

SEXPERTISE SEXPERTISE SEXPERTISE SEXPERTISE

Secrets of Total Satisfaction

This book is meant to increase your knowledge of human sexuality. Because everyone is different, a physician must diagnose conditions and supervise the treatment of individual health and sexuality problems. The information here is designed to help you make informed choices about your health. It is not intended as a substitute for any treatment prescribed by your doctor.

We believe that an active and healthy sex life, based on mutual consent and respect between partners, is an important component of physical and mental well-being. We also respect that sex is a private matter, and that each person has a different opinion of what sexual practices or levels of discourse are appropriate. Rodale Press is committed to offering responsible, practical advice about sexual matters, supported by accredited professionals and legitimate scientific research. Our goal-regarding sex and all other topics-is to publish information that empowers people's lives.

by the editors of MEN'S HEALTH Books
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Becoming a Master

When it comes to the male ego regarding sexual expertise, we all hope to hear our names attached to some sort of proper tide of prowess: Earl of Eroticism, Duke of Desire, Lord of the Laying Lambada. (Or maybe just to hear our women refer to us as studs would be nice.) Problem is, having a tide of sexual distinction is not a natural born right. To become a master of anything, you have to learn the art, study the science. By putting your knowledge together with real-life practice, you gain invaluable experience. This is what the maestros of movement, the Don Juans of our day, know to be true.

So here is how we envision you earning your master's degree. First, you need to prime your body for optimum performance. Sure, it's important to stay fit and eat healthy; you know that already. That's why, in the first section of this guide, we give you a few more applicable pointers from the sex exercise and nutrition experts we consulted. Now, when we call this section "Basics," we're not talking about high school sex ed class - no, this is definitely the graduate level course. But just like any elite athlete, you need to physically prepare yourself for the performance prior to focusing on technique.

Next, we offer advanced classes in the art of seduction. To be an unforgettable lover, you need to know where and how to touch her to get her panting for you. In this section you'll learn how to improve your foreplay approach, know for certain how to hit the right spots every time, and romance her with sensual massage.

Finally, to be the best lover she's ever had, you have to know the rules of lovemaking, the hottest positions, and how to deliver a kiss that makes her knees buckle. So becoming a sex expert is about discovering the secrets to mutual, complete satisfaction. It's easier than you think-in fact, it's unbelievably easy - and a heck of a lot more fun than, say, inorganic chemistry. Now all you have to do to become a master in your own right is study this manual in preparation for one delightful test after the next. Happy learning!

Training Your Love Muscles

You already know that with a regular workout routine you can become trim and toned in no time. This is the first step toward actually getting sex. (A nice car and a powerful deodorant help, too.) When you keep your body in shape, your energy is up, as is your libido. Now it's time for some "love muscle" training.

Unless you know some sexual positions the rest of us haven't heard of, bulging neck muscles aren't going to make a whole world of difference between the sheets. You need to add some exercises and stretches that target the parts of the body called into play during lovemaking. The following moves will help boost your performance when the time is right.

Cramp-Proof Calves

To get through an evening-long lovemaking session, what you need first and foremost is stamina.

For your legs, the issue is flexibility, not strength. During orgasm, men sometimes overflex their calf muscles. "Didn't you ever get a knot in one of your calves during sex?" asks Eric Gronbech, Ph.D., a professor of physical education at Chicago State University, who studies the link between fitness and libido. Either of the following two stretches will help.

Classic runner's stretch. Stand about 4 feet from a wall. Shift one leg forward about 8 inches, bending it at the knee, while keeping the back leg straight. Now reach out and rest your hands against the wall at about chest height, leaning into it as you keep your back leg straight, heel flat on the floor. As you lean forward, you should feel the stretch in your back leg, from your heel to the back of your knee. Hold the position for a count of 20, then relax, switch legs, and repeat.

Bedtime calf stretch. Lie flat on your back on the bed with one leg bent, foot flat against the mattress. Straighten the opposite leg

and raise it as far as you can until it's pointing at the ceiling. Hold the leg steady and exhale as you slowly flex your foot, aiming your toes down toward your chest. Hold the stretch, relax, then lower your leg and repeat with the other one. Complete this stretch three times.

High-Performance Hips and Groin

Sex can be hard work. It feels better than busting up concrete, but your back muscles don't know the difference.

Don't forget to hit below the belt. As the key pivot point in the thrusting motion, your hip joint and the muscles that support it must remain flexible.

Butterfly stretch. To loosen the groin, lie flat on your back in bed with both legs bent, feet flat on the mattress. Reach down and pull your heels toward your buttocks. Now, using your hands to guide them, turn your ankles so the soles and heels of your feet touch together. Your knees will angle out to the sides. Exhale. Let the natural weight of your legs push your knees toward the bed. When your knees are as far apart as possible, hold the stretch for a count of 10.

Hip stretch. Lie flat on your back with your legs dangling off the end of the bed. Pull one knee toward your chest, locking your hands over your upper shin. Inhale and pull the knee closer. Hold the stretch for a count of 10, relax, and repeat with your other leg. Complete this exercise three times.

Ship-Shape Shoulders

Most people associate shoulder injuries with such activities as hurling baseballs and breaking down doors. But sex takes its toll. "Especially in the missionary position, when the man tries to support his weight on his elbows," says Dr. Gronbech. "All that stress ends up in the shoulders."

Shoulder stretch. Sit up in bed, hold your arms above your head, and cross your wrists. While inhaling, straighten your arms and

extend them behind your head as far as you can, still keeping your wrists crossed. Your elbows should be behind your ears. Hold the stretch for a count of 10, then relax. Repeat three times.

Back Bracers

"It's not uncommon for men to get severe muscle spasms during sex," says Mitch Bogdanffy, exercise physiologist at the Texas Back Institute in Plano. Sex can be hard work. It feels better than busting up concrete, but your back muscles don't know the difference. Sex related backaches are especially common when you're near climax, the point of maximum muscle tension.

Bogdanffy recommends a hot bath or shower before sex to increase bloodflow to your lower back. Although not exactly conducive to spontaneous sex, doing a few stretches before you get into bed (or wherever) might help.

Back stretch. Lie on your back and slowly bring your knees to your chest. Grab your knees and hold them against your chest for a few breaths, relaxing throughout the movement.

One garden-variety type of back pain occurs when the disks between your vertebrae are squashed from the everyday stresses and strains your body is putting on them. The disks can expand and touch nerve endings, resulting in a backache. What to do: Elevate your legs for 10 to 15 minutes. Try lying down on the floor with your feet propped up on the seat of a chair. This position will take the pressure off the sciatic nerve and relax those hot twinges of minor backache.

Remember, the woman-on-top and side-to-side sexual positions are your best bets for having sex without suffering.

Brave Heart

To get through an evening-long lovemaking session, what you need first and foremost is stamina. Unlike in most full-contact sports, you can't call timeout during lovemaking while the team trainer administers oxygen. To build endurance, your best bet is low-impact

aerobic exercise. Go for three sessions a week of 20 to 30 minutes each. Swimming, stair-climbing, rowing, and running are all fine options.

In addition to building stamina, there's another benefit to aerobic exercise: A growing body of research indicates that several different forms of intense aerobic exercise may powerfully enhance a man's sex drive. In a study out of the University of California in San Diego, a group of healthy but inactive middle-aged men undertook a nine-month exercise program. They worked into it gradually, but by the sixth month the men were doing sustained aerobic exercise (pushing their hearts up to 75 to 80 percent of their maximum aerobic capacity) for a full hour at least three times a week. For comparison, another group of men walked at a moderate pace instead of adopting the more intense exercise.

According to detailed diaries kept by the men in both groups, those in the intense-exercise group reported a 30 percent increase in their frequency of intercourse, a 26 percent increase in the frequency of orgasms, and a 50 percent increase in the frequency of masturbation.

One note of caution: If cycling's your choice for an aerobic workout, keep in mind that it could affect your equipment. Too much cycling can compress the nerves under the penis, called the pudendal nerves. The result can be numbness, and repeated episodes can lead to reduced sensation and, in extreme cases, impotence.

Solving the problem may be as simple as adjusting the position of your seat. For example, if you cycle with the tip of your seat pointing upward, change it so it's exactly level for a while (or at no more than a 5-degree incline). Also make sure your seat itself isn't set too high. A wider saddle may help. Or ask your local bike shop about anatomical saddles or some form of extra cushioning.

IS SHE REALLY INTERESTED?

Before you get to foreplay, you've got to know if you're even on the playing field with your subject of interest. Do you make the move, or drop back 8 yards and punt? Here are some tips to help you decipher her signals.

Eye contact. It's generally a good sign if a woman actually looks at you when she speaks-much better than if she stares unblinkingly at her fingernails or her shoes and mumbles. Two people conversing look at each other about 60 percent of the time, according to Michael Argyle in his book *Bodily Communication*. So if you catch her looking at you more than that 60 percent of the time, chances are she's more interested in you than in what you're saying.

Smiling. A broad smile is a sign of real enjoyment. But be on the lookout for a smile that shows only the upper teeth. It's a polite smile-or one that shows a woman is uncomfortable.

Movement. A woman who shifts her body around as she speaks to you may be sending a message. "Movement attracts attention," says Colleen, a 35-yearold legislative assistant. "If I'm adjusting my posture, it means I'm attracted." She might, she says, "even roll [her] hips a little" if she's talking to you.

Leaning toward you. Leaning in, tilting her head to one side, speaking in a softer voice-these all may indicate interest.

Giggling. Laughing in a charming, feminine way is a positive. On the other hand, if she lets out a guffaw, it probably means she just wants to be considered one of the guys.

Flushed face. That's a good sign, because your bloodflow increases when you're attracted to someone. "Her pupils may dilate, too," says Judee Burgoon, Ph.D., professor of communication at the University of Arizona in Tucson. But, she cautions, pupils also dilate when you're hungry, so make sure she's thinking beefcake, not hamburger.

Touching you. Julius Fast, author of *Body Language*, says

women sometimes touch men during conversation. Laying a hand on a shoulder or forearm, or playing with a tie-both are flirtatious signs of interest.

Touching herself. If she's flipping her hair, fixing her clothes, playing with jewelry-those are all positive signs. "She may affect a gesture in which one hand touches her breast in a near caress. She may stroke her thighs as she talks," says Fast. That's the basic lexicon of body talk.

You Are What You Eat (or Drink ...)

A healthy diet goes hand in hand with regular exercise to help ensure that when you're ready, you'll get optimum performance from all your parts. Avoid big-time fat and cholesterol (as in egg yolks). Anything that will, over time, clog up the plumbing of life will clog up the plumbing of love. If circulation is hampered by fat deposits in your blood vessels, your penis won't get as much blood, either, and you could have erection or sensation problems. Following are a few more performance basics to keep in mind.

Go ahead and enjoy your coffee. Over the years a vast array of studies have explored the connection between caffeine, sex, and reproduction. Researchers have looked into whether caffeine causes birth defects or increases the risk of breast cancer. And for the most part, your steaming cup of java has been cleared of reproductive wrongdoing, as long as you drink only a cup or two.

But what about sexual performance? Another group of studies has shown that caffeine can deliver a performance-boosting jolt to sperm cells, increasing both their velocity (speed) and motility (liveliness). But don't imagine that Folger's Mountain Grown will become the next fertility drug-in these studies, massive amounts of caffeine were applied directly to semen samples wriggling in Petri dishes. Practically speaking, the only value of this finding is to suggest a way of improving the chances of in vitro fertilization.

Go easy on the booze. Alcohol has its sexual ups and downs, most of them downs. For one, it's the greatest performance-squelcher of all. After two, maybe three glasses of wine, your skill curve begins to plummet like a mud hen hit by a Sidewinder. A general rule of thumb is that the amount of alcohol it takes to affect your driving (for an average-size man, anything more than two drinks in an hour) will also affect your libido. On the other hand, one glass of champagne by candlelight, with some moody piano concerto in the background, could mist her eyes with passion, and she may end up racing you to the bedroom. The tiny bubbles can work magic, but remember, you don't want to be anesthetized for sex.

Lighten up on heavy meals. Big pre-thang meals can affect you in much the same way that alcohol does. For one thing, they make you sleepy. But you could run into worse trouble. The North African classic *The Perfumed Garden* warns that "coitus after a full meal may occasion rupture of the intestines." Don't know about you, but we hate when that happens. Although there appears to be no scientific basis for this warning, we tend to follow this advice.

Trust us, you don't want the seven-course feast or the prime rib with potatoes and gravy before the planned night of passion. You'll be nodding off just as all her senses are waking up. Besides, routine large meals not only mess up your short-term plans for passion, they almost certainly guarantee that you'll have love handles the size of soccer balls.

Follow your nose. Now, just to contradict ourselves, you might want to stop by the bakery before your steamy evening of love. Why? The human nose works in mysterious ways when it comes to sex. It's not perfume, coconut suntan oil, or musk that turns men on; it's plain, old, innocent (until now) cinnamon buns.

Neurologists at the Smell and Taste Treatment and Research Foundation in Chicago measured penile bloodflow in medical students and found that only the fragrance of cinnamon buns seemed to turn the men on. But remember, don't go eating a half dozen, even if they are still warm, because you'll just take a nose dive for the pillow as the blood in your body rushes to your stomach to help digest all those buns. Sure, the fragrance is delicious (and sensual), but if you must, eat just one. Or even better, eat only half of one.

Put out the light. If you really want more chances at puffing in the bedroom, stop puffing on that cigarette. Cigarette smoking accelerates the formation of blockages in the heart's arteries, and there's every reason to believe that it does the same to the vessels that supply blood to the penis. In fact, smoking is now considered a major factor in erectile dysfunction, with the first signs of harm appearing by age 40. Besides leading to plaque buildup along artery walls, nicotine in tobacco is also a blood vessel constrictor. That means each puff makes it more difficult for blood to get to the penis when it's stimulated. This

doesn't help you to stand up before going down.

Hit the sack, literally. You don't want to be sinking before you ever set sail. And since fatigue is one of the biggest roadblocks to good sex, it's important that you make sure you're getting the sleep you need. Adequate rest goes hand in hand with good diet and exercise to keep that fine sexual tool, your body, functioning at its peak.

It's easy to fall into the routine of having sex just before falling asleep at night, but for many people that's the worst possible time. Your love life gets what little energy is left after the day is done, and sometimes there's almost nothing left. If you think about it, among all the priorities in your life, do you really think love should be last in line? Try reversing your priorities for a change, beginning the day with lovemaking instead of ending it that way. If Saturday morning is the only time it's feasible to linger abed, and you've got kids, try having a sitter come early Saturday morning; then lock the bedroom door, and don't come out till you're through.

Fantastic Foreplay

Ever notice how often the tastiest part of a fine meal is the appetizer? Often it's enjoyed as much as, if not more than, the main course. This, in fact, is the way some sex experts prefer to look at

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foreplay. To them, even the word itself is mildly objectionable, because it implies that all sexual touching is just a prelude to intercourse, which may or may not be the case. To them, *noncoital sex play* is a better term, because it includes everything, takes the pressure off everybody, and doesn't seem quite so desperately goal-oriented.

In *The Ananga Ranga*, an Indian sex classic written in the fifteenth or sixteenth century, we learn that even royalty needs a little foreplay. This Muslim-era tome reminds readers what the court physician said to Maria Theresa, Empress of Austria: "Furthermore, I am of the opinion that the sexual organs of your Most Sacred Majesty should be titillated for some length of time before coitus."

The same book gives this practical tip for accomplishing that: Make an "artificial elephant trunk" by bringing together the first three fingers of either hand, and thus stimulate the woman. Whether you find yourself trumpeting like a bull elephant in the bedroom or your mate is pleading, "Ungawa, Tarzan!" the delectable rites of arousal-and wherever they lead-are wonderful and important, especially to a woman.

In one study, 709 female nurses were asked to rank the importance of 15 different things (such as fatigue, stress, and lack of tenderness) that interfered with their ability to reach orgasm. The women's most common complaint, outranking all the others by a good margin, was that their partners did not spend enough time in foreplay. Men, overly focused on the "goal" (intercourse), tend to hurry through it all. They don't slow down and take enough time to linger, to be playful, to explore, and to help their partners be satisfied.

How long is long enough? Well, only you and your partner can really tell for sure. But when these sexually experienced adult women were asked how long they'd prefer that their lovers indulge in foreplay, they replied (on average) about 17 minutes. That may seem like a long time, but the rewards of patience are rich. When Paul Gebliard, a collaborator of the late Dr. Alfred Kinsey, went back and reexamined the Kinsey group's data, he found that only 7.7 percent of the women whose lovers spent 21 minutes or longer on foreplay failed to reach orgasm.

Following are some tips for setting off fireworks through foreplay.

Understand the differences when turning up the heat. "A man's sexual responses are like a lightbulb: You turn it on, and it goes from cold to hot almost instantly. When you turn it off, it cools down right away. But a woman's responses are more like an iron: You turn it on, then wait and wait and wait until it heats up; and after you turn it off, you wait and wait and wait until it cools off," explains Jude Cotter, Ph.D., a psychologist and sex therapist in private practice in Farmington Hills, Michigan.

Foreplay is one way to smooth out the differences, slowing down the man a little, speeding up the woman a little, and meeting (let's hope) somewhere in the middle. Technically speaking, there's some interesting evidence that it's not so much that women's sexual responses are innately slower than men's but that women require more foreplay because it's harder for them to reach orgasm through intercourse.

Stay aware of her breathing. When she changes from normal breathing to a deep, relaxed pattern, she's usually ready for intercourse. When she's panting hot and heavy, she's approaching orgasm. Start intercourse slowly; even if she appears eager, it will raise her anticipation and allow sensations to build.

Make foreplay last all day. "Always remember that good sex begins while your clothes are still on," say William Masters, M.D., and Virginia Johnson, of the Masters and Johnson Institute in St. Louis, and their collaborator Robert C. Kolodny, M.D. "Getting in the mood"

is not just the few moments before sex; it can go on for hours, or days, beforehand. Since good sex is just one aspect of a good relationship, it's sweetest when it grows naturally out of the time you spend together.

"One of the things that men don't understand is that if a guy spends the afternoon with his partner, and they stop and get a sandwich, they joke and kid around, they laugh, they hug-to the woman, that's foreplay," says Dr. Cotter. "Men want to know, 'What's the right technique for foreplay?' Well, part of it is to go for a walk with her, spend some time with her, do things that are sensitive and kind. If he stops and buys a single long-stemmed rose on Tuesday, for no particular reason at all, he will probably have fantastic sex on Wednesday."

Ask what feels good. When it comes to actually getting physical, men and women often make similar mistakes. From their own intimate observations, Masters and Johnson say that during foreplay both men and women tend to do things that they think would turn them on. For instance, many men stroke the shaft of the clitoris vigorously and rapidly, in imitation of the way men masturbate, or they plunge a finger deep into the vagina, even though many women find this unarousing or even uncomfortable. By contrast, one of men's most common complaints is that women don't grab the penis firmly enough; they treat the man's genitals as gingerly as they do their own.

The answer? Communication. It doesn't necessarily have to be verbal, but it's important to let your partner know, in one way or another, what feels good and what doesn't.

Set the stage. One final note on preliminaries: "Candlelight," advise David and Ellen Ramsdale, authors of *Sexual Energy Ecstasy*, "flatters the human body by making it look more fluid and smooth." And removing your reading glasses has pretty much the same effect. Both at once is miraculous.

His & Her Hot Spots

Sex involves all the senses: sight, smell, hearing, taste, and, of course, the sense of touch. When you touch her skin, anywhere, do it as lightly as you possibly can, so lightly that there is almost air between your fingers and her skin. This can give her chills and be an erotic and tempting tease. When you move on to the heavier touching, this is where you want to be the expert on her parts and your parts and how to make all of these parts add up to unforgettable pleasure.

Her Body

Ask her to show you her "hot spots": her G spot, her clitoris, etc. When you go in search of the magic button, it helps to have accurate directions. Otherwise, here's a quick tour of the female body: When a woman is lying on her back, the lowest opening is the anus. Next up is the vagina, with labia on both sides. Above the vagina is a smaller opening called the urethra, where urine comes out, and above the urethra, maybe camouflaged by her pubic hair, is the clitoral hood. Inside this little cave is the clitoris. Another good way to find the clitoris is by touch. During sexual excitement the hood becomes puffier and larger, but the clitoris remains inside. Place your finger on top of the hood and press down gently, feeling for a shaft of rigid tissue, the clitoris.

Clitoris. The clitoris can become numb from the same kind of touch over and over again, so vary the touch from the top to either side. Encourage her to explain what feels good to her and to help you find different ways to touch her there. When you gently tease the clitoris as opposed to pressing firmly, she may end up trembling and shouting out loud. Also, try tracing the alphabet with your tongue—we bet she doesn't make it past N or O!

When she's fresh from the bath and lounging around in that silky robe, try nibbling or sucking her toes while tracing circles on the arch of her foot....

The results may surprise you both.

Or you can try the Venus Butterfly, wherein you repeatedly suck your lover's clitoris into your mouth, then expel it rapidly (two to three times per second). Because the clitoris is so sensitive, this is very intense for most women, and it may be best if you alternate 10 to 15 seconds of this motion with 10 to 15 seconds of left-to-right and up-and-down tongue flicks, as well as an occasional figure-8 tracing of the clitoris. If it still seems too intense for her, pause to slowly lick the length of her labia. Ask her to tell you what works the best.

Sometimes she may prefer to use her own hand on her clitoris while you're busy somewhere else. You'll never know unless you ask her.

Women enjoy masturbation as much as men do,

and they're experts on how and where to touch their bodies.

Incidentally, just before orgasm, the clitoris momentarily seems to shrink out of sight. This can confuse men, who think it's a sign of a sexual turnoff when it's actually a sign of intense arousal because the hood of the clitoris is becoming engorged with blood.

Labia minora. The inner lips of the genitals are richly supplied with nerves, especially on their secret, inner sides. In Dr. Kinsey's famous studies of female hot spots, 98 percent of the women could feel a touch on either the inner or the outer side of the lips. "As sources of erotic arousal," he observed, "the labia minora seem to be fully as important as the clitoris." The labia majora-the fleshy outer lips-seem to be considerably less sensually sensitive.

Entrance of the vagina. This is a definite pleasure zone. Most women find the so-called vestibule of the vagina (the funnel-shaped area between the inner lips, just above and outside the vaginal opening), as well as the first inch and a half of its interior, to be the sweetest of spots. That's because these areas are richly supplied with nerve endings. Interestingly enough, the deep inner walls of the vagina seem numb by comparison.

PLEASURE SPOTS FOR BOTH

According to ancient Chinese erotic texts, both men and women have certain "acupoints," or spots that when stimulated cause immediate sexual arousal, boost sexual stamina, and recharge the autonomic nervous system that controls sexual sensations and functions.

The "Cinnabar field" was what the Chinese called a line of seven points from the navel to the front of the pubic bone just above the genitals. Imagine a line between these two points, with five additional points about equally spaced between them. Press each for 3 to 5 seconds, then press again.

There are also two pleasure points located along the crease between the abdomen and thighs. Here are a few more that seem pleasurable to both men and women.

Perineum. The area between the anus and the base of the scrotum in men, or the anus and the vaginal opening in women (the place you'd make contact with if you straddled a fence post), is highly sensitive to touch. This rather secretive spot can be reached by direct pressure with a finger, through the rectum or (in women) by deep penetration of the vagina.

Earlobes. The earlobes are loaded with blood vessels and nerve endings. Gently stroking the outer earlobe with a fingertip or administering light tongue caresses can be quite a turn-on. Soft, warm breaths (as long as you don't blow too hard) may also do the trick.

More to consider. The thin skin on the inner surface of the thigh is richly endowed with nerves, and in some people stimulation of this area makes for an especially arousing adventure. Other erogenous zones include the throat, the armpits, the anus, the navel, the abdomen, the toes, and who knows what else?

You get the idea. There are likely dozens of erotic zones all over her body and yours. The fun part is exploring, nuzzling, kissing, and caressing your way around until you identify every last one of them.

The "G spot." Modern researchers point out, though, that some women are wildly responsive to deep pressure (not light strokes) applied to the roof of the vagina, several inches inside the opening-an area that's come to be called the "G spot."

Not all women believe they have a G spot. To help her find hers, have her lie down on her back. Insert one or two fingers into her vagina with your palm facing the ceiling. Slightly bend your fingers and feel along the ribbed walls of her vagina. Somewhere between her bladder and her pelvis there should be a sort of roundish-shaped sensitive area. The odd thing is that when you touch this area, she may feel an urge to urinate, but most likely she won't. This sensation passes, and the feeling then becomes pleasurable.

On the other hand, don't keep touching or rubbing if it is not feeling good to her. She doesn't have to like it. There is nothing to prove in good sex, just endless possibilities for enjoyment. If the G spot doesn't work for her, then move on.

Breasts. The breasts and nipples receive mixed reviews. Many women respond to erotic attentions to the breasts and nipples, but an equal number find that being stimulated in these areas either does not lead to arousal or even makes them uncomfortable. Studies have shown that although 90 percent of women say their partners like to kiss or stroke their breasts during sex, only about 50 percent actually enjoy it. During certain times of her menstrual cycle her breasts may be especially tender or sensitive. Encourage her to let you know what feels good and what doesn't.

Fingers and toes. With all the attention on the clitoris and the G spot, men tend to forget all the other delicious areas of a woman's body. Fingers and toes can be very erogenous areas. When she's fresh from the bath and lounging around in that silky robe, try nibbling or sucking her toes while tracing circles on the arch of her foot. Or you can stroke and nibble on her soft fingertips while gazing into her eyes. The results may surprise both of you.

A few others to feel out. Behind her knee is a much-neglected erotic area with soft, thin, sensitive skin that you can kiss or gently caress. At the base of the spine, just above the crease of the buttocks,

there is a small triangle called the sacrum that has been called the "Bermuda Triangle of lust"; massage this area with your thumb. Soft kisses at the small of the neck may get big results, as well.

His Body

We may think of the penis as an expandable, flexible rod, but it's really wishbone-shaped. We see only the shaft portion that hangs outside the body. The remainder is inside the abdomen, where it splits into a Y and anchors the penis behind the pubic bone. In the shaft of the penis are three chambers. The smaller one, on the underside of the shaft, houses the urethra (the bladder's "drainpipe"), and the other two are side-by-side erectile chambers of spongy tissue that fill with blood and expand during an erection.

The main impetus for an erection occurs in the organ between your ears-that is, your brain. If the mind likes what it's seeing, thinking, feeling, or dreaming, the penis stands at attention. If the mind is distracted, irritated, or discouraged, the penis deflates. Boredom, problems in the relationship, job stress-all of these things can play havoc with your ability to rise to the occasion. Sooner or later, every guy will have a problem getting or keeping an erection. Best thing is not to worry about it. just relax and enjoy the cuddling and other intimacies, and it probably won't happen again. If the problem persists or becomes worse, it may be medical, and you should see your doctor.

Although most guys in the locker room brag and joke, penis size is not the key to sexual pleasure. Average length of an erect penis is 5 3/8 inches, and about three-quarters of them range from 4 5/8 to 6 1/4 inches. Women, for the most part, couldn't care less about penis size. But there are a few hot spots on your penis (no matter what the length) and the rest of your body that you could ask her to pay attention to.

Penis. The frenulum (the area underneath and just behind the glans, or the head of the penis) is usually the most sensitive spot. The rim of the glans, sometimes called the coronal ridge, is also highly sensitive. The shaft of the penis and the skin of the scrotum (the sac

containing the testicles) are less sensitive than these other spots.

Testicles. Don't forget this body part. Testicular massage can boost your sexual energy, and it's believed to help the body produce testosterone. You can either do this yourself or show your partner how it's done. Firmly but gently roll the testicles between the thumb and fingers of each hand, then hold your penis and scrotum with your thumb and forefinger and lightly pull them forward while tightening your pelvic muscles.

Chest. Most men (and women) feel a little funny about the man's breasts and nipples being stimulated during sex play, but lots of men are sensitive there. In fact, Dr. Kinsey reported that there may be as many males as there are females whose breasts are distinctly sensitive.

Prostate gland. That pleasant tingling sensation you feel deep inside your crotch during sexual excitement is your prostate gland humming a love song. Most guys pay no attention to the prostate gland until there is a problem or disease, but this is a very sensitive erotic spot. This nerve-rich organ, sometimes known as the male G spot, tingles as it secretes fluid during arousal and ejaculation. Gay men have long known that stimulating the prostate increases sexual pleasure, and the gland gets quite a workout during male anal sex. You can have your partner massage your prostate by pressing firmly on the perineum (the skin between the anus and the base of the scrotum) or sliding a lubricated finger into your anus to stroke the prostate.

The Art of Massage

Even people who love each other and have been happily married for years tend to forget 95 percent of the vast and varied vocabulary of touch. After a few years of marriage, the way we touch each other tends to be reduced to one of two things: We touch each other in a completely sexless, perfunctory way (a peck on the cheek, a pat on the back) or in a way that is as sexual as you can get. Often, when a man touches his wife at all, it's basically a way of asking a question: Do you want to have sex? First comes the touch, then the kiss, then a fast-forward to orgasm.

Even when we get sexual, the places where we touch each other tend to be limited to a few square inches of skin the dimensions of an airmail envelope. Whole kingdoms of the body, and of sensuous pleasure, go unnoticed. "It's entirely possible that a woman who's been married for years has never been touched behind the knee, or between the toes, by another adult since childhood," says Gordon Inkeles, bestselling author of *The Art of Sensual Massage*, *The New Massage*, and other books. Our whole culture seems to be so starved for touch that sometimes people will have sex when all they really want is to feel the delicious warmth of skin against skin.

Massage is a way of exploring the forgotten frontiers of your partner's body and in the process vastly expanding your repertoire of touch.

Massage as Sex-Enhancer

But all is not lost. You and your lover can learn the exquisite pleasures of touch and rediscover each other in the process.

It's called massage.

Don't be intimidated by that word. There are forms of massage that require lots of training, and maybe even a few courses in human physiology, but that's not what we're talking about here. We're simply

talking about using touch to give your partner pleasure and then unashamedly receiving it (which is also the goal of satisfying sex). That kind of touch doesn't take any particular training at all, although it does require that you care for each other.

Massage is a potent "sex-enhancer," says Inkeles, because it induces deep relaxation by rapidly dissipating the negative effects of stress. People tend to have sex as a way of blowing off physical tension. But a far better approach is to slip into a state of deep relaxation first, through sensual massage, and then make love.

Sensual massage, whether or not it's overtly sexual, is also a delightful way to express affection. It's a way of exploring the forgotten frontiers of your partner's body and in the process vastly expanding your repertoire of touch. And it's a way of finding out what makes your lover feel good and what doesn't.

The How-To Part

Preparing for a sensuous massage is like setting the mood for love. It doesn't have to be terribly involved. just find someplace where you're sure you won't be interrupted-the bedroom is fine. Don't focus on giving your lover a massage for any particular amount of time; just do it for as long as it feels good. (It's worse to persist if you feel bored or resentful.)

It's nice to use massage oils, because they feel great and tend to make the skin more sensitive to touch. Safflower oil works fine, and it's cheap. Others prefer coconut oil, which is light, nongreasy, and odorless. It's best to warm it a little before use. Try putting it into a plastic squeeze bottle for convenience. Instead of oil, some people like to use cornstarch, which is so silky to the touch it almost feels wet.

Other things to remember:

- Martha Brown, a registered massage therapist in Charlottesville, Virginia, says that people tend to touch each other during massage in the same way they like to be touched. The result: Women tend to massage men too

gently, and men tend to massage women too firmly. The solution: just keep asking for feedback. "How does this pressure feel?" "Should I bear down harder?" "Is that too soft?" The only unforgivable sin of massage is to make your partner feel uncomfortable. Says Inkeles: "One moment of pain destroys an hour of good massage."

- People tend to hold lots of tension in their faces. Try massaging the forehead, jaw muscles, temples. Use strokes that "smooth out" or go across the lines on the face. Another great spot to focus on: the feet.
- Women tend to hold tension in their neck and shoulders; men tend to hold it in the small of their backs, Inkeles says. Give those areas special attention.
- Any place where the skin is thin is especially sensitive, such as around the ankles, the neck, and the insides of the arms.
- You really don't need any fancy equipment to give a great massage, but sometimes a vibrator can be used for spice. Try strapping the device to the back of your hand so that your fingertips transmit the good vibrations.

Another Form of Sex Therapy

The sensuous magic of massage has not been lost on sex therapists. In fact, a form of massage has been a key part of many sex therapy programs for more than 20 years. *Sensate focus* exercises (sometimes called *nondemand pleasuring*) are a way for couples in sexual distress to break free of mutually reinforcing avoidance. But even people who are not having sex troubles can use these exercises to great effect.

Basically, nondemand pleasuring works like this: A couple get naked together in a quiet, romantic place and take turns caressing each other's body. (Usually, at least to begin, the couple is seated, with the receiver sitting between the giver's legs.) There's just one rule: The

breasts and genitals are off-limits, and so is intercourse. There is no pressure to achieve orgasm, no pressure to strive for anything or get anywhere, no pressure to "return the favor."

There's no place to go except into the sensuality and stillness of the moment.

Sexual Etiquette

Miss Manners can tell you which fork to use at a garden party or explain the elaborate protocol of weddings. But who's to explain the

There are plenty of ways to say thank you, of course, and some of the nicest ones don't require words.

etiquette of sex? Pardon the presumption, but here's a rough sketch of sexual decency guidelines to ensure that we treat our lovers with kindness, playfulness, and pleasuring.

Remember the Golden Rule. "Do unto others as you would have them do unto you works as well between the sheets as it does anywhere else. Take the time to make yourself desirable. In longtime marriages, and even in longish relationships, lovers tend to let themselves go to seed without really sensing how unfair that is to their partner. You notice when your partner comes to bed with legs covered

with stubble, or without having showered, or with unbrushed teeth. Why shouldn't your partner notice when you do the same? You may feel desire, but if you don't take the trouble to make yourself desirable, is it really fair to ask for sex?

Ask for what you want. It's not fair to present yourself to a lover and say, in effect, "Here's my body, see if you can figure out what to do with it." For one thing, if you don't know how to ask for what you want, you're virtually guaranteed not to get it. For another, by not helping your partner satisfy you, you're setting her up for failure, touching off the tumble toward blame, anger, and recrimination. If you have the strength and self-respect to ask, it will help your partner do the same.

Make sure that was a "yes." You need to be sure that your partner has given full consent to sex. Sexual etiquette means nothing if it doesn't honor this basic sexual right. And consent is not something that's required only of college kids on a date. It's a question of propriety that applies to any sexual relationship, even a married one.

Take "no" for an answer. If your partner can't or won't give you what you want (oral sex, say), then it's unfair to bully or browbeat them into giving it anyway. To pressure a lover by withholding love, threatening them, or making them feel unworthy constitutes a kind of sexual blackmail. Of course, a "no" may not always last forever. It's acceptable to ask again later, if you do so in a kind, undemanding way.

Respect your partner's nakedness. "Where else are we as vulnerable as we are during sex?" asks Jude Cotter, Ph.D., psychologist and sex therapist in private practice in Farmington Hills, Michigan. "We are naked, physically and spiritually, and there's an obligation to be sensitive to that vulnerability."

During extended foreplay, air taken up into the vagina will sometimes escape in little farts the French call "love butterflies." A woman should feel comfortable letting fly a few butterflies in front of her lover, or saying or doing whatever else she wishes, without fear that such intimacies will later be violated. To violate the privacies that are shared during sex should be a crime. (It's not just spies who traffic in pillow talk.)

Remember to say thank you. If you thank the bagboy at the grocery store for helping you load the car, shouldn't you also always thank your lover for more important favors? (There are plenty of ways to say thank you, of course, and some of the nicest ones don't require words.)

Keep some things secret. What people say during orgasm, more lyrically known as "birdsong at morning," is private and should be kept secret. The Indians didn't keep parrots or mynah birds in their bedrooms because of how readily the birds picked up and repeated such privacies-so don't you repeat them, either.

THREE RULES OF LOVEMAKING

A multitude of sexual problems could be avoided if we all followed three simple rules for intercourse, says Jude Cotter, Ph.D., a psychologist and sex therapist in private practice in Farmington Hills, Michigan.

1. **Women first.** The woman should be allowed to reach orgasm before the man. She may get there through whatever arousal patterns she needs-by stimulating her clitoris with a finger (his, hers, or both), through oral sex, with a vibrator, or whatever. But she should always be allowed to get there first. This is not mere chivalry; it's physiology.

"When the guy is done, he's done-it's all over," Dr. Cotter explains. After orgasm and ejaculation, men's bodies need a period of recovery before they can repeat the performance, and the older the man is, the longer it takes. A teenager may need a minute; a 50-year-old requires hours. Women, on the other hand, require no such recovery time; many can reach orgasm repeatedly without ever needing a rest.

"Also, if a guy is having erectile problems, he obsesses; he worries; he gets performance anxiety," Dr. Cotter says. "But very few things can give a man confidence like seeing her come. If she comes first, that takes away 90 percent of his fears."

2. **She decides when it's time for penetration.**

The woman should determine when penetration will take place, whether she assumes the on-top position or he does.

"You ask a guy how he knows that a woman is ready for penetration, and he says, 'She's wet/ or 'Her nipples are erect,'" Dr. Cotter says. "But a woman can lubricate before she even undresses, and sometimes her nipples are erect because she's freezing. Other women never get erect nipples. The fact is, the only one who knows for sure that she's ready is *her*."

3. **It should always be the woman who guides her partners penis**

in. The woman should control how rapidly things proceed to climax. Allowing her to guide him in is just another way to make sure this happens. Also, even if he's not fully erect by the time she's ready, she can use his penis as a dildo, rubbing and stroking it against herself so that he is almost bound to have an erection before too long and then is able to penetrate her.

In general, Dr. Cotter explains, these rules acknowledge something most people don't realize: It's the man, not the woman, who is more sexually fragile. As William Masters, M.D., co-director of the Masters and Johnson Institute in St. Louis, once remarked, "The female has an infinitely greater capacity for sexual response than a man ever dreamed of." It is he, not she, who is more likely to have trouble fulfilling his side of the sexual bargain. "When a couple practices these simple rules for intercourse, though, it wipes out almost all those sexual problems," Dr. Cotter contends.

Prime-Time Positions

You and your partner can have a great time trying all the different positions for sex. You probably have a favorite position for sleeping, so it stands to reason that you have favorite positions for passion as well. The Kama Sutra was devoted to the topic, wasn't it? Some of them may prove to be favorites of hers while others feel better to you, or you might find one that you can both agree is just plain wonderful. Think of the fun you'll both have in the process of finding your favorites.

Cozy and Intimate

This position is said to be ideal for those who want a relaxed posture, one that in fact is perfect for falling asleep in each other's arms (after, not during). Begin in the missionary position, fully engaged. She then draws up her right leg (you can do this for her) and you both roll over to your left, until you're on your sides facing each other. "In this position," says Whit Barry in *Making Love: A Man's Guide*, "You don't have to worry about supporting your weight on your elbows and knees." Plus, you aren't crushing her. "Many couples find this position encourages a kind of cozy intimacy that suits them perfectly," he adds.

Maximum Results

Although experimenting with positions is always useful, one position stands out in terms of allowing maximum control and range of movement, according to Barbara Keesling, Ph.D., author of *How to Make Love All Night (and Drive a Woman Wild)*. It's a modified missionary position in which the woman lies on her back, perhaps with a small pillow under her lower back for more comfort. Her legs are raised in the air, knees bent. The man should be on his knees between the woman's legs. "The key to this position is that the man uses his knees instead of his arms to support most of his weight," says Dr.

Keesling. By minimizing muscle tension in the man's torso, this allows a man to use his pubococcygeal (PC.) muscles (which anchor the base of the penis within the pelvis) and his breathing to greater effect. "Most men tell me this is the position with which they have their greatest success," says Dr. Keesling.

Woman on Top

Some people feel it's "just not right" for the woman to be in the superior" position, that it is an affront to a man's authority or suggests latent homosexuality, or some other nonsense. Actually, though, it's pleasure that should be in the superior position. You may find the woman-on-top position to be mutually satisfying. As a rule, when the woman is on top she's much better able to fine-tune the stimulation of her clitoris and thus reach orgasm (although it may be a little more difficult for the man to keep his penis from falling out).

"Undoubtedly," says Dr. Cotter, "the position of choice is the female on top. When a woman is kneeling astride his erect penis, they can both last longer. He's not getting tired, she's not getting tired, since her strongest muscles are supporting her. Both his hands are free to stimulate her clitoris. He can also see her body, and this is important, because men are turned on by the visuals, which is why there should be some light source in the room."

Also, Dr. Cotter adds, in this position it's possible to deal with some erectile difficulties. If he's having trouble getting an erection, she can use the "stuff technique" and simply stuff his semi-erect penis into her vagina when she's ready. If he has trouble with premature ejaculation, he can usually last longer when she's on top.

Sifting Positions

Art or literature depicting seated lovemaking is fairly rare in other cultures, although the Chinese are fond of depicting intercourse involving the man sitting in a chair, according to anthropologist Edgar Gregersen, Ph.D., author of the book *Sexual Practices*. Although they

may be somewhat uncomfortable, seated positions have the advantage of not being too strenuous on the man and may help him delay ejaculation.

Rear Entry

Rear-entry intercourse may seem a little raunchy and animalistic, but that's part of its appeal. It has other practical benefits, such as the fact that it can be done in late pregnancy. It's the position in which the man can have probably the deepest penetration. And many women who have an erotically sensitive "G spot" on the front, top wall of the vagina say that it's most easily reached when the man enters from behind. The biggest disadvantage is the lack of clitoral stimulation in the rear-entry position (although she can help with her own hands).

The G-Spot Stimulator

"Vaginal sensitivity is an anatomical reality," says John D. Perry, Ph.D., a fellow of the American Academy of Clinical Sexologists and coauthor of *The G Spot*. Although there may not always be a distinct, raised G spot, the upper wall of the vagina (closest to her abdomen) is generously endowed with sensation receptors that can play a major role in the female orgasm. The key is in reaching them.

As for your technique, think of a spoon inserted into a glass jar. For the end of the spoon to touch one side of the glass, it's got to be angled just so. So do you when you're inside your partner. Here are three ways you can customize the standard missionary position to help you hit the mark:

- Have your partner elevate her legs.
- Place a pillow under the small of her back.
- Place your hands beneath her hips and lift her whole pelvic area into the air.

"All of these maneuvers can help push the upper wall down onto the penis, and so maximize her (and your) pleasure," explains Dr. Perry. Most women have their greatest area of sensitivity on the upper wall, but some have it closer to their opening, and some deeper in, so it takes some trial and error to get it right. But believe this: You'll know when you do.

One important tip: When you bring a woman to orgasm this way, the result can often be waves of muscular contractions that seem hell-bent on pushing you right out of the vagina. "With a vaginal orgasm, the top of the vagina will close down and the bottom will open up so that you have a pushing-out effect," says Alice Ladas, Ed.D., a sex therapist practicing in New York City and coauthor with Dr. Perry of *The G Spot*. When this happens, push back. What the women we spoke to really want as these muscles are contracting is for you to push in very forcefully: They're feeling intense pleasure from the pressure of your penis on that upper wall, and they want more of a good thing.

An Old Favorite

Here's a pretty simple approach from that Arabic classic *The Perfumed Garden*. According to the book, this position was developed in India, where it was counted as "the thirteenth manner" of making love. It is called *Dok el arz*, which in simple English-perhaps too simple-means "pounding on the spot." According to the author, one Shaykh NefLawi, no position was so enthusiastically approved of by his fifteenth-century buddies. And their wives.

In his own words (translated by Sir Richard Burton, the nineteenth-century British explorer and Orientalist): "The man sits down with his legs stretched out; the woman then places herself astride on his thighs, crossing her legs behind the back of the man." Lining things up, the woman guides her lover into her. "She then places her

The ancient Indians who followed the path of the Kama regarded sex as a major portal of entry into the world of pure spirit.

arms around his neck, and he embraces her sides and waist, and helps her to rise and descend upon him. She must assist in his work." The Shaykh relates that a long-frustrated wife whispered in the ear of her husband, "This is the veritable manner of making love!"

Angling for Her Affection

Here's a tactic that's likely to stir up the embers: A report In the Journal of Sex and Massage Therapy suggests that the "coital alignment technique," which brings the penis and clitoris into sustained, rhythmic contact, may enhance intercourse. With your partner lying on her back, position yourself between her legs, further for-ward than in the conventional missionary position. Rest your upper body on her so your pelvis overrides hers. Your legs lie over her thighs, her ankles on the inner sides of your calves. Bending her knees any more than that is uncomfortable and tends to immobilize her pelvis. After insertion, the shaft of your penis should press up against her pubic bone.

Don't thrust in and out. Instead, both your pelvises should move together in short, rocking strokes. Your partner should push up as you push down. Direct your movement from the rear surface at the base of your penis, maintaining contact with her clitoris. It's important to keep continuous, steady pressure on the clitoris, say researchers who have studied the benefits of this position. As the man bears down, the woman should apply counterpressure by pushing up with her pelvis. As orgasm approaches, there is a natural tendency for the man to speed up at the same time the woman slows down or even stops. But you need to resist the impulse to break out of rhythm, and keep moving and thrusting at the same pace as your partner, the researchers say.

Women who've learned the coital alignment technique are able to reach orgasm more often and more pleasurably and are more likely to climax simultaneously with their partners, researchers say.

The X Position

Alex Comfort, M.D., D.Sc., author of *The Joy of Sex*, is fond of this approach, which he calls "a winner for prolonged, slow intercourse." His instructions: "Start with her sitting facing him, penis fully inserted. She then lies right back [so do you, but slowly] until each partner's head and trunk are between the other's wide-open legs, and they clasp hands. Slow, coordinated wriggling movements will keep him erect and her close to orgasm for long periods." The splayed-out legs of each partner explain the "X position" name. Take your time with this one, and when you lie back, do so gradually, until you both

Shut up and Kiss Me, You Fool

We agree, but kiss her artfully. There is one sure way to get a woman very, very ready. Women say they can never get enough of kissing, and here are their definitive descriptions of how to kiss a woman on the mouth.

- Take your time at the lip stage; bite them softly or lick them gently. Touch the corners of her mouth with your tongue.
- Open her mouth gently but firmly with your own. Play with her tongue, but refrain from sticking yours all the way down her throat.
- Move your jaw a little from side to side and concentrate solely on her mouth. Don't think about what comes after. Or even what might not come after. Just that moment. And either look straight into her eyes, or close yours. Think of England, if you have to. Just don't think of optometry.
- Go with different grades of intensity before heading inside. If you give love bites, do it carefully. Soft, gentle suction on the sides of the neck is good, but no woman wants to wear turtlenecks or elaborately tied scarves for a week.

feel comfortable.

The Blooming Lotus

Before describing these next two approaches, from the Indian classic *The Ananga Ranga (Theater of Love)*, it should be noted that in the Indian tradition, love and sex can be central to spirituality. Rather than diverging from the spirit and plunging into the physical, as in the Puritan tradition, the ancient Indians who followed the path of the Kama regarded sex as a major portal of entry into the world of pure spirit. Ananga, from the title of the book, designates the Indian god of love. There are many ways to know him, including the following:

The woman lies on her back, with her head lower than the rest of her body, either from lifting her hips with her hands or with the help of some supporting pillows. In this position, she swings her feet outward and bends her knees so her heels wind up in contact with her hips.

There is a reverse version of this in which the woman lies on her stomach, with her knees against the bed. She grasps her feet and pulls them around and up to her hips. This tends to direct her center region downward. Her partner then moves behind her, raises her thighs further up, and pushes his knees under them.

just in case your partner should ask what exactly you have in mind as you begin to orchestrate this, you can say, without any trace of hesitation, "In ancient India, they called this Vyaghravaskanda. "While that may take some practice to pronounce (can you say vee-AH-krah-vah-SKON-dah?), it's probably a better choice than the translation from the Sanskrit, which works out to "attack of the tiger."

Take It Easy

One last tip that can make intercourse both more enjoyable and more controllable: Take it extremely slowly. "Get in there in stages and just don't do anything," recommends Bernie Zilbergeld, Ph.D., a sex therapist and author of *The New Male Sexuality*. You might want to start by penetrating only a half inch and adding increments slowly. Once in, doift feel compelled to move around right away. "A lot of

people say that, next to orgasm, the moment of penetration is the most enjoyable part of sex. So take your time. Enjoy yourself," he says.

Best Sex Ever

We've all attended workshops on management or a variety of other topics; been tutored on Windows and computer software of all types; taken classes on karate, scuba, fly fishing; been taught the proper posture for walking ("Get those shoulders down!") or even how to breathe ("Stick out that belly!").

But one thing you've never really been workshopped. on is sex.

Now, does that make sense? Most men regard themselves as Studley Doright when it comes to sex. But let's be honest. If we have room for improvement on our fly-casting strokes, isn't it likely that we have a little room for improvement on our people strokes?

Since most real-life workshops are somehow designed to be embarrassing, if not downright humiliating, here is a workshop in the privacy of print. Based on countless sex manuals, and field testing, what follows is hereby rated X, so if you don't want this kind of thing, close this book. Another word of warning: When the situation warrants, wear a condom.

The tongue has a second role to play. Yes, the most important body part for perfect sex is the tongue, but not necessarily used the way you're thinking. "Though a man loves a girl ever so much, he never succeeds in winning her over without a great deal of talking," says The Kama Sum, the world's oldest and most famous sex manual, written about 2,000 years ago and based on writings that go back even further-no one really knows how far.

This observation hits like a bolt of lightning, nothing less than a double-millennium male bonding experience. Those guys had to talk, too? What did our Indian brothers talk about? Tigers? Elephants? Monsoons? No, they probably talked about what we are going to talk about-the feelings of the beloved, which we doubt have changed in all those centuries.

Leaping ahead one hundred generations or more, here is the

"It's important to know that women absolutely want quickies, too."

advice of sex therapist Irene Kassorla, Ph.D., author of *Nice Girls Do- And Now You Can Too*, on talking during sex: "Let your partner in on all the sensations you're feeling, everything that's happening to your body and how excited you are. When you hear your partner saying 'I'm having such a good time!' it will be easier for you to relax. *Silent lovemaking breeds alienation, increases anxiety and squelches performance. Talking promotes self-confidence, stimulates action, and encourages intimacy.* [italics hers]"

So ... we have to talk not only before but during, too, lest we alienate and squelch. Fortunately, according to Michael Morgenstern, author of *How to Make Love to a Woman*, "It doesn't really matter what you say. She just wants to know that what has just happened has some importance." ("Honey, that was ... like, major.")

Make her feel beautiful. A women's magazine survey found that the single factor that most inhibited women's sexual desires was insecurity about their own physical appearance. Ashamed of being overweight or not good-looking enough, they found it hard to believe their lovers could be attracted to them. A word to the wise: Helping your mate feel beautiful is also very likely to make her feel sexier ... and more willing. Often, the reason that couples have bad sex is that the woman simply doesn't feel attended to.

Don't be afraid to open your mouth. "A lot of my patients complain that their partners don't say anything or are too quiet during lovemaking," says sex therapist Shirley Zussman, Ed.D., codirector of the Association for Male Sexual Dysfunction. "Telling your lover things like, 'Oh, you feel so good,' and grunting, sighing, making noise, it's all a part of lovemaking," she says. "Good sex is like a light-and-sound show: Leave the lights on and let out some sound."

Ask and you'll probably receive. There is often a failure to communicate among couples. Very often, the guy has desires he's never brought up. When the woman, trying to please him, asks him what he wants, he replies, "Everything you do is great." Women hate that. Men need to learn how to ask. Most guys who are reluctant to ask think that what they want is kinky. But since there are only so many concave surfaces on the body, whatever you're thinking of has surely

been tried before.

One recent survey found that 57 percent of male respondents shared their sexual desires with their partners. Unfortunately, this means that 43 percent of us don't open up. A good way to start is by asking some questions. Share some of your own thoughts and fantasies; there's nothing like expressing raw vulnerability to get someone else to open up. You're likely to find some exciting new aspects of your partner if you're willing to talk to her about her fantasies and what she wants in bed.

Let her strut her stuff. "A woman will never show you more eroticism than she thinks you can handle," says David Schnarch, Ph.D., author of *Constructing the Sexual Crucible; An Integration of Sexual and Marital Therapy*. "They learn from experience that some men are intimidated by a woman's prowess." If you let her know you're not one of those guys, she may come up with stuff you never even dreamed of "Women like doing that," says Dr. Schnarch.

Don't try to know it all. It would be nice if we were all experts on the female sexual response, but we're not. "It's hard enough for men to be experts on their penises," Dr. Schnarch says. Don't start sex thinking you know what's going to work. "That makes you decide in advance what your technique will be. just focus on your partner and what she likes, and technique will take care of itself," he says.

Open your eyes. Most people visually close themselves off from their partners, ostensibly to focus on physical sensations. Looking into your partner's eyes won't take away from the sensations, but it will make sex more intimate.

Find a new love nest. Always making love in the same old space can diminish desire. Maybe it's because everything seems to remind us that we haven't shoveled the walk or cleaned out the gutters. Try sex in the kitchen or in the coat closet. Or take a weekend break and check into a hotel down the street.

Be spontaneous. One thing on which many women we talked to agreed: They sometimes miss the quickie. The sudden surprise of an unexpected bout of sex, standing up or in an unusual place, is just as

stimulating for women as for men. "Men have told me that they're trying to stay sensitive and in touch with their partner's needs and that they thought the quickie was forbidden," says Patricia Love, Ed.D., a marriage therapist practicing in Austin, Texas, and author of *Hot Monogamy*. "It's important to know that women absolutely want quickies, too."

Be more creative. We're often encouraged to fantasize in detail about careers, successful relationships, negotiating, conflict resolution, even our performance in sports, but when it comes to fantasies about sex, we've been trained to feel guilty. According to the survey *Sex in America*, 54 percent of American men fantasize about sex at least once a day. The mind, after all, is the body's most fertile erogenous zone. Without sexual fantasies, sex itself may seem sterile, mechanical, and uninteresting. In fact, it's been discovered that sexually dysfunctional men and women rarely have erotic fantasies during foreplay, sexual intercourse, or masturbation. And people who suffer from what are known as hypoactive desire disorders (lack of interest in sex) also seldom unroll torrid movies in their minds. These people may consciously squelch such thoughts because they feel guilty or embarrassed about them.

Sexual fantasies are without doubt the most common kind of human sexual experience-and sometimes they're so vivid, and so steamy, that they hardly qualify as "fantasies" at all. So don't stop yourself from using one of the best sexual organs you have: your brain. There is tremendous pleasure potential in your mind, most of it untapped. Some people can actually think themselves to orgasm (you remember your pajamas in the morning?), and fantasy can't harm anyone. When in the theater of your mind you become a lusty Viking who, in the process of raiding a sleepy village, carries off a young maiden to his lair, it doesn't mean in reality you'll be descending on a tiny hamlet in Kansas and having your way with someone's daughter.

Remember that most people's fantasies don't involve their current mates. This doesn't mean they're unfaithful or that they've stopped loving their partner. It's just the mind wandering off into uncharted territories, doing what it does naturally-dreaming. What's not natural is trying to stop ourselves from fantasizing.

Sometimes sharing fantasies or hidden desires with your partner can trigger all sorts of sexual possibilities. There are sexual board games such as "An Enchanted Evening" or "Passion Play" that can get you talking about things you'd both like to try.

Have a sexual adventure. Go somewhere or arrange for some time away from responsibility and inhibition. In movies there's lots of sex happening in elevators, on office desktops, or in hospital supply rooms, and all of it happens in amazing Olympian positions. But it's not wise to get into situations that could have disastrous consequences for your career or family. Although it sounds like a contradiction, rather than meeting your lover in your office after hours, plan a safe time and place to be spontaneous. Once away from responsibilities and potential interruptions from kids, etc., all sorts of unexpected lustful events can occur.

Small but Delightful Details to Keep in Mind

When it comes to sex, paying attention to details is a real pleasure. Once you've got the basics down, start paying attention to the little things-changes in technique, or unexpected or overlooked tidbits of sensuality.

- One detail you should never neglect is shaving. Maybe Don Johnson pulled off that scruffy shadow with his white suits and no tie, but take it from us, women don't appreciate sandpaper across their cheeks or thighs. There's nothing erotic about the removal of the top three layers of skin. And remember, the softer and more delicate the skin, the more sensitive it is to rough surfaces.
- Be lavish with the compliments. Telling her how beautiful she is will make her feel more beautiful and more sexy.
- Extended foreplay and oral sex can increase exposure to pheromones, which will increase arousal and strengthen your erections.
- Have her tell you her dreams. Ask for details but don't provide interpretations. Whatever she dreams about she most likely longs for, and after careful listening, you can fulfill her fantasies and yours.
- Share your thoughts and fantasies. Intimacies and expressions of vulnerability can open her up to more physical sharing.
- Spend the evening at an amusement park and head for the fastest, highest roller coaster you can find. People tend to confuse fear with passion, and if you allow her to cling to you after the ride, she'll likely cling to you later. Another way to create that fear/passion confusion is to watch a

horror flick at home. If she clutches you in terror, chances are she's also aroused.

- Get help from the masters. Soft, classical music in the background can be seductive to a woman.
- Say nice things to her, even if she knows you're lying.
- Next time your mate is taking a shower, slip in with her. It may not result in sex, but it will result in increased intimacy, which may result in sex later. Shampooing your lover's tresses can be very erotic. Take your time and comb through with the cream rinse, savor all the sensuality of the moment, and enjoy the sensuality to follow.
- Take a lesson from the other mammals. They do a lot of nuzzling, nibbling, licking, and biting during sex. When you touch her skin, anywhere, do it as lightly as you possibly can. It will give her teasing and erotic chills. Be twice as gentle as you think you should be. The biggest mistake men make is that they touch a woman as hard as they want her to touch them. Remember: soft body, soft touches.
- Use delay tactics, take lots of time with foreplay, tease her until she's insane with desire, and then, when she can't stand it, go for the delayed and delightful finale. For example, don't go right for the nipple; ease your way around the perimeter of the breast in circles until you gradually, finally, hit the spot. Make soft little tracks with your fingertip from her inner thigh to the inside of her knee and back up again. By the time you're ready to go higher, she will be, too.
- When you've penetrated, don't pump like an industrial power tool. Build up slowly with straight, regular thrusts. One ancient thrusting technique is a pattern of nine shallow and one deep. When you follow this pattern, often the woman will reach orgasm a lot more quickly, sometimes two or three times before you ejaculate.

- Use your imagination. Pour honey on her and lick it off. Fruits, ice, and feathers are all nice props.
- An apple a day could bring fellatio your way. Eating fruit can sweeten your seminal fluid, while highly acidic foods like tomatoes or spicy foods can make it sour.
- Use gravity to maximize your ejaculation. Just before your stunning finish, switch back to the missionary position. Ejaculation is easier to achieve and more forceful with the aid of gravity.

The Aftermath

Even if intercourse is the main course of sex, there's no reason to skip dessert. Yet many people, men in particular, tend to fall asleep or jump up and go watch the late show shortly after intercourse.

"Very often, when the guy is finished, he's finished, and he wants his report card. He wants to know how it was," says Dr. Cotter. "But for many women, the wind-down part after intercourse-the hugging and kissing, the feeling of closeness-is the nicest part. Often there are times when she has intercourse just because of the aftermath."

Men need to be more sensitive to women's fondness for this sweet, intimate afterglow. If you do it right all the way through, chances are you won't have any problem convincing her to come back for more. And that means total satisfaction for the both of you.