How To Please a Man In & Out Of Bed

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In Celebration of Life, Love, and Happiness

Welcome to the opening of your senses, as well as your heart and soul, where romance and love reside. Life can be a celebration, filled with amazing experiences. Many of these experiences are sensual in nature. They’re all around us if we just open ourselves to them: a warm shower in the morning, a good belly laugh, the morning light behind delicate petals of a flower, the cool feel of silk, a glass of water when we’re thirsty, and certainly, the feel of skin when lovers touch.

Sex, love, and romance are thrilling in the early stages of a romance. Every touch, look, and kiss sends bolts of lightening through us. We swoon at the sight of our new lover. What’s lacking in technique is frequently made up for by the newness of the romance.

When that newness wears off what remains is the beginnings of a potentially deepening relationship, but because we frequently don’t have the tools of communication, conflict resolution, and sensual technique we “fall out of love” and move on to the next thrilling attraction.

This little book is dedicated to the thrills, but also to the deepening of committed love. The thrills of romance, sex and love. The thrills of pleasure through the senses. The thrills that go along with attraction that can turn into the thrills of love. Most of us are looking for those thrills but the love that fills our
hearts is the greatest thrill of all.

Sex is more than sex. The physical part of a romantic relationship is the glue that keeps the love alive, the sparkles twinkling, the "attraction" strong. Use these articles to give you ideas, inspire you, and advise you in being a better informed lover.

**How Can I Get Her More Interested In Sex?**

This is the most common question I get from men. Generally I ask if there was passion in the beginning of their relationship. If the answer is yes, then my next question is, “When did the passion begin to slip away?” Almost always, it’s after the first child arrived. The saddest part about this is, that’s when the relationship should be really solid, because children benefit most from a loving home with both parents. For those without children, they generally tell me it crept up on them, that they just got out of the habit. Life got busy and the romance got lost in the shuffle.

When I talk to both men and women about how they met, what it was like then, how the sex and romance was, they get a sparkle in their eyes as they remember back with obvious fondness. Frequently, there’s a wistfulness too. That always makes me a bit sad, because I know the passion doesn’t have to go away.

All too often I hear women speak of men’s sex drive in a derogatory way. Might it make a difference if you knew that the primary way most men are able to be intimate and express love is through sex? Most men haven’t thought about it but when I ask them, they generally agree. That’s why so many men want to have sex after an argument—sex is how they connect at the deepest level.

Women complain they want more intimacy, they want the man in their life to express his love more. When I tell them in my
workshops how sex is intimacy for men, I can see the lights go on. They're then able to appreciate men's sex drive more. They see how it's the key to getting the intimacy they want from the man in their life. They then become more interested in how they can open to their own sexual energy.

Sex is one of the few things that make a romantic relationship different than other relationships. We can eat meals, go to movies, live together, even go on vacations with any of our friends or acquaintances. Sex is the one thing that takes a relationship to that deeper level of loving, closeness, and intimacy. Without the sex, you're really just close friends or, if their friendship has dwindled, simply room mates.

Sex is also a way for a couple to connect spiritually. It has the capacity to take us away from the daily routine and transport us to an “otherworldly place”. And how lovely to go there with the one we love. For those couples who are just beginning and everything is working well, but the sex could be better, here are a few more things that might motivate a woman.

I've been saying for some time that encouraging our sexual energy to flow freely keeps us younger, healthier and more vibrant, even keep us living longer. Well, recently I read a study that verifies that this is most likely true. How's that for motivation?

In the Western culture, girls and young women were, and in most of society, still are, taught that they should stifle their sexuality. They're loose if they like sex too much, a lady isn't sexual, it's dirty, they should hold out until the male is willing to commit, and on and on. They're not taught to honor their sexuality as part of their womanness, as it should be, and is, but when they're in a committed relationship, they're supposed to be able to become amazing sex goddesses. They're never taught how to be a good lover. They rely on their partner to teach them but the men are never taught either.
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All too often, when they finally do have sex, it isn’t that great. The excitement is in the newness of the love. When they “get their man” and the excitement of new love wears off, the sex is no longer as interesting. Unfortunately, many women use sex to get a man to commit when they really aren’t that interested. That’s unfair, at the very least.

One way to get the woman more interested is to work together as a couple to improve the sex, developing, as a team, better skills so there can be more passion and romance in the relationship. Women generally love to “work on the relationship”.

Read books together and try new things, rent or buy “how-to” videos, go to workshops together and make it a primary focus. More than anything else, frequent, enthusiastic sex will bring back the thrill of passion and love.

**Lingerie, A Powerful Turn-On**

Men are visually stimulated. It probably stems from the first men of our species. The more easily they were aroused, the more frequently they would have sex, and the more of their off-spring would inhabit, and propagate the planet. The men walking around today are descended from those quick-to-get-aroused men.

Most men say sexy lingerie is one of the greatest turn-ons. One thing it tells them is that the woman wearing it is interested in sex and will probably be an enthusiastic partner.

Men not only like lingerie in the bedroom, they love to see a tiny bit of lace showing beneath a conservative suit, or through a silk blouse. It’s not about being sleazy. Most men will certainly look at a sleazy woman putting on a sexy show, but they generally prefer a classier, more erotic and sensual look on the women they date and marry. Actually, if you’ve never tried
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it, you might be surprised that you like it. It will make you feel more feminine, attractive, and alluring. If you don’t have anything sexy, get a Victoria’s Secret catalogue, 1-800-888-8200. There are a variety of tasteful but sexy things to choose from. Or if you’re more daring, go into a store specializing in sexy, playful lingerie. Go with a girlfriend and make it a fun activity.

If you’re uncomfortable with wearing the things you’ve purchased, put them on and wear them under your clothes. No one will know you have them on but you’ll get used to the idea and how it feels. Then when you reveal them to your man, you’ll be able to give him the sensual and seductive experience that you intended when you made your purchase. Wearing sexy lingerie will make you feel sexier, more alluring, and attractive. It also helps keep you in the mood.

The Fine Art of Fellatio - oral sex for him

WARNING: You can get sexually transmitted diseases from oral sex, in particular genital warts and sometimes herpes, which is a lifetime “gift” that is extremely problematic because it hurts and you become a carrier for life.)

Most men love oral sex. They like to give and they like to receive. For many, having a women perform fellatio on them is their favorite thing. Caroline and Charles Muir, godparents of American tantra, talk about it as “honoring his lingham.” A truly beautiful idea. (Lingham: Sanskrit for penis.)

I’ve interviewed many men so I could have accurate information for my workshops. The thing that seems most important is enthusiasm. No teeth comes second, and technique third. Even when I asked gay men (I figured who would be better able to tell me) they also said enthusiasm. Imagine how it would be to have someone down there when you knew they didn’t want to be.
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Some women just can’t bring themselves to do it, some do it begrudgingly and some enjoy it but don’t want him to ejaculate in her mouth, or swallow. For some men, it can be something you do to arouse him for intercourse there’s no ejaculation to consider.

I’ve spoken to many women who don’t want to do it because they’re insecure about what to do and how well they do it. When a women is performing fellatio on a man, if she’s self conscious, she feels as if she’s on stage. There’s nothing else going on. Plus, she knows how much men like it, so that adds pressure. It’s easier to avoid it all together.

Some women may be offended by the way a man smells or tastes. Possibly he needs to be more thorough when he bathes. Some women don’t like the taste of his semen. There might be some dietary changes he can make. I’m told if a man eats a lot of beef this can affect his taste in a negative way. If a man has a partner who wants to pleasure him but doesn’t like his taste, try different dietary changes and maybe you can solve the problem.

When a man receives fellatio he’s generally extremely grateful. If a woman swallows his semen, he looks at it as a huge honor. If you can learn to truly enjoy the whole process, you’ll have an unbelievably happy man on your hands. Remember, number one, enthusiasm. For women who enjoy giving their partner this ultimate pleasure, here are some pointers.

First of all, be sure you’re comfortable. The best way that his penis fits into your mouth is if you sit between his legs and lean over him. This also allows him a good view.

Let him know you’re enjoying it as much as he is. Make noises, look at him with passionate eyes, treat his penis as if it’s the most important thing in the world. To him, at this moment, it is.

There’s more to a man’s sexuality than his penis, however.
Before even touching his penis, tease him by tickling with light feather strokes and kissing his chest, his belly, his hips, his inner thighs, moving closer but not yet touching him. Brush across his penis as if by accident as you kiss and stroke all around it. Kiss or lick it lightly, then move away. If you have long hair drag it across him in a teasing way.

When you do move to touching his penis directly, your frame of mind should be of honoring and making love to this amazing organ of pleasure. You’re giving him a kind of pleasure that compares to nothing else. If his penis isn’t hard yet, hold it gently in your hand and put your mouth completely around it, all the way to the base. Swirl your tongue around it, especially the head. Then, pull it slowly out of your mouth, as you suck on it. Do this a few times. The sensation for him is generally enough to get him hard right away.

As an aside, a soft penis can be quite enjoyable for both of you. We have this idea that sex only happens with a hard-on. Some of the best love making occurs with a soft-on.

Back to our topic. Now that he’s hard, do a variety of things, mixing them up, surprising him with new thrills. Use your hand to hold him up most of the time so your mouth doesn’t get tired. When you do find your jaw getting tired, take him out of your mouth, kiss and swirl your tongue around the tip, lick up and down the outside of his shaft, especially that ridge on the back, lick his testicles, his scrotum. Make it pleasurable for you both.

Don’t forget that you’re making love to his penis and let go of the goal that you’re just trying to make him come. This is about savoring the experience, for both of you.

Put him deep into your mouth once in a while, but not all the time. You don’t have to be a Linda Lovelace. The shaft is not as sensitive as the head. Move up and down, varying the speed, rhythm, and depth. If you put just slightly more pressure around
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his shaft as you’re moving away from him, it feels good because it follows the natural flow of semen. Look at him once in a while. That can really turn him on. Men like to watch. Let him know you like it too. Swirl your tongue around the head of his penis, the most sensitive part. Kiss it. Go back to moving in and out. Keep varying what you’re doing, but don’t jump from one thing to another too quickly either—just long enough to where he might want a bit more.

With your other hand, tickle his belly, his thighs, and his testicles. Sometimes hold his testicles firmly, as you might to test the ripeness of a peach. You don’t want to hurt him, but if the pressure is firm (not hard) and even, it can feel very good to him. Stroke his scrotum, softly and then with pressure, being careful not to hurt him. There’s a spot about half an inch from his anus towards his scrotum that’s especially sensitive. Touch that with mild pressure and soft strokes. Or stroke his anus, or close to it.

Whenever you sense he’s getting close to orgasm, the attention should focus on his penis. For orgasm, generally a man likes a more continuous rhythm, up and down on his penis. Swirl your tongue as you move up and down. Stroke his testicles. This will drive him wild and he may have the most intense orgasm of his life.

Put your hand around his shaft, while your mouth is around the head, and stroke him. Follow your mouth with your hand. Do this very slowly at times, savoring his pleasure, and then pick up the speed. Use a firm grip, keeping the shaft wet with your mouth, allowing your hand to slide up and down. Try slightly less pressure as you move toward him and more as you move away. As your move upward to the tip of his penis, swirl your tongue around the head, then move down the shaft again. Each time you move toward the head, swirl your tongue. Get a good rhythm going. Really get into making love to his lingam.

When he begins his orgasm, be especially aware of what he
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wants. He might hold your head and move you or slow you down. He might want to use his own hand. Allow whatever at this moment—it’s his moment and he’s lost in the pleasure that you’ve created for him. Savor it. To prolong his pleasure, after he’s come, very gently—too much can be uncomfortable because it overstimulates—continue to pleasure him, swirling and moving ever so slowly.

He may not want to have an orgasm and want to be inside of you. Or you may want him inside of you. Ask him and see what his reaction is. If he wants you to stay there, you’ll probably want to do what he’s wanting at this time, since this is about pleasuring him right now. Allow him to lead. After he’s come, you can slide him inside of you while he’s still hard.

The main thing is to be intuitive about what he’s liking and wanting. Ask him to guide you, to tell you exactly what he likes. If you let him know you really want to please him, he’ll be happy to oblige with specific instructions. Keep the communication sexy, not clinical. Sometimes just saying “Tell me what you want,” is enough to get his input. Each man is individual. These are just some ideas to try. Some men may like it just one way and don’t want you to mix it up. That’s why communication is so important. If you’re wanting to do this for him, you certainly want to do what he likes. Try new things but be willing to hear what doesn’t work for him. Let him know you want to pleasure him. It’s the highest compliment you can give him.

Most importantly, be spontaneous, creative, playful, sexy and enjoy being able to give pleasure that he’ll not soon forget. Allow yourself to really get lost in the experience.

Most men will be thrilled with whatever you’re doing. The only complaints I hear in my interviews is not being careful enough with the teeth, treating his lingham as if it’s not part of him, not doing it long enough or often enough, and most importantly, not being enthusiastic about being there.
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If you’re goal is pleasuring him, you’ll be great. Hopefully this will show you that being creative, having a loving attitude, and being willing to make it an enjoyable activity for both of you will create a fantastic experience. If you’re enthusiastic, passionate, and sexy, he’ll go wild and your confidence as a lover will skyrocket.

The Ultimate Wake-Up Call

We girls love to surprise our men. This is one surprise he’ll absolutely love. Wake him up by very carefully snuggling down under the covers, finding his penis and putting it into your mouth. If it’s soft, just hold it gently and suck, lick, and swirl. Enjoy the privacy of it being just you and his lingham. Amazingly, even before he wakes up, his penis will respond to your touch. The fun is seeing how long you can go before he begins to wake up—smiling, of course. The first time you do this will be the best because he won’t immediately know what’s going on. Lots of fun.

The First Time, Yikes!

When to have sex for the first time with a new person is always an interesting dilemma. There’s so much involved in the decision: fear of pregnancy, fear of disease, fear of being labeled easy if your a woman, pushy if you’re a man, fear that you won’t click, fear that you won’t measure up, fear that it means something and you’re obligated to keep it moving forward, personal agendas of what you want it to mean, doing it because it’s expected, and on and on.

The first, and most important rule is don’t ever, ever, ever have sex unless you want to, and never because you think it will help insure the furthering of a relationship.
Generally, to have sex, most women need a man to care. If a woman isn’t sure, she’ll usually make up that he cares. False expectations get built up, and when she finds out he doesn’t care, at least in the way she thought, she can be devastated. If you need a man to care before you have sex with him, then it’s important to wait till you’re certain he does.

Men not in committed relationships rarely turn down an opportunity to have sex. Even when they don’t want to, the Macho Code frequently forces them to take advantage of most any opportunity, so they do it anyway. But if it’s a woman a man is seriously interested in, he’ll often be disappointed if she’s too quick to have sex with him. He wonders if that’s the way she has been with other men.

Warren Farrell says there are 150 opportunities for a man to be rejected from first eye contact to intercourse. Obviously, the sooner he has sex with a woman, the sooner that uncomfortable time of possible rejection is over.

Women often complain that after they have had sex with a man, he quits calling. Men don’t always know why they do this, but here are a couple of ideas.

He wasn’t that interested. He knows what it usually means to a woman to have sex—the escalation of the relationship. If he isn’t looking for long term that’s where he’ll cut it off. Another reason is he was in it for the challenge, the hunt, and the conquest. Once he’s achieved his goal, he’s ready to move on. He might want to stay around a bit longer, especially if the sex was good and the physical attraction is there, but again, he knows women usually make it mean something significant, and that’s not what he wants.

To be seduced by a woman is appealing but can be scary for a man. They say yes, but, just like women, they can feel used.
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They fear the pressure to perform, or fear the woman is after him for marriage and financial security.

Some say it’s okay to have sex on the third date, some say the fifth. Some much longer. There’s no magic formula. Allow however much time it takes for both of you to feel comfortable. Sex is a deeply personal way to connect with someone so be intelligent, know your own heart, know how easily you get involved and how easily you get hurt if you begin to care. Basically, be wise, thoughtful and aware.

**Sex and Your Busy Mind**

Have you ever found yourself unable to enjoy sex because you were preoccupied with your to-do list or concerns about being too fat, bad breath, technique? It’s a common complaint I get from both men and women. The busier our lives are, the more our busy minds are likely to cause problems in the bedroom.

The best way to deal with this dilemma is, when you find yourself thinking of something other than the love making, just bring your focus back to the physical sensations. You can’t think of more than one thing at a time. If you pay close attention to what you’re feeling it will allow you to immerse yourself back into the sex.

Once you’re focused on the love making, then you can allow your mind to do it’s normal things, like noticing your partner, how they look, smell, taste, feel, what they’re doing to you, what you’re doing to them, and how they’re reacting to you. Love making is a time to go away from the day-to-day, to get lost in the moment. Don’t lose out on those opportunities. The to-do list will wait for you.
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_Tied Up, and Loving It_

Have you ever tied up your partner? Maybe dressed up in a black garter belt, stockings (with seams of course), high heels, and a sexy bra and panties? How about a wig?

This is a fantasy you could bring to life. There are few men who wouldn’t love this scene to be really happening to them. After teasing him visually with your sexy outfit, blindfold him so he can enjoy the sensory pleasures of touch, sound, and taste. Feed him strawberries and whipped cream, maybe some chocolate sauce, served on a breast.

Delight him with feathers, caresses of your fingertips and kisses all over his body. Play music that’s out of the ordinary. Maybe drumming, or something you think is sexy. Say things to him that you might not ordinarily say. Allow yourself to be your alter ego. A wig will do that to you.

Most men only dream of a scene like this. You could make it come true. And, you might be surprised at how much you enjoy it too. Be creative, be daring, be the wild woman that lies within you.

_Exercise Your Sex Muscles_

Kegal exercises are important for a variety of reasons. For women, it keeps them from being incontinent, that means if you pee a tiny bit when you sneeze, laugh hard, or jump rope, you need to do your Kegals. Many women who have never experienced orgasm are able to after strengthening their PC muscles. My girlfriend told me that by squeezing hard and pumping on her PC, she can easily come to orgasm, where it had been difficult before. Those who do have orgasms can make them stronger and last longer with strong PC muscles. There’s a love technique where you tighten your vagina around
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your partner’s penis when he’s inside of you. That can be very exciting for a man and feel great to you too.

Kegals help men have more control over their orgasms when they want to slow things down or, when they do have an orgasm, to make it stronger and last longer. If a man does Kegals while inside his partner, she can feel the pumping. Very pleasurable.

The way to do Kegal exercises is to simply squeeze, as if you were shutting off urination. Work up to 200 per day, squeeze for 5 seconds , then relax for 5 seconds. Do them in the car, while standing in line, in meetings, at your desk, watching television, or reading.

It will take a while to build up your strength but the many benefits are worth the time and energy that it takes to develop a regular “PC workout.”

How to Masturbate

Have you ever taken a close, detailed look at your vulva and all it’s parts? Most women haven’t. It’s a good idea so you can know your body better. There’s no nice name for all your parts so I like the Sanscrit word, Yoni. It’s a beautiful word, don’t you think? It’s time we honored the female body. Sit on a towel and look at your yoni with a hand-held mirror. Does it look like a butterfly or maybe a flower, or like on the cover of the book, Femalia—with nothing but photos of yonis—a seashell. (It’s a good book because it shows women how varied yonis can be. It helped me see that I was perfectly normal.)

If you are light skinned, you probably have a pink yoni. If you are dark skinned, there will be touches of dark or even black on your folds. How much and the color your pubic hair varies greatly. The fleshy areas on either side are the labia. They swell with blood and get reddish when you are aroused. Some women have flaps on either side of the urethra, the opening to
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the urinary tract, where urine is excreted. Sometimes the flaps are big and hanging and sometimes hardly visible. The clitoris is toward the front of all the flaps. If you touch it, it's like a hard little pea. It grows when you are aroused because it's made of the same tissue and nerves as a man's penis. There are actually more nerve endings in your clitoris than in a penis. Most of the clitoris is hidden beneath the surface, deep inside of your body. That's why a woman's orgasm feels so full-bodied and deep.

If this is your first time, you might want to "set the mood" by pampering yourself. Take a warm bath with some nice smelling bubble bath or oil. Think of it as making love to yourself. Do you have a sexy outfit that makes you feel beautiful? Why not put it on. What about some sensual music, some candles, a little essential oil? Maybe dance to the music. Enjoy how beautiful and sensual you are.

When you’re ready, lie down and make yourself comfortable. Be sure the room is warm and cozy. Touch yourself anywhere it feels good. Stroke your body with a feather light touch. Kind of like tickling yourself. Run your fingers along the inside of
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your arms, your fingers, the inside of your thighs, your feet and toes. Does it feel good to touch your breasts? Then enjoy. Where on your yoni does it feel good? Stroke and touch as you wish. Feel your clitoris, is it growing? Does it feel good to touch? Put a finger in your vagina. Feel how smooth, warm and tight it is. Imagine what it must feel like for a man to put his penis inside that chamber of sensuality. Have you ever tasted your juices? Do so and you'll know what a man tastes when he pleasures you with his mouth.

Wet your finger and rub your clitoris. Up and down, sideways, soft or hard, fast and slow, any way that pleasures you. Does it feel better with your legs spread, or one knee bent? Experiment with different positions. Which finger feels best? Which hand? Keep rubbing as long as you want. Sometimes, if you stop for a few moments, the feelings are stronger when you begin again. Notice if it feels better if you clench your muscles—the ones you use when you stop the flow of urine. Usually it helps focus the feelings and intensifies them.

If you’ve never had an orgasm, keep rubbing your clitoris in whatever way feels good. Clench your muscles, focus your attention on what you’re feeling. If you want, fantasize about someone sexy, doing something very sexy. This keeps your attention focused. Keep rubbing, sometimes stop for a few moments if you want, then continue. It helps to keep your finger wet, either with your mouth or with your vaginal juices or with one of the many products on the market. As long as it feels good, keep rubbing and you will have an orgasm. You’ll know because there will be a shift in pleasure. It will intensify into a kind of volcanic erupting. Then, as the lava flows over the mountain, your pleasure will begin to soften. Keep rubbing until your orgasm has completed itself.

If you wish, you can wait a short time—you’ll have to experiment with how long—and give yourself the gift of another orgasm. You’ll know when the time is right. Too soon and it’s still too
tender to touch, too late and it doesn't feel good—at least in the right way. With practice, you can have several orgasms in a row. They will probably get weaker with each one, but for some women, they get stronger. That's why women are such a mystery. They're all different, and even the same woman can have a very different experience each time, depending on her mood, the time of month, and her partner.

Most important to having a good experience is being relaxed and comfortable. Some people think it's bad to masturbate. I don't think God would have given us such a wonderful feeling if it was bad. And the clitoris has no other purpose than pleasure. Think about it. What an amazing gift. Thank you God and Goddess.

“7 Secrets of Couples Who Love Sex”
(From the March '97 Redbook)

1. They know sex doesn't always mean intercourse. Any physical loving is sex, even for a few minutes in the morning. Commit to being sexual at least once a day.

2. They pencil each other in. They make time for sex.

3. They launch sneak attacks. Flirting, touching, sexy notes and messages at unexpected times keep the hormones running and the interest high.

4. They don't let the kids call the shots. They know kids can change the sexual energy and don’t allow that to get in the way of the intimacy they want from each other.

5. They know they won’t always ache for sex, and it won’t always be amazing. But they know it’s the intimacy that counts.

6. They let go of the dumb stuff. They don't let the to-do list
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take priority over their desire for passion and intimacy.

Here’s a cute way of looking at sex. “Sex is like an opened bag of potato chips, it casts an irresistible spell: The more often you make love, the more often you want to.” Sex begets sex.

Finally, as one woman put it, “Sex is just too important to have only sporadically. It’s the true bonding agent in a relationship.” It’s important that women understand that sex is a lot more than just sex to most men. See it as a positive force in their own physiology. According to the Hite Report on Male Sexuality, of the 72% of men who admitted to having affairs outside of their primary relationship, the reason given most often was not enough sex at home. Think about it.

**Monogamy, Is It Worth It?**

This is a big subject but I have a few ideas I’d like to share from my workshops and from my studies of cultural anthropology. I believe men’s nature is to have multiple partners. Polygyny (the practice of having more than one wife at a time) is preferred by 85% of the cultures as of 1992. Think about this: if there were nine men and one woman left on the planet, we would not be able to re-propagate the species. But, if there were 9 women and one man, we most likely would. It makes biological sense. Women, on the other hand, are generally a lot more monogamous. They need a man they can count on to take care of them while they’re pregnant and after the children are born.

Looking at the hunter-gatherers, survival being a priority, a man would generally not tolerate having to support another man’s child. Certainly not after marriage. Even today, overall, men are less tolerant of a woman’s affair than women are of a man’s. One thing I’ve noticed is that as women gain economic independence, they’re more likely to have affairs. There’s also more access to men away from the home.
The men I’ve talked to about this subject tell me, of course, they would prefer to be able to have sex with any woman they find attractive. Men seem to be able to have sex without it meaning anything, whereas women usually need to at least make up that the man cares. So women have difficulty understanding when their partner says “it didn’t mean anything.” After a woman has sex with a man a “bonding” hormone is created in her body. She bonds with him because she might have gotten pregnant and she needs that man to bring home the protein. Survival is from where we have evolved. That deep biology is still an important part of us.

Today, most of us, fortunately, do not have to make decisions and choices dependant on survival needs. Consequently, we have the luxury of choosing a partner for love and romance. We get to have a fuller experience.

So, why are men willing to try and even want monogamy? As we’ve moved away from survival, we have the luxury of wanting more emotional connection. We all want more from our relationships. Men like being in a loving relationship, it makes them feel complete. My guess is that about 25% of men are going to roam, no matter how good their relationship is at home. But for the others, because they value home, family, and their partner, they don’t roam, or wouldn’t if they were getting their sexual needs met.

Men prefer sex with love but because most men have a strong sex drive, they’re often going to find it somewhere else if they aren’t getting it at home. Why do men have such a strong sex drive? I think it is because those hunters who were the most easily aroused got the most women pregnant, passing on their genes to you husband or boyfriend. Biology again. Because the drive is so strong, they need to do something with it. It’s asking too much of them to stifle it. Since sex is the best way to create a strong bond between a
man and a woman, why not make the very most of it? If we think of monogamy as a path to the deepest love, it can be a beautiful thing. If we want it as a way to control and own our partner, then it runs counter to our highest aspirations. Love and intimacy is the goal of marriage, not ownership. Monogamous sex can be the best sex you’ve ever experienced.

**Talking Turn-Ons**

A great way to add spice to your love life, keep your partner’s interest up (so to speak), as well as your own, is to talk sexy. I don’t mean talk dirty, so don’t ignore this section. The best way to describe what I mean is to give you some examples.

1. **In bed:** During love making, in those times of rest, in between the high energy times, or right after you’re done and you’re cuddling in the afterglow, talk about what you just did to your partner and how it made you feel; what your partner did to you and how it made you feel; how your partner reacted to something you did. Say things like, “When I swirled my tongue around the tip of your penis, and touched your testicles, I loved how you reacted, the noises you made. It really turned me on. And when you stroked the inside of my thigh with that feather light touch, I could feel electricity running through me. It was great.” This is a way to make love all over again, get turned on again and communicate all the things that worked. You can learn a lot about each other this way.

2. **On the phone:** Call your partner and either speak to him directly or if he isn’t in, leave him a message. Be sure no one else will hear it. An example might be, “Hi, I was just thinking of what you did to me last night, how you got on top of me and looked at me that way. It really got me hot.” Who and what will he be thinking about for the rest of the day?

3. **In cards, letters or Email:** Send notes describing what you might want to do or how something you have done recently or
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that you haven’t done in a while would turn you on. Don’t be afraid to go into details. Be erotic, sexy, naughty, whatever you know would turn on your partner.

4. Anywhere around the house or when you’re out: If you’re in the kitchen, the bathroom, when you’re driving in the car, at a party, lecture, or movie, lean over and say something seductive that you know will turn him on. Maybe suggest a fantasy, like making love on the kitchen counter, or in the shower. And, ladies, it’s amazing the reaction you can get and the attention throughout the evening if you announce when you’re on your way or at a function that you don’t have on any panties.

This kind of talk is a way to keep the special intimacy that you share, keep your interest and focus on sex, communicate what you like and want, and keep your sexual energy flowing. If you’re tentative just start a little at a time. Be respectful of each other and stay alert to what works and doesn’t. Experiment, be creative, and most importantly, have fun.

**Sex Is More Than Orgasms**

When you let go of orgasm as the goal, a lot of things can happen.

1. You can move into more freedom of expression.
2. You can focus on your partner.
3. You can get lost in what you’re doing, and feeling.
4. The pressure to perform is off.
5. You’ll move from having sex to making love.
6. You’re more likely to make love for longer periods of time.
7. You’ll be more spontaneous, creative, adventuresome.

By letting go of the need to orgasm you can allow yourselves to take your time and enjoy each other more completely. There are other benefits, too. The man doesn’t have to worry about keeping an erection. In the course of an hour or two or three of
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love making, his erection will come and go. It’s natural. That doesn’t mean he isn’t enjoying what he’s doing.

You’ll be more likely to kiss more, touch in places and ways that you may not have thought of and enjoy each other’s bodies more. You’ll find you take time to rest in between, to talk, and expand your concepts of making love.

Then, when you do want to have an orgasm, you can purposefully move into that territory and most likely have a greater experience because of the connection you created in the love making that flowed before.

*Penis Envy? I Don’t Think So*

Hey ladies, here’s something wonderful to do with your partner’s penis that you may not have thought of. This only works if the head of his penis isn’t too sensitive. You’ll have to try it (with his permission) to see if it works for both of you.

For a different way to pleasure yourself, lay close to your partner, face to face. Now, take his penis in your hand and begin to stroke your clitoris with it. If his penis is slightly hard it has both a firmness and a softness that is perfect for stimulation. Then, moving in the best way to pleasure yourself, bring yourself to orgasm. It helps to make it wet with your saliva, your vaginal juices or with something like Eros Bodyglide, which doesn’t get sticky or dry out.

Give it a try and see what you think. I can almost guarantee your partner will love it because he gets to be involved, he gets to watch you, and with your body and face close to his, he gets to feel you have your orgasm in a way he hasn’t before. It’s one of those win-win things that can’t be anything but great.
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Get Away and Get It On

Travel is one of the best ways to bring romance into a relationship. No matter how long a couple has been together, getting away from the day-to-day routine is the best way for them to focus on being together. Have you ever noticed when you go to dinner with your partner it’s an intimate experience, no matter where it is? That’s because the table at which you’re sitting is your private island. When you’re at home, the whole house is part of the space you share with all the to-do’s, the TV, and the kids.

When you travel, that sense of intimacy is carried with you. Wherever you are is your private world, shared by just the two of you. John Gray, in “Honeymoon Magazine” said, “When two people are married, routine sets in, and the greatest danger to lasting romance is routine—it takes the magic out of the relationship. Love is magic.” Traveling to a new place is about leaving the routine behind. Every moment is a new adventure.

Routine is not the only killer of romance. Not growing, not changing, not being interested in new things and ideas makes a person become routine. Travel, especially to new places, is about changing, learning, growing, expanding. We become interesting to each other again. Because you’re open to the unknown when you travel you’re more likely to try things that you might not at home. Like making love on the sand under a romantic moon, dancing all night, wearing that new teddy, flirting over an afternoon glass of wine.

In LIGHT HIS (or HER) FIRE (there’s a link on the Other Resources page at the end of this book) Ellen Kreidman recommends a couple make a date to go out alone once a week, to take a weekend to go off together at least once every two months, and a week vacation every year. Just the two of you. No children, no friends.
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So make arrangements to go somewhere you both consider romantic. Do things together, play, relax, make love. Remember back to when you first fell in love and bring back that magic and create memories that will last a lifetime.

*The Mysterious G Spot*

The G spot, sometimes referred to as the Goddess Spot or the Sacred Spot, has the potential to give a woman a great deal of pleasure. But many don’t know where it is. I heard a joke recently that seems perfect for this discussion. It goes like this: Do you know the difference between a golf ball and a woman’s G spot? Answer: A man will spend 10 minutes looking for a golf ball. This joke speaks to the mystery that surrounds the G spot.

The G spot, named after a German gynecologist Ernst Grafenberg, has been talked about for years. Some women don’t even believe it exists. But I have talked to many women who, after including G spot stimulation into their love making have found it to be a powerful source of orgasm. Some speak of a different kind of orgasm altogether while others say that stimulation of the G spot at the same time the clitoris is being stimulated, brings about a larger, fuller, more all encompassing orgasm.

Even though it’s difficult to reach, I think every woman should locate it and know what it feels like. Then she can tell her partner what to look for. With the woman laying on her back her partner inserts a finger, palm up, into the vagina. Then with the ‘come here’ motion of the finger, it’s on the top wall of the vagina and forward toward the pubic bone. If that area is stimulated it will begin to rise and get rough in texture.

On the next page is a picture that shows where the G-spot is:
Many women have told me that stimulating the G spot during cunnilingus can create amazing orgasms for them. The main thing when learning about this is to notice what feels good. How a woman likes it stimulated and where will vary from woman to woman, and even from time to time. So have fun practicing, it’s worth it. “The G Spot” & “The Art of Conscious Loving” are two good books on the subject.

**Oh Yes, Touch Me There**

Typically, erogenous zones are thought of as those places on our bodies that arouse us during foreplay. Foreplay assumes that which is done before—in this case, before intercourse.

I prefer to think of foreplay as “loveplay” so that all aspects of sex are equally worthy of your attention. Maybe you never get to intercourse. Maybe you just touch, arouse, play and then, feeling complete, hold each other and cuddle. For most women, every element of love making holds equal weight—from the touching at dinner, to the love making, and finally the cuddling after.
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The whole body can be erogenous and bring you to higher levels of arousal. How about the feathery touch of dragging your fingers slowly and softly across the inside of your partner’s arms, fingers, thighs, legs, feet, back and buttocks? Try licking his belly and all around his lingham (Sanskrit for penis) without ever touching his penis or testicles. Do those things to your partner that you love having done to you and watch and learn from his response. Most men tell me they have never been “made love to.”

Have you ever had your toes or fingers sucked? It can be an amazing turn-on. Some men find their nipples to be quite sensitive. Just because a man has an erection doesn’t necessarily mean he wants to be grabbed right away. He may, but even so, why not tease him? Play with the other parts of his body that are sensitive—his thighs, testicles, and belly. Some men have never had that area below the testicles stroked. Try it and see how he responds.

Remember that the eyes are another erogenous zone. Those looks of desire, love and passion can be quite arousing and can go on anywhere: at a party, a dinner, or across a room.

During loveplay, listen to your partner’s sounds and breathing, notice how his body reacts. Those sounds and movements can be a turn-on. When you notice your partner enjoying something, ask him during your cuddling what he liked about what you were doing.

Discovering what our partner likes is a lovely mystery. If we’re curious and willing to experiment, the discoveries never stop.

Fake It, Moi?

Why do women fake orgasm? There are several reasons. Women know that men love it when a woman has an orgasm. They know men feel they’re a better lover and more of a man
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when they “make her come.” Women fear the man will think there’s something wrong with them if they aren’t able to orgasm easily, or at all, so rather than have her partner think she isn’t sexual enough, she fakes it.

Some women fake it to get it over with. If she doesn’t care about her partner, if he’s an inept lover, or if she’s tired, she might fake it so he will “finish.” But a woman’s orgasm is her responsibility so she can’t blame it entirely on her lover.

If you fake an orgasm, you’re missing out on the pleasure of the real thing, and trust can’t possibly develop if you’re not being honest. Men fake orgasm for many of the same reasons, but it’s far less often. Yes, men can fake orgasm, especially with the more common use of the condom men are more easily able to fake it.

Does Size Matter?

In my workshops men often ask if the size of the penis matters. If your partner asks you this question your answer should always “No, it’s how you use it that’s important.” But to some extent, of course, size matters.

Women have preference but unless he’s so large that it’s uncomfortable or too small to be felt or to move would be a problem, women can get used to whatever size her partner happens to be. Women’s bodies can accommodate pretty much any size, and after a time, a fit develops.

Some women have a preference for a particular size (not always large) but they have told me that when they care about the man, it’s irrelevant. It’s the way a man moves and the ability to keep an erection—when you both want it—that’s important. Intercourse is more than in and out. Of course, as always, the key is to do what you and your partner both like.
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He Wants To Make You Happy, Just Tell Him How

In workshops men tell me they agree with this statement completely and I can tell they mean it. I can also tell they’re heartsick and quite frustrated that you not only don’t tell them how, you make them guess. And heaven help them if they guess wrong. I have actually heard women say, “If he loves me he ought to know what I need and want.” This seems terribly unfair. She takes this most precious gift that a man wants to offer her—a desire to make her happy—then dishonors it by making him bad and wrong for not having the gift of psychic reading. I believe this is a big reason men leave.

Men have a deep need and a reverence for women that they’re mostly unaware of. The biological need to procreate of course is very strong. The willingness to risk his own life for the safety of wife, children and home is obvious throughout history.

There is an ancient reverence for a woman’s ability to create life within her womb. Knowing the child growing within her comes from his seed adds to the profound impact a woman has on a man. At times it’s almost overwhelming.

There’s a spiritual aspect that’s frequently ignored. Because women can create life within them, in pre-Christian time women were honored and even revered because they were considered to be directly connected to the source of life. She was men’s tangible connection to God. In most cultures men need to be strong and powerful, whereas women have not. Consequently, women have been allowed and actually encouraged to stay in touch with their feelings, to express and share them. The one place where most men are willing to let their emotions be expressed is with their romantic partner.

Being physical and sexual, expressing love verbally, giving and receiving appreciation, experiencing true happiness, expressing
discontent, sharing sorrows—these for men’s primary emotional outlets and their relationship is where they feel most comfortable expressing themselves. In this regard, you’re invaluable to him.

You Have the Power To Transform Him

If you want a happy man there are several things you must do. Otherwise, he will eventually burn out and leave, exhausted. If you honor this profound need your man has to want to make you happy, you will have an entirely different attitude toward him. You will see him as the magnificent person he is capable of being. You, more than anyone else, have the power to bring out the very best in him.

You should want him to be a man, your man, and not try to change him into something else. You should give him every opportunity to make you happy because you know it makes him happy. You shouldn’t try to smother him, own him, mold him, or change him. You should love him for being a man, not for what he might be. Men are generally happy that women are women. Notice the jokes are not about men turning women into a “do it yourself project.”

If you want to show your love the best thing you can do is say specifically what you want. This gives him an opportunity to make you happy. It’s not uncommon for women to have difficulty asking for what they want. They’re generally brought up to be nice little girls, to share, to not be selfish. They’re taught to sacrifice or ignore their own needs for the sake of others. But of course we all have needs, so the attempt to get our needs met comes out indirectly, often as manipulation.

The best way to get what you want is to ask for it clearly. Men won’t think you’re selfish if you do it in a way that honors their desire to make you happy. Don’t ever expect it or demand it. Don’t make him guess and don’t manipulate. Manipulation is disrespectful to him as well as to you.
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When you get what you've asked for, appreciate him for what he has done—no matter how large or small. He deserves that much. As you begin to appreciate him and give him more opportunities to make you happy, you'll notice him warming up and wanting to do more. Nothing makes a man happier than a happy, appreciative woman.

**Let Him Be Your Man**

More important than anything else you can do is to enjoy him being your man. Give him opportunities to be your hero, give him opportunities to make you happy, appreciate him, especially for his masculine qualities, don't try to turn him into your girlfriend, accept him for who he is and he will think you are a goddess. You have the power to make your relationship the best you’ve ever experienced. Give him the gift you being your man and he’ll give you the gift of everlasting love.
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Other Resources

Men Made Easy ~ [click here]
Give her Men Made Easy so she can understand and accept you just as you are. She will learn how to enjoy being a woman so she can appreciate all the qualities that make you a man. You both win.

How To Guarantee a Lifetime of Love ~ [click here]
Give each other the his and hers ebooks that will teach you how to create new levels of romance, intimacy, and passion that will burn bright for years to come.

Light His Fire & Light Her Fire ~ [click here]
If you want to create more passion in the bedroom, this is what you need.

1000 Questions for Couples ~ [click here]
How well do your really know your partner? Ask these 1,000 questions and you might be surprised. click here

Lovemaking Tips ~ [click here]
Want To Spice Things Up?
• What’s an item in the frozen food section that will send shivers up and down your mades body in a surprising way?
• What colored light bulbs will intensify or orgasms? click here

50 Secrets of Blissful Relationships ~ [click here]
Never fight again. Less than 1% of couples categorize their relationship as “blissful.” Discover their secrets. click here

300 Creative Dates ~ [click here]
You don’t have to be single to want great dating ideas. Here you’ll find the world’s most romantic, unique, and fun dating ideas.

Proposal Ideas ~ [click here]
Haven’t proposed yet? Here are the most creative ideas ever.

AdoringYou.com E-Cards ~ [click here]

AliveWithLove.com ~ [click here]
My web site with lots of articles, love and romance tips, games, etc.
My educational background is cultural anthropology. This perspective has given me new insight into why men and women do what they do and how to deal with their sometimes Grand-Canyon-sized differences.

For many years I taught self-improvement, self-empowerment, personal-growth workshops. Most of my workshops and seminars were attended by women but when I could gather together enough brave men I offered men's and mixed groups. I studied with Marti Glenn, a Ph.D. psychotherapist who taught me to delve beneath the surface to find out what makes people do what they do. In my workshops I taught others how to bring out the best in themselves through their own efforts. That workshop was called Entelechy.

Then I developed Embracing Our Sensual Selves, a women's sexuality workshop. In the afternoons I brought in a panel of men to answer any questions the women might have. I needed special men for this delicate assignment so I interviewed each one. I realized there was much to be learned by simply asking the right questions. Men began to call me requesting to be on my panels. Then they asked for a workshop for men so they could ask a panel of women the questions they'd always wondered about. Both men's and women's seminars were fabulously successful. I even published a monthly newsletter called Pathway to Passion.

My curiosity ignited, I continued interviewing men. I knew I was learning things that women needed
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to know so I developed the Twelve Simple Secrets about men and published my book about the private world of men, *Men Made Easy*.

My goal has been to help people experience romantic relationships that grow and deepen with time. But I wanted to do more. I wanted to be able to write and share with women on more subjects than just romance. Thus my web site, AliveWithLove.com, was born.

Personal details:
I was married at 19 and divorced 29 years later. For most of those years (not the last two) my marriage was a happy one. I have a grown daughter and son and an adorable (of course) 11-year-old grandson. I currently live in Santa Barbara, near my children and mother.

I enjoy biking, skiing, scuba diving, hiking, movies, travelling, being with friends, and my dear family. The love of my life is Dr. Chris Manning, a professor of finance. We are amazed that our love and intimacy continues to deepen and grow with each passing day. We found each other later in life (he's 60, I'm 58) but we're blessed with good health and youthful vitality and outlook on life and plan to make the most of the time we have left on this beautiful, amazing, magical planet.