men learn while growing up that touching, hugging and kissing are feminine needs and that 'real men' only like intercourse."**

**How long should it last? Only you and your partner can tell. It could be ten minutes, it could be two hours. On average, women like about 17 minutes of foreplay. That may seem a long time, but the rewards are rich.**

**You already have the two most important tools you need (no, not that)- your mind and your body.**

**The trick is knowing how to use them to cultivate the skills of a great lover.**

# Foreplay Guide for Men

## Don't Rush In

**"The main thing men forget is that it takes women longer to get in the mood."**

**"Men can move more or less directly from watching football to having sex but women are much more aware of setting, surroundings and mood. They need to be romanced a little and have more transition time."**

**Slow everything down. Begin your seduction on the sofa, dedicate time to kissing, undress slowly the more time you spend working her up into a lather the better, for both of you.**

## Use Kind Words

**Since women respond more to verbal rather than visual stimuli, talking is one of the best ways to arouse a woman. It's also a way of letting your partner know that she can take all the time she needs.**

**"During foreplay, women are often thinking about how they look, whether they can please you, whether they're desirable."**

**And here are the three best words you can say to a woman during foreplay: "Take your time." It may sound stupid, but you're giving her permission to relax and enjoy herself. It's effective, and she'll appreciate you for saying it.**

## Ignore The Obvious Goal

**A main complaint women make about men's approach to foreplay is we're too genital-orientated.**

**"What men should remember is that women require more non-genital, whole body touching sex."**

**"Gentle touching is evidence to her that he cares about her as a person. She needs that before she can become fully aroused."**

**Make a pact with yourself that for a full ten minutes you won't even go near her vagina. Concentrate instead on the other nerve rich areas of her body such as the breasts, mouth, neck, armpits, buttocks and earlobes.**

## **Learn To Tease**

**Anticipation is a powerful aphrodisiac. Here's one trick that will work brilliantly for both of you: lie on your side facing your partner, with the tip of your penis just touching the entrance of her vagina.**

**This allows you to kiss, fondle her breasts and stroke her buttocks while gently teasing her with your penis.**

**Resist the urge to penetrate, though, until she wants, or hope-fully begs you to.**

## **Know Her Body**

**After all these years studying the female body you might think you know it inside out. But here's a three minute masterclass.**

### **HER BREASTS**

**While men might enjoy them, only one in ten women actively play with them during masturbation, so don't automatically expect her to respond to your attentive breast worship.**

### **HER NIPPLES**

**If they're not erect yet, don't clamp or twist them. Instead, use the flat of your palm to rub her entire breast in a circular motion. Start lightly and increase the pressure as she becomes excited. Once they are firm, take them between two wet fingers and slide back and forth. Don't squeeze.**

### **HER CLITORIS**

**This bud of concentrated nerve endings is a lot more sensitive to touch than the penis, so don't bash or tweak it too hard with your fingers. And don't plunge a finger deep into the vagina - most women find this a real turn-off, not to mention uncom-fortable.**

## **HER INNER LIPS**

These are much more sensitive than the outer ones, especially if stroked along their inner surface.

## **Kiss**

Men, particularly those in long-standing relationships, tend to forget how pleasurable kissing is. Instead, it becomes nothing more than a signal that says "I want sex now". Next thing you know, you're limiting kissing because you don't want your partner to assume it's a prelude to sex.

Escape this downward spiral by kissing her more throughout the day. Then, when it does come to sex, make sure kissing is at the forefront of your foreplay. Use your tongue to explore her entire body and be gentle. Remember - many women would like less tongue. Try instead to use the tip of it to play with the tip of hers.

## **Get An A In Oral**

For a polished performance try these simple tricks:

### **USE A PILLOW**

"A pillow under your partner's rear end provides better access to her genitals."

### **BE FIRM**

Put your hand on her perineum, the area between the vagina and the anus, and press or massage it. It's one of the most erogenous zones for women.

### **'SING' TO HER**

The clitoris responds best to constant, gentle vibration. A good way to achieve this is to hum quietly as you lick her. "A well hummed aria can push some women into orgasmic orbit."

## **Explore**

Most men simply work their way down a woman's body mouth, breasts, belly-button, and so on. But look at it from her point of

**view: if she knows exactly where you're taking her the journey's no fun. Whisk her off on a mystery tour instead:**

### **TRY OVERLOOKED BITS**

**Her eyelids, inner thighs, the backs of her knees, behind her earlobes, and the tops of her breasts (not her nipples).**

### **USE SMALL SUCKING KISSES**

**Add pressure with the tip of your tongue.**

### **AFTER KISSING, BLOW ON THE AREA**

**It's probably the only time she'll enjoy catching a chill.**

## **Keep Your Clothes On**

**When you were a teenager you were probably fully clothed for much of the sex you had. Not only was this necessary, it was fun.**

**Once there's no one to catch us in the act, though, we're all too eager to strip off and get down to business, which automatically speeds up foreplay.**

**Instead, take time to peel off - and make the most of the clothes you've still got on. "One oral sex variation is to go down on your partner when they're still wearing underwear." "Reach under the material with your tongue, push it to one side for access or pull it off with your teeth."**

## **Be Corny**

**Here's a final rule: if it feels corny, do it. That applies to both men and women, but in different ways. For women, it feels corny to dress up in lingerie or costumes, but men find it very stimulating. By the same token, the things that men feel corny doing lavishing compliments on their women, snuggling and cuddling, waiting on them hand and foot are highly effective forms of foreplay. "Many men say they don't know what to do to make their partners happy. Well, they do. They just can't imagine doing or saying it. If you feel embarrassed saying something, you now know that it's probably the thing that'll make her day."**

# Foreplay Guide For Women

## Give Directions

Some women think men fall down on foreplay because they're clumsy, selfish or orgasm-obsessed. This may well be true, but women are as much at fault for not communicating their own needs. "Many women still have a great deal of difficulty in communicating what they want and need sexually if she doesn't know what she wants, his chances of satisfying her are greatly reduced. "You don't have to tell him where to put his fingers, where to blow and what to lick, but guiding with your hands works wonders.

## Be Firm

One of the most common complaints from men when it comes to sex is that women don't grab the penis firmly enough when handling it; they treat the man's genitals as gingerly as they do their own. If you're unsure what's firm and what's painful, get your partner to place his hands around yours while you masturbate him and allow him to adjust the pressure. The same goes for playing with a man's testicles. They may not be as delicate as you think.

## Stimulate His G Spot

The good news is he does have a G-spot. You'll need to insert a lubricated finger into his bottom to find it. If you do this and press towards the front of his body you should be able to feel a small knot. This is the prostate gland and, for many men, having it massaged or stroked can intensify orgasm. There is another way to get to it, though. The area just below the testicles that leads to the anus is extremely sensitive to touch and can deepen the degree of sensation, particularly if pressed lightly. By doing this you're essentially massaging his prostate externally.

## Give Him Something To See

Letting your partner watch you masturbate is one of the most intimate sexual acts you can share with someone. But letting him see how you stimulate yourself works on two levels. Not only does it give him the best possible lesson in how to arouse you, it will pander to his need for visual stimulation. To charge this scene even further,

**tell him that he can watch but not touch, or create a fantasy scene where he's spying on you without your knowledge.**

## **Talk Dirty**

**This represents a great change for relationships that women can feel free to express intimate sexual feelings. "This is all the permission you need to describe in detail what you're doing, what you're about to do and what you'd love him to do to you. Men love running commentaries.**

## **Feed His Eyes**

**The older your partner, is the more likely foreplay is going to be an important part of sex for him too. But here's something you should know, he might want to use more pornography in his foreplay. "Older men are more quickly aroused by the visual than they are even by manual stimulation of the genitals, "If you don't like the idea of looking at pornography together, make the prelude to sex a real performance and allow him to look at your body, try dressing up, anything that provides a little extra eye candy.**

## **Open The Toy Box**

**The majority of sex toys are bought and used by women but that doesn't mean you have to keep them all to yourself. "Vibrators are generally associated with women, but men can enjoy them too." If you have a vibrator, draw it up and down the shaft of his penis, under his testicles and against his nipples, before getting him to experiment with it on you.**

## **Perfect Masturbation**

**You'll never be able to pull his pud better than he can but don't let that stop you trying. Here's a few tips to help you on your way...**

### **PULL BACK**

**If your partner has a foreskin, gently pull it back as far as it will go and hold it there while you stroke the shaft with your other hand this can heighten penile sensitivity. Try this during oral sex too.**

### **ADD A LITTLE TWIST**

For extra sensation incorporate a slight twist to your downward stroke. You can do the same during oral sex by tilting your head and rotating your tongue.

### **HAVE A SWELL TIME**

Move your hand firmly down the shaft of the penis and when you reach the base squeeze tightly. This temporarily prevents blood flowing back out of the penis, causing it to swell and increasing the sensitivity of the head.

### **FIND HIS FRENULUM**

The frenulum, the little piece of skin connecting the shaft to the ead of the penis (on the underside), is the most sensitive part of his organ. Flick this area with your tongue during oral sex or gently rub it with a lubricated finger during masturbation.

### **TRY DIFFERENT TEXTURES**

Experiment with a few different textures against his penis a silk hanky, talc, honey, a leather glove or sandpaper. Well, maybe not the sandpaper, but you get the idea.

## **Be A Tease**

The reason men don't like foreplay is that they're mental sprinters; totally focused on the finishing line. What you need to do is slow him down by putting a few hurdles in his way. Work your way down his body, giving him a total-body tongue-bath but avoiding his genitals at all costs. The objective? To make and keep him hard for as long as possible without actually touching the penis. He'll appreciate the wait.

*Three tips for fantastic fellatio...*

### **SLOBBER**

"Clever women let gravity carry their saliva down a lover's penis. They can also use it as a lubricant for pumping the bottom part of the penis with one hand while doing the upper part by mouth."

### **BLOW HOT AND COLD**

**Altering the temperature of your mouth can make oral sex even more interesting for him. Try sucking ice cubes or sipping a hot drink before you go down on him. Better still, alternate hot and cold in one session.**

### **MAKE EYE CONTACT**

**The opening at the tip of the penis is also worth exploring with your tongue. Gently open it by squeezing the head of his penis with your finger and thumb.**

## **More Hints On Foreplay**



### **Make Foreplay a Breeze**

**Believe it or not, even air can be used as an erotic tool a particularly enticing one during hot summer nights. Have your lover strip down to their birthday suit and lie flat on the bed with their eyes closed. (You might even want to blindfold them.) Then, use your breath or a small, handheld fan to blow on them gently, moving from erogenous zone to erogenous zone. Soon enough, they're likely to be begging for your touch.**

### **Savor Sweet Sensations**

**Consider the erotic possibilities of produce. Fruit is delicious and sensual, whether you and your partner share an erotic snack, place a morsel in your mouths to sweeten a kiss, or lightly rub juicy pieces over one another's bodies to lick off. Try feeding your lover a succulent strawberry or a ripe piece of mango at the end of a romantic dinner and see where it leads!**

### **Undressed and Impressed**

**Try a new twist on an old favorite: Perform a unique striptease dance for your lover. First, impose a strict look-but-don't-touch rule. (Using fur-lined handcuffs or soft wrist restraints on your partner will help.) Then, as you disrobe, erotically remove articles of clothing from them, as well. Do this until you are both naked and ready for more action. You may or may not want to remove their restraints!**

### **Mix Up Your Massages**

**Massage is a wonderful, intimate way to be romantic with your partner, but even massages can become routine. So mix it up! One time touch your partner using only soft, feather-light strokes over every inch of their body. Another time, use different, oiled parts of your body -- like your forearms, chest, and thighs -- to caress and rub your partner. You can even make massage a game, choosing the strokes and body parts, and different massage oils.**

## **Get in the Zone**

**First, ask your partner to pick a favorite non-genital erogenous zone on their body (nape of neck, back of knee, earlobes, hands, tummy, etc.). Then, for the next 24 hours, lavish special attention on that one spot or zone. Try caressing it, kissing it, blowing on it, rubbing ice on it -- get creative! The goal is to see just how heated up you can make each other throughout the day. This will lead to some really intense sex by evening.**

## **Sexy Scavenger Hunt**

**Tantalize them with a playful adult scavenger hunt! Hide your sex toys and other racy treats around the house and give your lover clues on where to find them. To add some fun to the game, you might want to shed a piece of clothing each time they find something you've hidden. But let them know they can't get their real prize until they've found the very last one. As for what that prize is, we'll leave that to your imagination!**

## **Daring Strip Poker**

**If you're in a frisky mood, try playing a game of strip poker (or rummy or gin) with your partner. When you've both lost all of your clothes, dare each other to do silly tricks in the buff. For instance, you could dare your naked partner to do a headstand, cartwheel or jumping jacks, or attempt to give you an erotic belly or hula dance. You're both sure to have a good laugh. Laughing with each other while naked can help boost your body confidence and is a great erotic mood enhancer.**

## **X Marks the Spot**

**The next time you and your lover are together, each take a piece of paper and draw a picture or outline of your body on it (even if it's a stick figure!). Then, mark an X on every spot you want your lover to touch, lick or kiss. When you're both done, trade papers. Now you have an erotic treasure map that you can use to explore your partner's body.**

## **Heighten Your Senses**

**Expanding the range of sensations that you're open to can really heighten what you experience during sex. One way you and your partner can experiment with this idea is by taking turns blindfolding one another and having each other taste a number of different foods. Choose a range of foods that are very different. Some should be salty, some should be sweet and some should even be bitter. Tasting one food after another without knowing what to expect will make each flavor more intense. If you and your partner like this experience, you can also try it using different scents (like peppermint, lemon and floral scents) or sounds (from beating drums to the sound of your breath in their ear).**

## **Be Daring and Delicious**

**Surprise your lover by placing a drop of flavored oil, gel or nipple balm somewhere on your body that you know your lover will lick during foreplay. Once the action starts, watch your lover's face as they taste this unexpected treat. Chances are, they'll soon be searching your body for more!**

## **Erotic Produce**

**Fruit is delicious and sensual, whether sharing an erotic snack, rubbing it lightly over your lover's body or licking the juice off of select body parts. Try freezing some grapes and using them like an ice cube.**

## **Chill 'em Out**

**Run an ice cube over your lover's body while it melts before sex! They'll get the chills, and then you can warm them up.**



# **Sex Toys And Props**

## **Different Strokes**

**Masturbation sleeves aren't just for solo pursuits. Have a partner get involved in your self-pleasuring! To start off, let your lover use your favorite lubricant to ready the sleeve for your use and slowly slip the sleeve on you. Then guide your lover as to the strokes that create the best sensations by placing your hand over your lover's hand or murmuring encouragement when a rhythm is working. That way, your lover's technique is perfected and you receive an amazing orgasm.**

## **Glow with Passion**

**This tip will literally lead your lover right where you want them to be! Luminesse is a stylish French dildo outfitted with silicone rings that glow in the dark. Just set it under a lamp for a while, then turn off the lights and watch it shine. Some special night, after dark, try creating a glowing path to your bedroom door by placing Luminesse's rings throughout your house. Following each one, your partner will get closer and closer to you until--surprise!--you are finally visible lying in the bed holding Luminesse's phosphorescent shaft. Once your partner brings you all the rings, let the games begin. Both of you can place the rings on the shaft, using Luminesse as part of your love play. You'll be glowing with passion all night long.**

## **Pearl Play**

**Whether or not you ever wear them, a string of pearls can make a wonderful accessory when drawn slowly along an erogenous zone. The pearls themselves are silky smooth, yet the bumps create a tantalizing texture that feels wonderful when brushed up against your most sensitive areas.**

## **Share the Pleasure**

**Even if you have a fabulous sex life, there's always room for some extra spice. Mix it up with a new sex toy you can share. G-Spot vibes are great for stimulating her G-Spot or his prostate during oral play, creating a truly unique sensation you both will love. Or try the perfect hands-free couple's toy, a vibrating erection ring that make**

his erection stronger and last longer while providing clitoral stimulation for her -- a great way to share and intensify the pleasure for both partners during intercourse.

### **Add Pleasure with Pillows**

Pillows aren't only for sleeping on! They can also be a great help in achieving different sexual positions with less strain and increased pleasure. Experiment with your pillows. You can use them for support, cushioning or elevation of certain body parts during intercourse.

### **Make Edible Art**

Want to really express your erotic side? Paint your lover's naked body using body frosting or even some chocolate syrup. Whether you use a soft brush or your fingers, your partner will love the sensations you create while making your masterpiece. And they'll love it even more when you devour your delicious creation!

### **Sexy Special Deliveries**

If you've never watched porn with your lover, this might be the perfect time to give it a try. There are hundreds of categories, so experiment until you find the genre that works best for you.

### **Be a Smooth Operator**

Add a silk or satin scarf to your bedside collection to enhance your love play. Both sensual and versatile, a scarf can be used as a blindfold, tied to gently bind your partner's hands or manipulated to add new sensations to foreplay. For instance, run the scarf slowly along your partner's body, grazing their nipples, belly and inner thighs. The cool, slick material will feel amazing on their bare skin.

### **Tickle Their Fancy**

Use a feather to tickle and tease every inch of your lover's body. A big, fluffy plume works best. Simply run it lightly over your partner's skin and watch 'em squirm. By the time you're done, every inch of their body will be tingling. So simple, yet so erotic!

## **Erotic Exposure**

**Smile, your naughty bits are on camera! Make an erotic video or digital photo series starring your sexy, seductive self. Imagine how delighted your partner would be if you were to make a special little show for their eyes only. Send it with them on a trip or give it to them as a preview of things to come. Don't even say what it is just make sure you tell them to watch it alone!**

## **Guess the Toy!**

**Take out all of your sex toys, lay back, and close your eyes. Then, have your partner use different toys on you one by one, and try to guess which toy he or she is using.**

## **Beyond the Bed!**

**Utilize different pieces of furniture to create different lovemaking experiences. Not only does getting out of bed provide instant variety, but there are other advantages as well. For example, a piano bench or weight bench can be straddled easily, one can kneel while the other lies on it. Use your imagination!**

## **Lube it Up First**

**Try putting a tiny dollop of lubricant inside the tip of the condom. It will increase sensitivity. Just be careful to put the lubricant in the tip only otherwise you risk the condom slipping right off during sex not a good thing!**

## **More Textures**

**Here is another way to try playing with textures: Instead of rubbing your partner's body with things like fur and silk, rub through them! What you do is keep the material still against your partner's body, and move your hand over it. If you do it this way, you can create all sorts of unique sensations using even unusual items such as Saran Wrap.**

**Foreplay should be a basic part of the total experience. Both parties involved need a little extra something to be fully aroused and achieve the highest amount of pleasure. Foreplay is the perfect moment to spend time understanding what it is your partner enjoys. It's not about pushing the right buttons in the right order but rather about being able to give your partner what he or she needs to make the moment pleasurable.**

**Foreplay includes a range of activities such as kissing, undressing your partner, oral sex, and touching. Of course, many other activities can be considered part of foreplay as well.**

**The trick is to go slow and not rush through anything. Think of kissing as an art, not too soft, not too hard. Begin with a kiss on the lips but don't stop there. Remember, this is as much about exploring your partner as it is about turning them on. So take the time to explore your partner's body with kisses and make them feel special.**

**Oral sex is an integral part of foreplay. It's as close as you and your partner will get without having intercourse. You are exploring a private area of your partner's body which suggests you are both comfortable enough to be with each other in such a fashion.**

**Giving your partner a massage can be very erotic. Begin by setting the mood by lighting some candles and putting some soft music on in the background. Make sure the room temperature is warm and so are your hands! The whole idea of a massage is about being touched so try to maintain constant contact with your partner.**

**There is no such thing as spending too much time on foreplay. By simply paying attention to your partner, you'll take your sexual adventures to a whole new level. So light some candles, hit the music, and spoil your partner!**

## **WARNING!!!**

**Dropping your pants and shouting  
"DADDY WANTS SOME!"  
at your partner,  
Is NOT qualified as foreplay!!**

## **It All Starts With The Kiss**



### **Butterfly Kiss**

**With your faces less than a breath away, open and close your eyelids against your partners. If done correctly, the fluttering sensation will match the one in your heart.**

### **Earlobe Kiss**

**Gently sip and suck the earlobe.**

### **Eskimo Kiss**

**With your faces less than a breath apart, gently rub your noses together.**

### **Eyelid Kiss**

**While your partner is resting/sleeping with eyes closed, very very gently kiss the spot right below their browbone. A very intimate kiss.**

### **Finger Kiss**

**While laying together gently suck on their fingers. This can be very seductive and pleasurable.**

### **Foot Kiss**

**An erotic and romantic gesture. It may tickle, but relax and enjoy it! To give a toe kiss by gently suck the toes and then lightly kissing the foot. It helps to gently massage the base of the foot while performing the kiss.**

### **Freeze Kiss (or Melt Kiss)**

**Experiment with this fun kiss. Put a small piece of ice in your mouth, then open mouth and kiss your partner, passing them the ice with your tongue. It's an erotic and sensual french kiss with a twist of cold.**

### **French Kiss**

**The kiss involving the tongue. Some call this the "Soul Kiss" because the life and soul are thought to pass through the mouth's breath in the exchange across tongues. Surprisingly, the French call this "The English Kiss".**

### **Fruity Kiss**

**Take a small piece of fruit and place between your lips (juicy fruits such as grapes, strawberries, small pieces of pineapple or mango are ideal). Kiss your partner and nibble one half of the piece of fruit while they nibble the other until it breaks in half, allowing the juice to run into your mouths.**

### **Hickey Kiss**

**The object is not to draw blood, but to gently leave a mark that will prove your interlude was not a dream. This is often included in erotic foreplay.**

### **Hostage Kiss**

**Cover your lips with tape and get your love's attention. When they come near, make noises like you're trying to tell them something and motion as if you can't get the tape off. Once they remove the tape from you to hear what you're trying to say tell them: "I've been saving my lips all day just for you!"**

## **Hot and Cold Kiss**

**Lick your partner's lips so that they're warm, and then gently blow on them. The sudden cold blast makes for a sensual explosion, and they will often try it on you next, as well as get very passionate.**

## **Lick Kiss**

**Just before kissing, gently run your tongue along your partner's lip whether it be the top or bottom one depending on the position of your lips. Very sensual.**

## **Lip Sucking Kiss**

**When kissing gently suck on their lower lip. This can be very exciting.**

## **Neck Nibble Kiss**

**Gently nibble up and down your partner's neck. End with a gentle kiss on the lips.**

## **Nip Kiss**

**This kiss can create a very erotic sensation. While kissing your partner, ever so gently nibble on their lips. When done correctly, this kiss ignites wonderful sensations.**

## **Reverse Lips Kiss**

**It involves standing above your lover and kissing them from over their head. This way, each kisser can take the hypersensitive bottom lip of their lover in their mouths, and GENTLY draw blood to the surface of the lip by nibbling and sucking. A very sensuous, connecting kiss.**

## **Searching the Cavern**

**Use the lips and tongue to gently tickle and kiss your lover's navel. Vary speeds and stroke to change sensation. Invigorating and intoxicating.**

## **Sip Kiss**

**Take a small sip of your favorite drink. Leaving a little bit of it on our lips, kiss your partner. It is a unique way to create a sensual feeling and your partner will enjoy it.**

## **Teaser Kiss**

**Starting on the forehead, a sweet short kiss on lips, then move up the arms up to her hand, kiss her hand, then come back up her arm, to her face and then lightly kiss her lips till she wants a passionate kiss.**

## **The Buzzing Kiss**

**Gently place your lips against your lover's neck , behind their ear. Now, send a shudder through their skin by gently growling and humming, vibrating your lips and cheeks as you do so. Move up and down the neck, over the bones of the face and lips. Stimulating and erotic when done correctly.**

## **The Whipped Cream Kiss**

**Dip your finger into some cool whip or whipped cream of your choice. Lick it off slowly, then embrace your partner and kiss them deeply letting their tongue slip over yours for a wonderfully sweet kiss. It's very seductive and passionate.**

## **Tiger Kiss**

**Quietly sneak up behind your partner making sure they do not know that you are going to do. Out of the blue, grab them and gently bite their neck. Make sure to get a few good growls in too. This will surely surprise them.**

## **Trickle Kiss**

**Take a sip of a favorite drink and trickle it slowly into partner's mouth while kissing.**

## **Tongue Sucking**

**A variation of the French kiss. During an open-mouth kiss gently suck on your partner's tongue ....Very sexy!**

## **Vacuum Kiss**

**While kissing open-mouthed, slightly suck in as if you were sucking the air from your partners mouth. This is a playful kiss.**

## **Wake Up Kiss**

**Before your partner awakes lean over and kiss their cheek and move over giving soft kisses until you reach their lips. Definitely a more than pleasant way to wake up!**

# Have 200% More Fun in Bed -- Tonight!

Put the "play" back in your foreplay with these great sex games!!



## ***Time Bomb***

**You need:** A clock or an egg timer. **How to play:** Pick a time interval 20 minutes, let's say. Whatever interval you choose, absolutely do not allow penetration until that much time has elapsed.

**Why:** Most busy couples have foreplay down to a science and a bare minimum as well. "Time Bomb" refocuses you on the pregame show, the part that used to be so much fun before you lived together. You'll be surprised by how much slowing down changes things. You get really creative. You get really hot.

## ***Blind Man in the Buff***

**You need:** A scarf, a man's necktie or a blindfold. **How to play:** Blindfold him. Lead him to the bed or other locale. Then proceed to ravish him -- slowly, recklessly, teasingly, however you feel like doing it. You call the shots. Let his arousal be your guide. **Why:** Not being able to see during sex has two major effects it dramatically increases both sensitivity and psychological vulnerability. Either one is a powerful aphrodisiac. Together they can create a love explosion.

## ***You Are My Prisoner***

**You need:** Four men's neckties or more elaborate restraints and a bed, preferably with bedposts. **How to play:** He ties your wrists and ankles to the bedposts and has his way with you.

**Why:** It is incredibly erotic to be completely powerless, to be the absolute center of his attention and to have no responsibility for or power over what happens. I find it erotic just to think about.

**Variation:** If you don't have bedposts, you may be able to tie your wrists to some part of your headboard or tie them together over your head or behind your back. You can get extra-long ties and be tied to the legs of the bed. This can be combined with blindfolding.

### ***Bad Girl***

**You need:** A hairbrush or a riding crop or nothing at all. **How to play:** Tell your husband all the things you did wrong today. (You failed to take your coupons to the grocery store. You forgot the name of your new receptionist at work. You told your adolescent son to go to hell.) Then kneel on the bed. Your husband spanks you, using his hand or a hairbrush or a not-too-scary disciplinary accessory.

**Why:** Spanking feels good, actually. A smart smack on the butt creates a tingly, alert sensation that combines well with the other feelings of sex.

**Variation:** The sensations are especially interesting if he combines them with playing with the various woman parts that will perforce be on display during your spanking. This is an excellent time to try inserting a vibrator.

### ***Beach Blanket Bingo***

**You need:** A big towel or blanket and a bottle of massage oil or cream. **How to play:** Spread your towel on the bed or carpet and grease each other up with massage oil legs, torso, breasts, everywhere. Now roll around for awhile and see what happens.

**Why:** You will really be surprised at the difference a little lubricant makes in the feeling of skin on skin. Sure, it's a little messy. But worth it.

**Variation:** If you have a favorite secluded spot, this is fun to do outdoors, even on your own patio.

**Tip:** Don't put mint or eucalyptus oil on sensitive genital areas. But if you have a nonirritating lubricant, greasing up the sexual equipment can be part of the fun.

**Note:** Oil-based lubricants, including massage oil, can degrade latex. So don't play this game if you're using condoms or a diaphragm.

## ***Close Shave***

**You need:** Scissors, a brand-new razor and shaving cream. **How to play:** Your husband shaves your pubic hair. First, take a hot bath to soften your skin and hair. Second, use scissors to trim the length. Third, lie on the bed or on a table and let that shaving expert, your husband, foam you up and shave you. It's scary at first, but if he's gentle you will not get nicked. He can shave everything or just neaten you up.

**Why:** This is how the girls in porn magazines look, and you will be amazed at the sparks that fly. Many women find the whole area much more sensitive without the fur.

**Variation:** Shave yourself without telling your husband, and let him discover what you've done. Also, once you've shaved, decorating yourself with the edible treat of his choice whipped cream, warmed fudge sauce, frozen orange-juice concentrate can be fun.

**Note:** Later, use baby lotion or another gentle cream to soothe the freshly shaved skin. And yes, it does get a little itchy when it grows back.

## ***Twister***

**You need:** A car and a parking spot where you won't be interrupted (your driveway and your garage late at night are possibilities).

**How to play:** Have sex in the car. **Why:** A blast from the past.

## ***Sex School***

**You need:** Nothing. **How to play:** Pretend that one of you is a virgin. The other is going to teach him or her how it's all done. Give a step-by-step lesson on how to use hands, lips and other body parts to stimulate the teacher. Part of the game is to correct and improve technique as you go along.

**Why:** You find out things your partner likes that you didn't even know.

## ***Board Games***

If you'd like to get the action started with a board game. Hearts Are Wild, for example, is a love adventure game for two players; it comes with a game board, card decks, cinnamon massage oil, a blindfold and a feather tickler. Around the World in Bed comes with a dartboard and male and female cutout figures to stick on the wall. Bumps and Grinds involves stripping, drinking and candlelight.

This could be a great surprise -- for both of you!!!!

## **The Beauty of the Rim Job**

Don't underestimate the power of a good rim job. It'll give your man the "Wow, you're so good to me and I love you sooooo much" googly eyes for at least 24 hours. And, he'll think you are the best lay in the tri-state area.

Just remember the three cardinal rules of rim jobs: Wash it! Wash it! Wash it!

That's right. Make sure that baby is squeaky clean before you put your tongue anywhere near it. Catch your man fresh out of the shower, or put him in the tub and scrub him yourself. It's got to be clean.

Now that he's clean, you might not want to let him know what he's in for. Some boys get a little uptight when you mention going anywhere near their ass, but few will complain once you're already there.

The most tactful and rewarding way to work a rim job into your sexual repertoire is to combine it with a blow job. You're already down there, you're only a few licks away from the back door, and your man is relaxed.

After the fellatio smorgasbord has begun, warm him up to the idea of ass-play by inching your finger towards his little pink naughty. Give it a good rub. In a few minutes, he'll be squirming and begging for more. Now make your move.

**Change from blow job to hand job mode so you can free up your mouth for the real action. A blow job is the rim job starter kit, but the hand job is the faithful partner. A little light hand action should keep him on the edge while you explore his neglected nether regions.**

**If your man has been good and deserves a bonus, Give his perineum ( otherwise known as the 'taint' or 'chode' ) a nice tongue-lashing as you work your way down the happy trail. Once you're knocking on his little pink back door, use your naughty instincts to gauge what he does and doesn't like.**

**Lick, Lick, Lick! You're mere moments away from unconditional adoration.**

**Guys love sex. And probably on second thought, let's make that definitely what you're already doing to your man is making him very happy, not to mention very horny.**

**Still, every guy still has one special thing that tops his list of all time favorite lusty treats. It may be a specific move, a position, something you whisper in his ear.... Whatever his deepest desire is, you want to discover it so you can treat your man to rafter-shaking sex and elevate your good love life to cloud-nine divine.**

**Learn the bedroom tricks that make men melt . It's time to crank up the heat between your sheets.**

# PLEASURING YOUR MAN

## Learn Some Secrets To Pleasing Your Man

You've seen each other naked more times than you can count, you've probably tried everything under the sun at least once, Now what?

More time together does not have to equal less passion. But you do have to learn to work desire, as you would any other muscle. Want to know how to please your man? How to have him lust endlessly for you? How to want him forever?

### Enthusiasm

Quick! When was the last time you initiated sex? You're asking, "Who cares who makes the first move?" He cares. Initiating is a clear way of proving your lust. If he is always the one to start things up, eventually he'll wonder, "Why doesn't she ever come after me? Doesn't she want me anymore?" Here's the thing, though: You may think that by unbuttoning your blouse one notch, putting on red lipstick and giving him a come-hither look, you're initiating sex, because you've signaled your interest. Dollars to doughnuts he'll say he initiated it, because he's the one who sidled over, slipped his hand under your blouse and kissed your red mouth. When guys say they wish you would initiate more, they really mean they wish you were more aggressive, more obvious, more direct. More like them.

To be spontaneous is a form of surrendering, of saying that nothing matters at this moment but the two of you. Spontaneity tells your man you think he's worth putting everything aside for.

Sex is about so many things love, fun, eroticism, connection it's silly to let opportunities for intimacy pass by because they're not quite right. The value of sex is sometimes simply in the connection. And what he will read into your willingness to be spontaneous is that you want him under any conditions good, bad or indifferent.

### Variety

The problem with being human is that we are creatures of habit. Once we find something we like, we return to it again and again until poof!

**We hate it. It's hard to stop doing what once worked, but stop we must, or all those moves kiss, kiss, rub, rub, suck, suck will suddenly make you cringe with their familiarity.**

**Ideally foreplay starts long before you hit the bedroom, so you build anticipation until you can't wait to make love. The trick is to keep sex in the air by flashing your man on the way to the shower or placing a sexy call at work or planting passionate kisses at unexpected moments.**

**When was the last time you just let your fingers wander over each other's bodies? The danger of familiarity is that once you discover the prime hot spots, you stop exploring the erotic potential of other areas.**

**Having a range of positions not only is a perfect antidote to routine, it also lets you decide which style of lovemaking you're in the mood for tender, raunchy, spiritual -- and to adjust accordingly. You want him to do the "cave guy" thing and drag you around by your ponytail? Go for it. You want sweet, soulful lovemaking? It's yours. Your goal is never to have sex the same way twice!**

## **Adventure**

**You need to do something very, very bad and very, very bold occasionally. One adventure is making love in a public place: The risk of getting caught adds an immediate edge. Exchanging sexual fantasies with your partner fantasies about with whom, with what, where and when you're making love can be a great way to spice up your sex play.**

**The cardinal rule of adventure whether you're talking X-rated videos or anal sex or spankings or a rest-room quickie is that both partners must be willing. You never know what your reaction to a new intuition will be until you're in it and you don't know what his will be either.**

## **Generosity**

**I'm talking about a specific kind of generosity: giving and receiving oral sex. For all our sexual sophistication, this act still has the power to make us squirmy. People either want more of it or don't want it at all or want to receive but not give it.**

**Unlike intercourse, in which you're equal participants, oral sex is usually something one partner gives while the other receives. It's**

the giving part -- and the corresponding power to withhold that takes oral sex unique.

## **Confidence**

How good do you think you are in bed? Pretty good? Swell. Confidence may be the sexiest thing you'll ever wear to bed: It not only gives you intoxicating energy, it brings excitement to whatever you're doing. Still, since sex is such a naked activity, sometimes you can't help but have the teeniest self-doubt.

Sexual confidence comes as much from setbacks as from successes. The more you learn, the more confidence you gain. So relax.

## **Physical Attraction**

Men are the ultimate visual thugs.

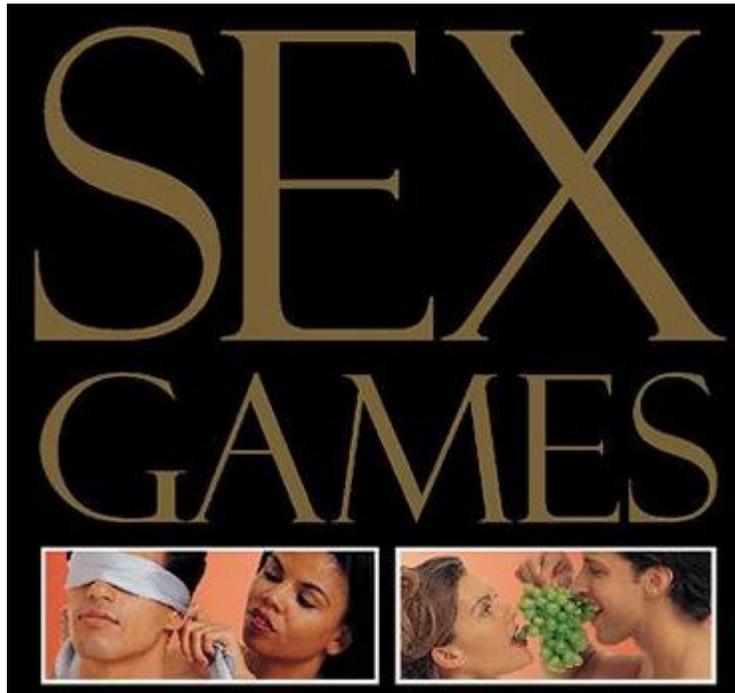
They get a lot of sexual mileage out of what they see: If it's pleasing to the eye, you can bet the penis will know about it. When you dress for him, he takes it as a sign that you still care enough to make the effort. Obviously he'd also love to see you wearing less more often if, for instance, you slept in the buff or occasionally did your housework in the nude.

## **Absolute Delight**

If you both want to feel cherished, you need to give each other attention.

No matter how old you are, you need to be kids together, and cut loose and giggle and play and nap and dance and just bask in your mutual admiration society.

# The Sex Games He'll Love



**It's not the thrill of victory (or the agony of defeat, for that matter) it's the connection between pro sports, gambling and torrid sex.**

**It doesn't have to be football, no sirree. Basketball, baseball, golf, soccer -- whatever sport he's watching can get the ball rolling all the way to your bedroom. All you do is select a contest and make a bet on the outcome. Once sides have been taken, each person chooses the bounty he or she will claim from the penalty list. One person's reward is the other's penalty, but, it often feels as though you're winning either way.**

**You each can pick a different penalty, or you can have the same stake. In some cases, the final score determines the length of the penalty -- for example, if your pick wins by 20 points, you get a 20-minute massage.**

**If that time-length might be 30 minutes which, obviously, can be a challenge for both participants. Or you bet on a second game for double or nothing, and end up with an hour-long session. Let me tell you, this requires a certain level of creativity in execution.**

**Once you get going, you'll find the wagering-for-nooky idea infinitely extendable. If there's nothing on TV, for instance, the premise works just as well with Scrabble and other scoring-based table games.**

For example...A bet on a football game between the Dallas Cowboys and the Philadelphia Eagles. When the Eagles actually beat the Cowboys, she had to wear "whatever he said, wherever he said." His chosen outfit was a man's torn white oxford shirt with nothing on underneath it, black stockings and spike-heeled sandals, worn to a local diner for breakfast. You won't make it home after the meal, It will be one of those in the car, in a parking lot' things. For those who are in on the action, favor slavery..... "For the chosen time period, the slave has to do whatever the master says," whether it's sexual favors, cleaning out the attic, washing the floors in a bustier and garter belt -- which of course leads to sexual favors or whatever.

Whether you want your medicine cabinet reorganized or your nipples teased with an ostrich feather, it's time to play ball. And you'll soon find out the truth about this game: There really are no losers.

## **Penalties** *(ooh-la-la)*

### **Need to be kneaded.**

The winner gets a full-body massage with oil. Do it like the professionals do: back, buttocks, legs and feet, chest and abdomen, arms, neck, scalp and face. Low lights, relaxing music a plus.

### **Feet First**

The winner gets a foot soak in warm water spiked with bath salts or aromatherapy extracts, then a massage with lotion. Glass of wine Optional.

### **The Life**

The loser prepares breakfast, lunch or dinner and serves the winner in bed. Waiter/waitress attire specified by winner. Hand-feeding optional.

### **Hooker's Hydrotherapy**

The loser gives the winner a bath and shampoo by candlelight, complete with music in the background and hot fluffy towels fresh from the dryer. Don't miss those hard-to-reach areas.

## **Prisoner of Love**

The winner gets to tie the loser to the bedposts in whatever attire or lack of attire he or she specifies. If you have no handcuffs or other high-tech apparatus, men's neckties work well for this purpose. From there, the winner's whims are in control. Blindfold optional. Some may choose to reverse this one: Winner gets tied up and can either give loser instructions or enjoy the suspense.

## **Mystery Date**

The loser has to wear whatever the winner says and go with the winner on whatever outing he or she specifies. This can be used either for titillation purposes (no underwear at the PTA meeting) or to get your partner to whatever movie, restaurant or cultural or sports event you've been trying to talk him/her into forever. Or both.

## **The Late Show**

The loser has to rent an X-rated video to watch together. Popcorn will probably be unnecessary.

## **Shopping Spree**

Loser must select and buy a sex toy, sex aid or lingerie item. This one can be modified so that the winner gets to choose the toy and the loser just has to use it, wear it or whatever.

## **Unrestricted Access**

The loser must be available to drop everything and have sex at the winner's request at any time during a preset period, usually a day, an evening or this is serious a whole weekend.

## **Fantasy Story Time**

The loser has to tell the winner a sexual fantasy or story. Winner can specify guidelines, such as where the story is told and whether where he or she would like to be caressed during the telling.

## **Sizzling Ways Too Make Him Hot!!!!**

**That gasp of surprise, a sensory rush, the tingly feeling all over your body, those subsequent devilish grins: There's nothing more exhilarating than adding a dash of spice to your lust life. Because sex, even when it's already pretty damn good, is just one of those things that you can keep making better. What's really thrilling is how simple it can be to electrify your bedroom bond and take things from basic sizzle to burning-up-the-sheets sensational.**

### ***Drive Him Wild***

**Stick a silk scarf in his briefcase with a little note that says, "You're going to need this later tonight."**

**Crank the air conditioner way up, so you both get goose bumps; then cuddle close to bask in each other's body heat.**

**Give him a lip tease: Kiss him tenderly for a few minutes and pull away, then go back in a minute and kiss him more lustily. His passion will build with each mouthwatering interlude.**

**Wear a daringly low-cut top, and during dinner "innocently" reach over for the salt.**

**Try the "silk circle": Make love wearing a silk nighty. The slickness of the material between you two will generate lots of slipping and sliding as you swivel and grind your hips.**

**Sit on his lap at a party, an outdoor barbecue, in your living room while he's lounging in an armchair and align your private parts with his. Every now and then shift your weight a bit; it'll stimulate his groin...and his mind.**

**Strongly hint that you're in the mood, then play hard to get and make him work at seducing you.**

**Give him a sensual chest massage: Sit on the bed against the headboard and have him lie down with his head in your lap. Oil up your hands, then slide them down his pec. muscles. With the tips of your fingers, massage underneath the muscles, slowly moving up along his sides, toward his armpits. Then, using your thumbs, make an outward fanning movement down to the middle of his chest, between the two muscles.**

**Do it dressed: Just lower or move aside any articles of clothing that are an obstacle.**

**Buy a thong if you haven't already.**

**Seduce him in the kitchen. He'll never expect you to get hot and heavy among the pots and pans.**

**Make out in a warm summer rain shower.**

**Ask for a bite of his dinner and make him feed it to you on his fork.**

**Wear a summery top with a million little buttons or hooks, and slooowly start to undo them as he watches. By the last one, he'll be in a downright lusty lather.**

**Tell him you need the car keys, then dip your hand in his front pocket and fish around for them.**

**Make love in front of a mirror so you can see every erotic angle of each other's bodies.**

**With the tip of your tongue, slowly trace the rim of his ear. Then dip into the little nook behind his lobe, and when he can't stand it anymore, gently stick your tongue in his ear. You'll be hitting so many nerves that he'll be buzzing with pleasure.**

**Lay him down and softly run your nails over his whole body, just barely skimming all his hot spots, until you tease him into a frenzy.**

**Let him watch you get dressed. Bend over while you pull up your skirt, and arch your back while you hook your bra; you may not stay dressed for long.**

**Initiate sex in the middle of the night. Don't say a word; just let the breeze, crickets and distant cars be your soundtrack.**

**Wear a very sheer white gauzy nightgown.**

**Worship his entire body by going on a detailed tour with your lips.**

**Give him directions in bed. Don't be bossy, just whisper exactly what you'd like him to do to you.**

**When you're in a group setting, such as a dinner party, make eye contact with him and let it linger for a few intense, longing seconds.**

**Buy a totally vampy, hot-to-trot little lingerie number (something scarlet?) for his eyes only.**

**"Christen" a room in your house where you've never done it before.**

**Go for a morning jog together, then pounce on him while you're both still sweaty and breathing heavily.**

**Grab his hand, lure him outside and slow-dance in the moonlight.**

**Write him an invitation to an evening of passion and pleasure that he'll never forget and mail it to him.**

**Softly kiss and nibble the backs of his knees an erogenous zone he probably doesn't even know exists.**

**Seduce him with candy: Place Red Hots on his side of the bed, in his briefcase and around the house until he gets the message.**

**Moan loudly and lustily the next time he rubs your shoulders.**

**Take a shower and rub your whole body with a great-smelling scrub; then shave and slick up with a rich lotion. You'll feel so touchable that you won't be able to resist making a move on your man.**

**Massage the spot just under the ankle bone on either side of his foot in little circles. This move will get his pelvic region pulsing.**

**Surprise him with a striptease: When he's relaxing on the couch, throw on some sultry tunes and oh-so-slowly start to unbutton your blouse and sway your hips.**

**Throw a billion rose petals all over the bed and have a heavy-breathing, bodice-ripping, Harlequin-romance experience.**

**Admire him blatantly when he gets out of his A.M. shower: Whistle when he walks by you.**

**Before getting into bed, strip down to just a pair of heels and a pearl necklace. Find out what interesting ways you two can incorporate them into sex.**

**On a sweltering day, look him in the eye, hold your hair up with one**

**hand and run an ice cube down your neck, over your collarbone, between your breasts.**

**Pretend you're at a swanky hotel: Stick a Do Not Disturb sign on the door and place a mint on the pillow. Then have amazing vacation sex.**

**Make love in a sleeping bag in your backyard.**

### ***Drive Him Wild***

**Grab his butt hard when he's thrusting, like you don't ever want him to stop.**

**Make love at half the pace you normally do.**

**When he goes in for a good-morning peck, grab his head with both hands and turn the kiss into a hot-and-heavy tongue-action moment.**

**Write this on a note card: "I'm lusting for your \_\_\_\_\_. I want you to take my \_\_\_\_\_ and \_\_\_\_\_ all over it with your \_\_\_\_\_." Pass it to him and ask him to fill it out any way he wants.**

**Why not give him oral sex over his underwear?**

**Lick your finger, then trace the outline of his lips. It'll make his lips and other body parts tingle.**

**Bring him breakfast in bed on Sunday morning: strawberries, honey, cream and anything else that can be smeared on and nibbled off your bodies should the mood strike you.**

**Tell him that you're the student and he's the hot professor, and that you were wondering if you could meet during office hours to talk about your "performance."**

**Slick yourself up with cinnamon massage oil; then rub your body all over his.**

**Try out a knock-knock joke between the sheets; laughter and sex make a good combo.**

**During intercourse, stop his thrusting and contract your Kegel muscles, as if you're giving him a mini massage.**

**Ask him to help you buckle the ankle strap on your sandal. When he gets on his knees, shift slightly so he can sneak a peek up your skirt.**

**During dinner (when he's not thinking about sex), run your toes up his leg. When you reach his crotch, his brain will be doing back flips.**

**You've never blindfolded him before? Try it. He's sure to enjoy the experience.**

**When he's wearing an old, ratty button-down or a shirt with snaps, rip it open.**

**Pinch his butt when he walks by.**

**Challenge him to a game of pool at a bar: Leaning over the stick will give you that racy naughty-girl image that all guys still go nuts over.**

**When you're alone at the pool or lake, make sure his eyes are glued to you by rubbing sunscreen all over your body in an over-the-top erotic way.**

**Have sex so loudly (moaning, screaming, panting) that you bet the neighbors can hear.**

**Eat an ice cream cone like this: Tilt your head down, then coyly look up and make eye contact with him as you slowly lick around the whole circumference of the scoop. Next take a mouthful from the top. Oops, is that some at the corner of your mouth? Maintain eye contact as you reach for the drips with your tongue.**

**Have sex on the bedroom floor; throw down some blankets for cushioning. The hard surface won't give, unlike your bed, so every push, tug and grab will feel different.**

**During sex (lightly) make little circles around his nipples with your fingernails.**

**Buy him a pair of silk boxers. Leave them on the bed with a note that says, "Can't wait to see you in these."**

**Turn your bedroom into a harem: Stack a bunch of fluffy pillows on the bed, and then place them under your butt to provide a different angle during sex.**

**Challenge your man to a game of strip poker.**

**Keep the door open when you shower. When he peeks in, just happen to be soaping up your breasts: That image will percolate in his mind all day.**

**Make love standing up by an open window with the summer breeze blowing in.**

**Put a stick-on tattoo someplace secret, such as your hip, inner thigh or butt, and let him discover the surprise.**

**Lube up your hands, then interlace your fingers and move them up and down his penis. The friction from your knuckles will drive him wild.**

**Slip on his old football jersey or favorite work shirt and nothing else. See how long it stays on.**

**Escape the heat and head to the air-conditioned cineplex; in the dark, encourage his hand to wander a little too high up your thigh.**

**Put some lotion in the refrigerator for a few minutes, then massage the cool cream over his hot body.**

**Come up with a secret sex code. Say it in public whenever the mood strikes you to let him know what you're thinking.**

**Kiss the path from the backs of his knees to the tops of his inner thighs; then run your tongue along the crease where his thighs meet his pelvis.**

**Find an area by a window or patio door where the sun comes in, put a few blankets on the floor and make love in the warm rays.**

**Have sex in a tight space: in the closet, on the bathroom sink, in a lounge chair. The limited room and new surface angles will force you to get awfully creative and discover some new positions.**

**Whisper to him, "If you could picture what's going through my mind right now, you'd be totally, and I mean totally, turned on."**

**Cut a pair of old jeans into super short shorts with little slits up the sides. Walk around the house in them all day until he can't contain himself any longer.**

**Rip his horoscope out of the newspaper and write a note on it saying, "I predict you'll get a very lusty surprise today." Then leave it on his pillow.**

**Put red bulbs in your bedside lamps and have sex in the sultry glow.**

**Turn on the fan, take a sip of mint schnapps and kiss him all over. The mix of the cool blowing air and your mint breath will create a sensational body cocktail.**

**Play a randy round or two of truth or dare.**

**Buy whipped cream and tell him that he gets to dollop it anywhere.**

## **Turn Him On!!!!**

**Men joke that any sex is good sex and they're not entirely kidding. They're biologically designed to be gratified in bed more quickly and easily than women are. But when pressed, almost every man will admit that sometimes sex is better than good. Certain sex moves drive them crazy in the best possible way.**

**These techniques here are guaranteed to thrill him and make him eager to please you in return.**

### **Let Him Watch**

**Moving in a way that is specifically intended to excite him.**

**Men are erotic visualists, more intensely aroused by visual stimulation than women are. Watching a woman climax is the ultimate form of arousal for them.**

**Women touch themselves discreetly during intercourse to facilitate orgasm. Few realize they can use this little move with a theatrical flourish to arouse their men. Next time you're ready to make love and he isn't particularly interested, put on a sexy shirt and nothing else and assume a provocative position, with your back against the headboard, legs open and bent at the knees. Place two fingers in an inverted V straddling your clitoris.**

### **Stand Up Your Man**

**A manual wake-up call for him:**

**Men love to be stroked, fondled and handled with authority by expert female hands and they love watching a woman take manual**

erotic control of them. Rub a small amount of oil or lubricant onto your palms and put one hand firmly around the base of his penis. Work the other hand from the base up to the head in a circular, twisting motion, as if you were following a winding staircase up his appendage. Caress the head with your palm. Then start at the bottom again. This staircase goes only one-way: up.

If he's sensitive around his perineum (the space between his testicles and anus), adjust the hand gripping the base of his penis so you're free to massage the perineum with a finger or your thumb. Or pay attention to his testicles if he likes that. When he has a full and firm erection, guarantee his stamina by using this stroke: Open your hand and form a V with your thumb and index finger. Slide his penis between the V so the flat of your palm caresses the shaft, and move upward from the base to the head. Again, only move up.

### Take Matters Into Your Own Hands

A hand job like he's never had and couldn't possibly give himself:

This is really a two-hand job. Begin by cleaning your lubricated hands together, fingers interlaced, tightly around him (but not so tightly, of course, that you cut off his circulation). Move your hands up the shaft in one long twisting motion followed by the same motion as you work your way back down. Now vary that move by eliminating the twist. When he has a firm erection, clasp your hands at the top of the shaft. Gently contract and release them around the shaft at approximately one-second intervals. Keep doing this up and down the shaft, stopping at the rim where the shaft meets the head.

Alternate the twisting and the contracting strokes until he is ready or launch. Then hold him firmly in both hands, gently contracting them in time with his spasms. Finish him off by running your thumb from the base of the shaft on the underside up to the head.

### Perfect the Stand-up Kiss

A way to arouse him or restore his flagging erection during love making :

This can arouse him when he thinks he's not in the mood; it's the most direct route to a state of heightened readiness. Holding his penis firmly in one hand, take it in your mouth, moving the head and

**the top third of the shaft in and out. When he becomes erect, use a variety of strokes, including these two:**

**The twist and swirl: Use one hand to do the circular twisting motion as you swirl your tongue around the corona (the ridge separating the shaft from the head), paying particular attention to the frenulum (the small piece of skin where the head meets the shaft). The butterfly flick: Lightly flick your tongue back and forth across the delicate corona.**

### **Give Him the Ultimate Delight**

**Oral sex all the way:**

**Do the twist and swirl and the butterfly lick until he's close to orgasm. Then gradually draw him in, as much of him as you can comfortably handle, keeping a hand firmly around the rest (use your thumb and forefinger to form a ring, an okay sign and place this ring around your mouth). Move your tongue around the shaft. Pull in your cheeks to create suction. Open your mouth to release the suction, but keep the tip of your tongue engaged. With the palm of one hand or your thumb, massage the perineum.**

### **Take the Roundabout Path**

**An arousing spin on the female-superior position:**

**Men love the special moves women make in the female-superior position. To increase his excitement and visual stimulation and intensify clitoral and G-spot stimulation for you move on an oval track rather than straight up and down. Imagine you're circumscribing an oval with your body, with the down stroke at one end of the oval, the upstroke at the other. Lean forward slightly as you push down on him, stimulating your clitoris. Pull up and move backward slightly on the upstroke, stimulating your G spot.**

### **Adjust the Angle**

**A variation on the rear-entry position that dramatically improves the experience for both of you:**

**This simple adjustment to the basic rear-entry position accomplishes two worthy goals:**

**It presents your buttocks in the most flattering way possible and it increases G-spot stimulation. Never had a G-spot orgasm? You just may have one now.**

**Kneel on the edge of the bed and have your man stand behind you. Lie with your chest flat on the bed and elevate your hips at a steeper angle than you would normally do in this position. This elongates the vaginal barrel, making the fit tighter and creating additional stimulation for both of you.**

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# Female Erogenous Zones



## Her Neck

**Her neck must be one of the hottest spots on the female body. There is no method more effective than hot passionate kisses on the neck to turn a good night kiss into an invitation for brunch. If you must suck for blood, keep the hickies to places that are usually covered by clothes. Try to have a moist mouth, but don't slobber! Cover different areas of her neck with tender kisses, using the areas under/behind the ears for extra stimulation. Light nibbling and tugging usually work really well also. Start out soft and gentle as she gets into it, slowly go harder and wilder to light that fire of passion within her.**

## Her Ears

**Bundles of nerve endings are in and around the ears, making them ultra-sensitive to your touch. Use the pads of your index finger and thumb to massage the outer ears with slow, firm movements. Gently squeeze the earlobes. Explore the area behind the ear with your lips and tongue, and then exhale deeply but gently while you keep nibbling. Don't be shy about making noise while you're lingering there, the sound of your breath and moans is a huge turn-on for most women.**

## Her Lips

**The number one mistake guys make during sex? Not enough kissing. Women love to kiss. But don't just kiss more, also do it better. Try varying the intensity (kiss her softly, then more passionately, then**

slow it down again). When you're done with her lips, move on to her cheeks, eyelids, forehead, nose, neck, or earlobes (stressing neck and ears). Don't get dull doing the same thing over and over; make sure to mix up your style. If you generally move your hands all over her body when you kiss (which, by the way, is really good), try kissing her for several minutes without letting your hands roam.

## **Her Scalp**

The scalp can be very sensitive to stimulation, and since she's probably not expecting you to lavish any attention on it, surprise her. Having her hair brushed can be a very sensual experience. Or run your fingers through it as you're kissing her, or, simply caress her scalp gently with your hand.

## **Her Breasts**

The entire breast is rich in nerve endings and all breasts have the same number of nerve endings. Thus, the woman with smaller breasts may experience increased sensations per touch. This results from a condensed amount of nerve endings. All breasts respond with time; lovers, go slow, take your time and slowly fondle the breast. Areas that are especially sensitive to touch include the nipple and the areola. One of the most sensitive spots, which is often ignored, is the underside of her breast. When kissing and touching her breasts, try starting around the outside and moving inward with slow circles. She may push your mouth or hand directly to her nipples, but don't let her do it, just continue moving slowly towards her nipple. Take your time; she is not going anywhere, so tease her. Next, wet the tip of your finger and lightly touch and roll her nipple around. Then, very lightly, using your fingertips, squeeze the nipple between them and when they are nice and hard, bring your mouth in.

## **Her Other Soft Spots**

Here is where you can be really creative. Try tenderly kissing or caressing the backs of her knees, the insides of her arms, her inner thighs, or her palms. Women love to have these areas gently stroked, kissed, licked, or blown upon. Gentle stimulation is usually more arousing than pressure that's hard or rough. Catching her off guard can be half the fun. A lot of people don't realize that having a

**tongue going up their inner arm is going to be erotic. Skin is the largest organ; there is lots to explore, so get at it!**

## **Her Clitoris**

**It is located at the top juncture of her inner vaginal lips, a small knob of pink flesh. Women like different amounts of direct stimulation on their clitoris. Some women will adore it if you suck hard on their exposed clitoris, others would shriek in pain. You may encounter a woman who is completely unable to take direct stimulation of her clit; the goal is still the same, but you'll have to stimulate it indirectly, such as through her labia. Often, what is unacceptably rough at first may be fine after she's very excited (i.e., very wet). The fact is, most women need a good bit of arousal before having their clitoris targeted, but once they have reached that point, that's where many women want you to devote your attention.**

## **Her Perineum**

**The perineum is the area between the vagina and the anus, it is very sensitive for a lot of women and it often goes unexplored. It's made from tissue similar to the vaginal lips so there are a lot of nerve endings there. It also has an element of intimacy that might turn her on. Some girls are scared of or disgusted by anal play, so if this is the case, ease her mind by reassuring her that you are not going to do anything she is against. It's not a part of the body that's normally exposed, so she will feel like she's giving you special privileges, which can be exciting. This area is like any other area you first encounter that is sensitive, stick to a light touch at first and hold off until she's been aroused for some time.**

## **Her Buttocks**

**Ready to get to the bottom of things? A lot of women like their buttocks attended to, and with more vigor than you might think. You can use pressure on a butt that you wouldn't use on a breast. It's not sensitive the way a nipple or a clitoris is so you can knead them and squeeze them. Many women are self-conscious about their behinds, so spending time here will show her that you like it.**

## **The Small Of Her Back**

**Don't make the mistake of making her breasts the only stop on your way to the main event. That's what she's expecting. Surprise her by asking her to lie on her stomach and massage her lower back. Besides being rich in nerve endings, the small of the back has pressure points where stress can accumulate. A massage there might not turn her on in the same way that sucking on her nipple or rubbing her clitoris will, but it'll feel good and help release stress. What's more, it could even help with arousal, by increasing blood flow and engorgement in the pelvic area. Start by applying steady but moderate pressure with your fingertips and if she likes it, work up to a deeper massage. It never hurts to throw in a few kisses there as well. While you are massaging her, take a minute or so to kiss her neck, then run your tongue very softly down her spine. After this you can continue with the massage or "go for lunch!"**

## **Her Fingers and Toes**

**A little creativity can go a long way when sex is involved. Try sucking on her fingers or toes during foreplay or intercourse. (The toe thing may be a bit rough during intercourse, but you can usually find her fingers.) They're a lot more sensitive than you might think and for whatever reason, a relatively large area in the brain receives sensation for them. Lightly kissing or passionately sucking them, especially combined with the sensations you're causing in her genitals, can be incredibly erotic!**

# Vagina Fingering Techniques

## Labial Massage

Place a well lubricated hand over her labia, fingers pointing towards her anus. Pull up toward the navel and alternate hands. Explore the inner and outer lips with your fingers. Pull gently on one lip and then the other. Rub the outer lips gently between your forefinger and thumb, then the inner lips.

## A-One and A-Two and a-Three

Try inserting your first two fingers into her vagina, then arch your thumb back 'hitch-hiker' style and thrust in until your thumb rests against her clitoris. Now wriggle, twist, thrust, and vibrate your hand to drive her wild.

## Close But No Cigar

If your partner has a particular spot that they like to have licked or caressed, try doing so very close to but not quite on that spot. This trick will make them take longer to reach their orgasm, but they will likely have a much stronger, more powerful orgasm when they finally do.

## Push Here to Start

Gently insert one finger deeply into her vagina and, when she's ready, insert a second. Then take your thumb and place it against her anus (Don't insert it). Press against her anus while you move your fingers inside her vagina.

## Tap Dancing

Place the palm of your hand on her mons (the mound where her pubic hair is), and rest your fingers lightly on her vaginal lips. Rest your thumb on her thigh. Lightly but firmly press your palm onto her moans and begin to move your hand in a tiny circular motion. Your palm should not slide too much over her skin during this process. Rather, her skin should move underneath it. Repeat this process

until you have done ten circles. You then raise your fingers and lightly tap her vaginal lips about once a second until you have given her ten taps. After giving the taps, rest your hand for five to ten seconds. Then repeat the whole routine over and over.

## **Cervix Clock**

A woman's cervix can usually be found in the upper rear part of her vagina. The cervix feels like a little dome of tissue, and may also have a small cleft in the middle, like your chin. Carefully stimulate the area surrounding the cervix.

## **From the Outside**

Lay your free hand over the lower part of your partner's abdomen. Experiment by applying different kinds of pressure with the top hand while fingers from your other hand are inside her vagina.

## **Imitations**

Rest your fingers over hers while she is masturbating herself. Then do the reverse, with her fingers acting as guides for your own.

## **Off the Edge**

Another form of genital massage can be done by holding a lubricated vaginal lip between your thumb and forefinger. While squeezing just a little, pull your fingers straight away from the woman's body. Your fingers will end up in the air an inch or two above her body.

## **Proper Invite**

Begin with a light, gentle caress that barely touches the inner thighs and pubic hair. Don't go much further until your partner's pelvis begins to arch upwards. Tease and caress until the lips of her vulva invite your fingers to come play.

## **Tracing**

After applying lubrication, it might be nice to begin with one of the large outer lips. Place the lip between your thumb and forefinger, cleaning it at the base where it attaches to the main part of the woman's body. Then run your fingers (or fingertip) from the lower to

upper part of the lip, as though you were tracing one side of a parenthesis.

## **Crescent Moon**

Insert your thumb in her vagina, curl your palm around onto her clitoris, and rest your fingertips on top of her pubic bone. Alternate stimulation between the internal G-Spot, the clitoris, and the external G-Spot bladder.

## **Four Directions**

With two fingers press firmly up/side/down/side in her vagina, eight times each side.

## **Gentle Touch and Tickle**

Tickle the clitoris extremely lightly.

## **Pinch and Pull**

Gently pinch and pull on the clitoris.

## **Rock Around the Clit**

With your forefinger make tiny circles, stopping at every 'hour'.

## **Temple Gate Tease**

With one finger, tickle her vaginal opening as lightly as possible.

## **Tour de France**

Orbit your forefinger around between her inner and outer labia from perineum to above her clitoris.

## **Triple Digit Pet**

Use your three longest fingers, with your middle finger gliding along the outside of her vaginal opening and your other two fingers running along the area where her thigh meets her labia.

## **Twist and Shout**

**Using one or more fingers, massage in and out while twisting at the wrist.**

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# Cunnilingus Techniques

***Performing cunnilingus can be one of the most wonderful things you can do for a woman. It makes her feel loved, admired, sexy, and has the potential to give her an exceptional orgasm.***

***There is little more exciting to a woman than to know that her partner finds her delicious; meaning that you enjoy the taste, smell and feeling of her vaginal juices.***

***Remember, there is almost nothing you can do that will feel bad (so long as you are gentle), so relax! Any licking and sucking of the labia, vaginal entrance, clitoris, or anal area should feel great to your partner.***

## The Lick

**Leaving your tongue soft and jaw relaxed, try licking her from vaginal entrance up to her clit and following the outer edges of her vagina along both sides.**

## Labial Hold

**While holding the two parts together with your lips, run your tongue between the inner and outer labia one side at a time.**

## Tongue Intercourse

**The majority of a woman's nerve endings in her vagina are around the opening and within the first couple of inches inside. Target them with your tongue by inserting it into her vaginal opening. Techniques are pretty limited due to the length of your tongue, but try moving your tongue in and out, as well as in circles around the inside of her opening.**

## **The Flick**

**Spread her outer vaginal lips with your fingers. With your tongue pointed, gently flick your tongue around her clitoris. Feel free to roam, but keep coming back to her clitoris, as it is the most sensitive. This drives women wild.**

## **The Clitoris Suck**

**Expose her clitoris by spreading her lips and lightly pull back her hood. With her clitoris exposed, give it a quick little suck; pulling it into your mouth briefly and letting it go. This feels incredible, and is a fine thing to do if you feel like tormenting her!**

## **The Clitoris Hold**

**Take her exposed clit into your mouth and gently suck on it, simultaneously flicking your tongue over and around it. This can be done very lightly or very aggressively, and combined with fingering, will usually rapidly produce an intense orgasm.**

## **The Tongue Tube**

**Roll your tongue into a tube. This technique works best in an inverted or 69 position. Roll your tongue into a tube around her clitoris. Slide it back-and-forth; in effect, your tongue is doing something similar to a woman's vagina around a man's penis. This will bring any woman over the edge to an explosive orgasm.**

## **ABC's**

**Try using your tongue to spell the alphabet on her genitals. This works surprisingly well as your tongue is always moving in different directions.**

## **Other Tips**

**A good lover's hands never stop moving, so keep exploring, insert a finger, or massage her thighs while you perform.**

***You can also try using a wide variety of flavored gels, oils, and lubricants. Some of these products heat up when rubbed or blown to add extra stimulation.***

***Having a mint in your mouth while you are performing cunnilingus can also improve your results. The mint, as long as it is not too weak or strong, can create a very intense tingling sensation to enhance your performance.***

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# Analingus

## Getting Started

***Before you start poking around her backside, make sure that your partner is ok with it. Some women are not, and won't react gently when they feel an "intruder". If you want to try, but your partner doesn't, don't try to force them to do it. You have a much better chance that she will try to do it if you have her cooperation, rather than arguing with you.***

***Without going too close to her anus, explore her inner thighs and bum with your hands and mouth.***

***Cleanliness is essential with virtually all forms of this form of play. A bath or a shower is a great primer, and can be the start of the festivities.***

***Make sure to use a good lubricant (and plenty of it!).***

## Analingus

**Before engaging in analingus, make sure to thoroughly wash the area. Once clean, licking this area of the body is virtually no different then licking any other, and can be very stimulating for your partner. Like other play in this area, don't just jump right in; build up to it and allow for your partner to get comfortable. A great way to start performing analingus is to move into it when you are performing cunnilingus. The area is really sensitive, so run your tongue around in circular motions, use your tongue to tickle, and when you are both ready for it, even to penetrate.**

**Access to her anus is a little tougher then to her vagina, but there are several positions that are ideal; lying on her back with a large pillow to arch her bum up, her sitting on your face, her bent over with legs spread, lying on her back pulling her legs back, and her upside down with her legs spread.**

## **Anal Fingering**

**Apply a fair amount of lubricant on your finger, and start by making little circles around her anus with a finger. If you feel her clenching her bum, you need to find a way to help her relax. Kissing her on the mouth and all over her body, performing cunnilingus, are just a few ways to ease her anxieties.**

**Once inside, you can start playing to see what she likes. Start slowly and softly, and make sure to pay attention to her reactions when you speed up and/or add pressure. A few basic techniques to get you started are move your finger in a circular motion exploring the walls of her rectum, moving in circular motions along a specific region, moving in and out, rotating your hand to spin your finger. After learning what you can from these techniques, start mixing two, three or more of them together.**

## **Anal Intercourse**

**Anal sex is quite a different ball game than using your finger. Even if she does enjoy your finger pleasuring her there, she may be apprehensive about putting something so large as your penis in there. The keys to success are; plenty of lubrication, relaxation on her part, and a slow, gentle approach. Let her tell you when she wants it harder or faster and don't be shy about playing with her vagina at the same time.**

## **Anal Toys**

### **Butt Plugs**

**A butt plug is a toy that is inserted in the rectum. Once inserted, you can leave it where it is or move it in and out. Many people enjoy the sense of fullness that butt plugs bring, much in the same way women enjoy the fullness experienced during vaginal sex.**

### **Climax Beads**

**Beads are some of the most popular anal toys. They range from soft to firm-textured, usually consist of four to ten balls connected with a piece of nylon cord or plastic/rubber, and there are a wide selection in ball sizes. They are virtually the best toys to ease into anal play.**

**Climax beads are a very simple toy to use. After being covered by lubricant, they are inserted into the anus bead by bead. Most people then leave the beads where they are until near the point of orgasm, at which time the beads are pulled out one by one. This can greatly intensify an orgasm to the point that it is too intense to handle.**

## **The Ecstasy of De-Feet**

**Aside from the foot fetishists among us, most have never considered the sensual possibilities that feet present.**

**Feet are the most important area in the body when trying to relax or stimulate a person. Various areas of the foot correspond to areas on the body. Toes are an often ignored erogenous zone. More importantly, a thorough foot massage just feels good.**

**To start off, give your partner a quick foot wash.**

**Take your favorite massage oil or lotion and warm it up between the palms of your hands. Take your lover's foot in your two hands and lubricate it by sliding your hands from ankle to toes. Holding the foot on either side with the sole towards you, push the pads of your thumbs into the heel and slide it firmly up towards the ball of the foot. Don't forget the toes. Roll them between your fingers, and pull them gently.**

**When the two of you are relaxed, initiate foreplay for more play. Do what you do to rev up his/her motor. Many people enjoy having their toes sucked. Many erogenous zone do react favorably to oral attention.**

**Once your lady is all ready, willing and able, lean back and apply your big toe to her clitoris. Gently and slowly rub your toe over the hood. Take cues from your honey about speed, pressure, etc.**

**But, the fun isn't over yet. Have your lover face you in a sitting up position with her/his feet clasped sole-to-sole. Slide your erect penis in between your lover's feet and stimulate yourself by rolling forward and back between the soles. Also, have your lover vary up the pressure, and stimulation by using different stroking techniques.**

# **For Women**

## **TIPS FOR A BETTER ORGASM**



**Have a blinder of an orgasm by taking ten deep breaths and completely relaxing the muscles in your pelvic region just as you sense you're about to come.**

**Ask your partner to hum while his tongue is placed gently on your clitoris. If it doesn't send you into orgasmic orbit, you can always try and name the tune.**

**learning to 'peak' creates wave-like patterns which trigger the pleasure hormones called endorphins. Here's how to do it: allow yourself to reach the edge of orgasm. Then stop whatever you're doing. Then go again. Each time, try to wait a tiny bit longer before letting yourself come.**

**This boosts your ability to make that lovely moment just before you come last for about 20 minutes.**

**Gather every pillow and cushion in the house and place them under your rear end so your entire body is on an incline with your crotch angled up in the air. He'll be able to penetrate you deeply, and gravity works miracles for less than perky breasts. What's in it for him?**

**A top-notch view and wonderful access to your delicious body.**

**Assume the missionary position, with his penis inside you. Your man then edges his entire body a couple of inches up your body. The idea is to bring his penis more in contact with your clitoris. Once his penis is pressing against your clitoris, you both move your hips back and**

**forth like synchronised swimmers going for gold. What's in it for him? Extra friction, plus the pleasure of seeing you shoot into the stratosphere. When your partner gets you to the verge (or at least close) of orgasm shift your head and shoulders (or if you feel energetic, hang your head upside down so the top rests on the floor and your shoulders are just off the edge of the bed) off the bed and onto the floor, the resulting rush of blood combines to make your orgasm fantastic.**

**Whoosh! Pants off... but hang on a sec - leaving your pants on can let you, er, panting. Ask your man to touch you through the lace/cotton sometimes it's more heavenly than direct contact with the clitoris, which can be a tad too sensitive.**

**While he's down below, give him a helping hand by rubbing your finger on your clitoris while his tongue is at work. He'll also love the thrill of you touching yourself.**

**Sometimes, giving your man the blow job of his life shoots you into ecstasy too. It's something to do with knowing you have the power to send him skywards.**

**Get your man to lie perfectly still. Climb aboard and kiss, lick, tease, put him inside you - whatever tickles your fancy. But the rule is he's not allowed to move a muscle (no, not even that one). Knowing you're the one making all the moves - and that he's about to boil over can send you into orgasm wonderland.**

**Have your man to insert a finger into your vagina during penetration. The sensation of being filled up with him and his finger is almost overbearingly horny.**

**Practise having orgasms in unusual places and spaces such as in a chair, the loo at work, the bath, standing up, squatting down and in semi-public places. There's something about doing it in weird places (and running the risk of being caught) that makes women come every time.**

**Try tensing every muscle in your body while stimulating yourself. Then relax. Then tense up again and relax. Remember to breathe (duh!) and you may find yourself building to a much more powerful orgasm than usual.**

**Feeling like a tease? Get your bloke to bring you to the edge of orgasm with oral sex, then pull away for a count of 50. Then ask him to bring you to the brink again, then pull away for 25 seconds. Do it again, pulling away for 10 seconds.**

**This game works just as well with fingers as it does with tongues.**

**Instead of pulling your pelvic floor in and up when you're close to orgasming, try pushing out. This can create a longer, stronger climax (not that you're greedy or anything).**

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# Romantic Ideas



**Put on his favorite lingerie and high heels. Have his favorite beverage waiting. Place a chair in the center of the floor and give him a short and sweet lap dance to his favorite song while he sips!**

**Have a hands-free night. Touch and arouse your partner with your other body parts... your breasts, your hair, your nose, your mouth, your legs, your feet....**

**Paint your body with glow-in-the-dark paints. Then dance for your sweetie using a black light.**

**For an invigorating bath experience place 3 or 4 cups worth of rose petals in a blender that is half full of water. Blend the petals and later and you will end up with a mush. Place this in a hot bath and stir it around, it is absolutely amazing in smell, touch and feel. It's great to rub on each other.**

**Every night kiss each eye and her forehead and say with each kiss one of "I love you", "sweet dreams" and "goodnight".**

**Sit on the back porch and watch the thunderstorms during the summer while cuddled in a blanket.**

**Watch the eclipse, stars or shooting stars together.**

**Give nicknames to certain body parts. Think of them together, it's more intimate.**

**The next time you are driving together and a slow song comes on the radio, ask him "may I have this dance?". Then pull over and slow dance on the side of the road.**

**While your partner is asleep, take a long stemmed rose (red and white are preferred as they tend to have more of an aroma) and use it like a paintbrush and gently stroke your partner awake. Feather light kisses accompany this tip nicely!**

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# Dream On: Live Out Your Fantasy



*"You've got to have a dream, if you don't have a dream, how you gonna have a dream come true." So the song goes – and, while plenty of people might be content to leave their fantasies purely in the mind, others would be over the moon if their dream came true.*

## For the Men

**Men seem to share similar fantasies: a threesome with two women, being dominated, being in control, or having their partner dress up in sexy clothes, be it stockings or a nurse's uniform. Oral sex and anal sex both seem to be pretty high up there too.**

**If a man really wants his dream to come true, the golden rule is to ask nicely. Start with a toned down version of your fantasy and, if your partner seems amendable, carry on telling her all the lurid details. If she looks perturbed by your fantasy, stop. It's not a judgment on you. It's just that different people like different things. Forcing the matter won't make her any more likely to live out your fantasy in fact, it will probably have exactly the opposite effect.**

**Lots of women will find it erotic to know that you've been masturbating about them in a particular scenario. Telling your partner that you've been thinking about her lustfully will give you a higher chance of getting what you want.**

**Don't be too demanding. While most women will like the idea of being the ultimate lover and making your dreams come true, it's no fun if the goalposts keep moving. If you fantasize about playing doctors and nurses and she happily gets dressed up, be grateful.**

**Most importantly, bear in mind that she's more likely to live out your fantasies if she's happy with you. Whether that means you doing the washing up, giving her a sensual massage or living out one of her fantasies, treating a woman with respect is by far the most effective way to make sure your dreams come true.**

## **For the Women**

**Women's fantasy lives often seem less predictable than men's. Many women seem to find masturbation is a taboo for them, and close themselves off from exploring their sexuality, fearing their enjoyment of sex is somehow improper.**

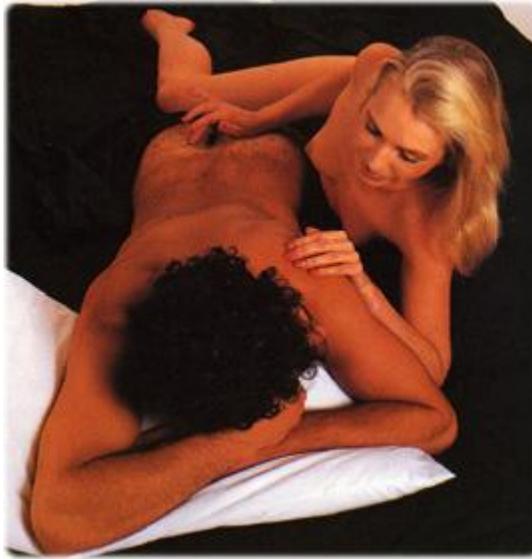
**Approaching your man is really a matter of common sense. Men are often very open and receptive to their loved ones' fantasies. The thought of being dominated, or of trying anal sex may appeal to many men, but your man may not be one of them. Even the old cliché of a threesome involving your best mate may not get his heart racing. Men are often more romantic than they're given credit for, and he may well prefer to keep things between just the two of you.**

**The key to exploring your fantasies is openness. Don't be afraid to share even your most extreme fantasies with him, but don't force the issue if he makes it clear that he simply isn't interested.**

**It's very sexy to learn new and surprising things about your lover. You may well find that just discovering the sexy thoughts you've been keeping to yourself really gets him going. Take time to exchange fantasies with him, and you'll find he has a few naughty secrets of his own.**

**If you're lucky, you may be able to combine your fantasies, and in no time you'll be dressing in that sexy nurse's costume you never knew he was thinking about, while he helps you experiment with that intriguing toy you've had your eye on for months!**

# Afterplay



**Falling asleep in each other's arms after having sex can at times be the perfect ending. A little gentle afterplay, though, does much to please each other and, if you're in the mood, pave the way for more.**

**It takes the form of a relaxing activity together talking or cuddling each other, or re-stimulation in preparation for a further bout of love making.**

## Afterplay vs. Foreplay

**Given that intercourse is a very intimate experience, involving sharing and caring behavior, it's hardly surprising that many couples feel exceptionally close after sex.**

**But, equally, it is fairy-tale fantasy to expect the average couple who have made love hundreds or perhaps thousands of times to be 'lovey-dovey' every time after sex.**

**Because it makes us aroused and is a promise of what is to come, foreplay is bound to be more important and valued by the average couple than afterplay. The preparation and anticipation is often as good or even the best part.**

**There will never be the same excitement and drive to indulge in afterplay as there is to enjoy foreplay, and this is especially likely to**

be true for men who, on average, build up and resolve their sexual excitement more quickly than women.

### **Anxiety and Afterplay**

There are a large number of women who don't reach orgasm during lovemaking. Some find themselves left high and dry when their partner has finished, because they feel it is somehow aggressive or wrong to tell their partner exactly what they like, where they like it and for how long.

If women were to tell their partner at the very moment of frustration, he would probably be only too eager to bring them to orgasm orally or manually – and he might well be turned on by the prospect.

Many men also experience anxieties, which they may try to hide by getting sex over with as fast as possible. Some men will turn away after making love instead of using these post-lovemaking moments.

### **Relax and Enjoy**

Most people enjoy relaxing together after sex. A drink, listening to music, talking and cuddling are common afterplay pastimes as the couple relax in the after-glow of sex.

The direction and nature of what happens is bound to be linked to the time of day, the mood and the situation in which they are making love.

Clearly, early morning sex hardly lends itself to prolonged lying around afterwards because most people have to get up to go to work. On holiday, early morning sex can be prolonged and enjoyed in a totally different way, even used as a prelude to going back to sleep.

Relaxing afterplay can act as a reinforcement of a couple's love bond. This is a good time to compliment each other with ego-boosting remarks, which are all too often left unsaid.

## **Sexual Satisfaction**

Every lovemaking experience should leave the couple satisfied, but not satiated. Ideally, we should all be so delighted with what we have experienced that we are looking forward to the next time with eager anticipation.

Sweet nothings and praising remarks are, a part of afterplay for this time yet foreplay for the next time. It doesn't matter if that's an hour later or a week. It serves the same purpose.

We might take our partners for granted much of the time, but a few words of praise or genuine thanks for a lovely experience works wonders, especially if one or other feels low or sexually insecure. For the woman who feels she is losing her looks or who is menopausal, or for the man who is plagued with worries about sexual inadequacy, such praise during afterplay encourages further sexual activity and boosts his morale.

It's important to emphasize relaxing afterplay because the vast majority of people find sex a release of tensions and a promoter of relaxation. As a result, many dislike further physical stimulation unless they are unsatisfied during intercourse itself and some find it a positive turn-off. It's probably best to leave one another's genitals and other erogenous zones alone after sex unless, of course, you intend to re-arouse one another.

Caressing his bottom and the area at the base of the spine is a gentle turn-on. Don't push the pace his mind will turn to lovemaking with time.

### **Once More with Feeling**

A sensual episode need not end after one act of intercourse. They want to re-stimulate one another or bring the woman to orgasm to satisfy her.

Many a man finds that in stimulating his partner he becomes re-aroused himself, and before he knows it he is making love again. For some women, the first bout of lovemaking will often be viewed as a form of foreplay. They let their man make love to them quickly, possibly even roughly, and then start real foreplay with a view to having an orgasm both before and during sex.

*Pure Sweet Ecstasy...*

*Let someone Intoxicate you.....*