

DIARY OF A  
FRENCH  
PUA

A PUA TEACHES YOU HOW TO GIVE WOMEN ORGASMS:  
HOW TO MAKE THEM COME LIKE CRAZY



Cyprineman (master in the art of licking pussies) | aka Fabrice X

*“Sex is a part of nature. I go along with nature.”*

— Marilyn Monroe

Why am I writing this ebook ?

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Dear Future Sex God,

My point while writing this ebook is to help you to give to girls the most incredible sexual experiences of their lives ! I guess I'm not the first pretentious guy who wants to write such an ebook... but I am Cyprineman, sexpert famous for licking pussies like a God (it's my gift).

But, I won't only talk about licking pussies here. I also want you to know at the end of your reading the spots on girls' body to touch - and how to touch them the good way - to make them scream "*AAAAAAAAAAAAAAAAAAAAAAAAAAAAA you're the best lover of my life*" !

I will explain to you the good mindset that lead to some good sex, and the good things to do when you are having sex with her : how to warm her, how to finger her, what key-positions to master, how to last long enough to satisfy them, how to stay hard, how to recognize a real orgasm, etc. I want this ebook to be exhaustive. Everything about sex here.

By writing these lines, I really want to make the work I would have enjoyed finding when I started.

After my ebook about Online Dating, I thus propose you by now another practical ebook (by opposition to theoretical) : no intellectual masturbation. Only things you can use next time you'll sleep with a girl... to drive her crazy. It's not very complicated things, but it's things you must know and use. I want to keep it simple but effective. For example, about lasting longer : we will talk about “tricks” that help but we'll stay on realistic things... because anyway the more you're used to fuck and used to fuck beauties, the more you'll last and become good naturally.

And it's not just about giving orgasms and connecting with the other sex, it's so much more than that... When you are a good fuck, you feel proud... you feel like a real man. You feel like you have an ace up in your sleeve that gives you a mysterious confidence. All the women and men that you meet will treat you with respect because of this sexual confidence. Sexual skills really do MAKE the man and people can tell because it gives you an aura.

Very few men are good in bed. Really good, I mean. Knowing you're good will give you an incredible advantage in your mind. To get the girl and to keep her if you wish... because she'll be addicted. You will invert the balance of power between men and women by proposing her something rare: a good lover.

You will not anymore be afraid of the competition. If you knew how many guys I saw going into trouble while trying to pick up a girl then not daring to turn up at her place the day of the meeting because they were afraid of screwing her badly. You already have an advantage on the others... because rare are the guys who agree to learn on the sex. They are way too proud! And even if they brag, it is a taboo subject!

By the way, how do we know that we are a good leg? When the girls tell it to you every time you sleep with one of them, for example. When you inspire them comments like "*fuck but where did you learn that, you, it was awesome!*" That happens to me all the time now (nevertheless I leave by far) then sorry if I am a little big headed now ! ;)

But it's not about my ego, not about "*being better than the others*". It would be impossible and useless anyway. Some people will always be better than you and me. It's not really a competition fortunately as far as the girls have only for partners a little sample of the population. The probability that she knew a better lover than you and me is thus low (at least after you read this book).

I wish to get loose from everything that can make sex a stressful and full of negativity experience with the aim of teaching you how to enjoy a profound union... an experience way more complex and pleasant than a purely physical gratification (physical friction which is all the same important but it's not enough).

Sex, it's not just a mechanical act. So yeah sure I will tell you the mechanisms... but there is something more, something better than that... and we will talk about it too. Few people know it, few people live it... and it's a good news because you've now joined a very limited circle !

I am going to reveal you why so many people say that sex is wonderful and you'll finally understand why in the practice it is not often that awesome !

An orgasm is a sexual climax (or high point). Orgasm happens because of continued sexual touching. During an orgasm, there is a strong feeling of excitement and pleasure. Sexual touching may be sexual intercourse, rubbing or squeezing by hand (called masturbation), or other actions that make the sex organs feel good. During an orgasm, a person's body sometimes spasms (shakes or trembles) and the person's brain activity changes quickly. Orgasms may happen when people are asleep. When men orgasm while sleeping, it is often called a "wet dream". Other mammals may have orgasms when they have sex.

The penis usually becomes erect (hard) before an orgasm, and flaccid (soft) again after. When a man has an orgasm, he feels a very strong and enjoyable feeling in his penis and groin, and sometimes in all of his body. In a man, an orgasm usually happens at the same time as an ejaculation, which is a release of semen through the penis, that can't be stopped. Young boys can orgasm, but there may be no semen because semen release usually occurs only after puberty has started. After an orgasm, men usually have a deep sense of relaxation, usually felt in the groin and the thighs. Usually the stronger the orgasm, the deeper the relaxation and the longer the relaxation will last.

A woman's orgasm begins in her clitoris, which is the counterpart of the man's penis. It is preceded by an erection of the clitoris and a moistening of the opening of the vagina. When a woman goes through a full orgasm, her uterus, vagina, anus and pelvic muscles undergo a series of rhythmic contractions. Most women find these contractions very pleasurable. Rubbing or applying other consistent pressure against the clitoris is usually needed to help the woman have an orgasm.

Orgasm plays an important role in human reproduction. During sexual intercourse, a man places his penis inside a woman's vagina and moves it backwards and forwards. The woman may also move her hips back and forth, or in a circular motion. The friction caused by this movement, together with the warmth and pressure of the vagina, causes the man to have pleasurable feelings in his penis, which grow stronger and stronger until the man has an orgasm and ejaculates, at which time semen then shoots out from the end of his penis into the woman's vagina. The semen can make the woman pregnant.

The woman may also have an orgasm during intercourse as well. Scientists are not sure why women have orgasms. Some believe that the orgasm helps the sperm in the man's semen to swim up the vagina into the cervix, so that it is more likely that a sperm cell will fuse with an egg cell. Others think that the woman's orgasm is designed to help make the man reach orgasm. During her orgasm, a woman may moan, cry, or scream, which usually excites her man, and her vagina may grip the penis more tightly, which also makes sex more exciting for him. These reactions may cause the man to ejaculate more quickly or to produce more semen; when a woman reaches orgasm during intercourse, it often makes her man have an orgasm at that point as well. Orgasm may also encourage a woman to have sex more often as it feels good, increasing the chances of pregnancy.

A study indicates that the risk of breast cancer for women is lower for those who frequently have orgasms (more than fourteen orgasms a month), in particular after 50 years.



According to another study on 918 men from 45 to 59 years old, and followed for 10 years, the risk of mortality is lower of 50 % for those who have frequently orgasms (more than twice a week).

NB : all the orgasms have not the same intensity.

For the anecdote: It happened to me, several times, after powerful orgasms, to laugh myself sick. I do not know why. A story of hormones, certainly.

I do not think you can establish a gradation of power between the different types of orgasms (fingers, tongue, penis) ... It depends on a lot of other factors. It's not as easy as it looks!

The main idea : making love is an art, it's not just emptying your balls.

It is well known that having orgasms regularly improves life expectancy !

May the God of the Cyprine be with us !

## Who am I ?

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I'm a “normal” dude who had not always been able to satisfy women (it's so sad). At first I even was mad at them because they didn't want to see me again after I slept with them (even if we went on several dates before sleeping together: don't fool yourself... sex is important for them too and they are not VERY understanding).

One day, I understood where the problem came from... (1, 2, 3 “who has met someone else in the meantime” it's OKAY but after you put yourself into question). I stopped blaming every girl and started doing something to fix this problem. I got myself together, just like you're doing now.

My main problem at the beginning was that I selfishly thought that it was rare for a woman to have an orgasm. I hadn't realized they can jerk off just like us. And, if they can have more pleasure alone than with us, why would they need us ? And who could discreetly teach me to be good?

I haven't always been good in bed nor good with women. Far from it ! I was worried that I would cum as soon as they touched my dick. Understand me: a vagina/mouth feels so good and wet... I was shocked that everyone talked about how awesome sex was. It wasn't for me, it was stressful for me, I had to prove things! I mean, sensations were good, but not the context. And girls selfishly didn't really help me to feel more comfortable (sorry it's sad but it's true) !

I watched a lot of porn, read dozens of books/ebooks and watched several how-to-make-your-girl-come videos ! I'm sorry for my colleagues but most of this stuff was very ridiculous and unrealistic. It was obvious the orgasms and the interactions in general were faked in this stuff. And, I absolutely cannot caution the use of pills and supplements to have great sex. To me, sex is natural, so must be the orgasms.

Over time, what happened was that through my own experimentation, I became able to make women cum ONCE AND OFTEN MULTIPLE TIMES. I could get hard and stay hard for ONE HOUR if I wanted to (btw, it's too long).

In the beginning I was too shy to try new things, so I made one step after the other with my initiatives in the bed. But as I saw how it made women literally start shaking and moaning when I did this stuff, I got more confident in bed (one woman even broke my bedside lamp because she was losing control while I was fucking her hard! (according to her)). Now, I still have my day job as an accountant (who said accountants are boring?), but I spend my free time learning seduction and the art of sex... and obviously teaching men how to become awesome in those domains.

After you've read this book and internalize the programs I've prepared for you, you will feel so confident about your skills and knowledge in bed that you will not be paranoid nor insecure about your lover (or girlfriend, or wife) leaving you for some other dude with more money, better looks, and better sexual skills than you. You won't have sexual complexes anymore!

For a long time I was myself in denial. I'd watch online porn and I'd see guys doing crazy things but I said "*it is not possible to do so in real life, my girls are not whores*". But the thing is : girls like sex, orgasms and all that dirty stuff. If you're still looking for your one true love who will teach you how to have good sex, you can forget about it (or wait a looong time). 99% chances are if you're bad in bed, your lover won't want to see you again instead of teaching you.

The first times I'd had sex I got really hard but couldn't last long. The other times I had sex (it was rare for me), I couldn't stay hard inside her (fear of coming too quickly). After crying a lot, I'd do trial and error until something works and so I became very good in the bed. Guess what ? That's exactly what I want you to do today. It's your turn... It's up to you !

I want you can learn from this book and make as many mistakes as possible and then correct them until you got it right. You have to learn how to do it, what a woman expects from a man in bed. It is not one of those things you were born with. And it's normal !

If you weren't lucky enough to make your first time with an inexperienced girl and learn together, you're probably repeating the same mistakes again and again. And yet if nobody teaches you, you cannot invent...

But it's over now! I will teach you how to be in complete control of your body and how to feel the girl emotionally and physically.

They'd literally say "*I LOVE when you're fucking me!*" Maybe you cannot believe me right now but you should. If you do what I say in the book, you'll become better than 99% of the men out there. Suspend your negative and jaded thoughts and say to yourself "*OK. I'm listening to this PUA who has all the same fucked more than 100 girls : he had probably learned some stuff. It can't hurt to try. It's a win-win scenario.*"

When I became a PUA, I immediately started having sex with a lot more girls (and hotter girls) and my skills got much better. I was having sex almost whenever I wanted, getting text messages from girls I had one-night stands with who wanted to see me again... while I was with another girlfriend. Because yes, I'm in love with the whole other sex.

If the Lord endowed me with a cock it is not just to stand there!

Now even girls who have boyfriend text me "*I'd want to take a nap*" or "*do you wanna watch a movie tonight ?*" which means "*let's just go into your bedroom and have good sex because my boyfriend is cool but not good enough in bed... you're my libido's saver*".

I decided to share my tips with you because it is a hobby. I've always wanted to help people improve and since I'm good I've always had some "*padawans*" that would come to me for honest advice.

Now I wanted to make this amazing information I had personally learned during my 6 years of pickup in the community of seduction available to guys who are like I was. Those who have given up and those who have faced rejection, humiliation, and had either been dumped or had relationships fail because of a bad sex life, etc.

So I figured I would put together a system for how to have awesome sex with women. "How to be a good lover". I wanna talk here about the stuff that changed who I am, sexually speaking. I feel like now I have inside me this power to give any woman an orgasm. I'm one of the best dick in my city and that's why girls call me and want to see me again. It is now your turn to enter the dance (because I obviously cannot handle them all then It's better to be generous) !

I walk around with this confidence I never had felt before. When a girl is not interested in me, I say to myself "*your loss, you've perhaps just missed the best orgasms of your life.*" It's not being arrogant when it's true and not subjective !

Sometimes I'm pissed off : I say it to them right in their face... in this case OK it's a little bit arrogant... but I'm French please forgive me (if I became so good in fingering it's maybe because I played Game Boy a lot when I was a kid - just kidding I'm just in love with the fair sex so I want to give them a lot of pleasure - and you should too)!!! Seriously you should see the world this way you too because it helps !

I want all the guys to become good in bed so that women are less "skeptical" when it comes to orgasms. I listen to them often and most of the guys are incredibly bad and do not even realize it. I really believe that if the average dude was good in bed, women would have sex with us more easily (less shit-tests and bad beliefs about us, poor men).

I have already heard "*sex without love, it's meaningless*". It's a shame. It's wrong. And now I hope it's over ! To me, there's nothing like watching a woman about to orgasm... even if we're not in love : we can fuck and enjoy life together. "*Carpe diem*" (enjoy the present day without worrying about the hour of your death and even less about your future sufferings) !

A fake orgasm is the result of a person who pretended to have an orgasm without actually experiencing one. It usually means simulating or acting out behaviors, such as body movements, vocal sounds, and sequences of apparent intensification followed by apparent release, typically associated with orgasm. It can also include giving verbal indications that orgasm occurred.

Contrary to popular beliefs, women are not the only gender to fake orgasms. A random-sample telephone poll of 1,501 Americans has shown that 48% of women and 11% of men faked orgasm. Faking orgasms in men becomes easier while using condoms, since ejaculation usually accompanies orgasm in males. Women fake orgasms much more frequently than men with 26% of women faking an orgasm every time they have sex. This is more than the 25% of women who report consistently having an orgasm during sex.

Orgasm is not always achieved easily during sexual activity. In both sexes, the condition of being unable to orgasm during sex is called anorgasmia ; it can be caused by a variety of factors, including factors in one's life such as stress, anxiety, depression, or fatigue, as well as factors related to the sex itself, including worry, guilt, fear of painful intercourse, fear of pregnancy, the undesirability of a partner and the undesirability of a setting. It can also be caused by drug use, including alcohol and other drugs, or side effects from prescription drugs.

People can fake orgasms for number of reasons, such as when their partner wants them to orgasm but they are unable, or when they desire to stop having sex but are not comfortable telling their partner directly, avoiding negative consequences, or for pleasing their partner.

For women in a heterosexual relationship, faking orgasm is often based on deference to the man, need for his approval, or feelings of shame or sexual inadequacy. People can also fake orgasms for reasons of display or presentation, such as during phone sex or in pornography.

Women tend to achieve orgasm during sex less readily than men, and thus faking an orgasm is more common among women. Most women require direct clitoral stimulation to achieve orgasm. Not all sexual positions provide access to the clitoris, thus making orgasms difficult to achieve for women during sex.

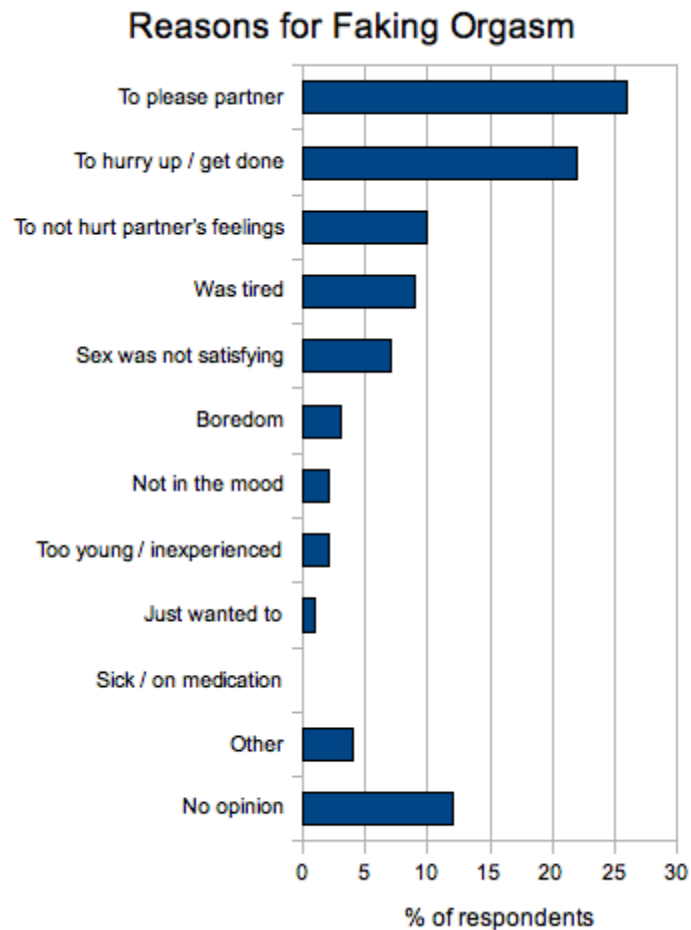


Feminists have pointed to women faking orgasm as a sign of male-centered sexuality; in a society that celebrates only male sexual pleasure, women may feel pressured to engage in acts that bring their male partners to orgasm but that do not provide them physical pleasure. Women in a discussion group in 1967 analyzed their motivations for faking orgasms and decided that faking was a response to pressures placed upon them by men. As such, the urge to fake an orgasm often sits in a broader context of other problems with sexual repression or male-centered sexuality. Many of these women also experienced feelings such as sexual rejection by their partners, or on the other hand, unwanted sexual attention; some were afraid to tell their partners what they wanted, and others said their partners resented being told what they wanted.

Hugo M. Mialon developed a game theoretical analysis of faking orgasms as a signaling game. Only some of the predictions of his model were consistent with survey data used to check the validity of the model. Among other things, the survey data suggested that both women and men who would be more concerned if their partner were faking are less likely to fake themselves, and that older women and men are more likely to fake than younger ones.

One study of orgasm found that women who fake orgasms were more likely to neglect their partners and flirt with other men at social gatherings; the authors of this study speculated that women who fake orgasms may be more likely to engage in sexual intercourse with men other than their partner, although they recommended caution at interpreting their findings due to a small data set and a large number of variables being studied.

In therapy or counseling, women are more likely to inaccurately portray their sexual behavior (such as by claiming to orgasm when they do not) to a male therapist than to a female one, although women may still withhold the same information from female therapists.



*Good sex is the solution to most of problems*

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56% of men who have affairs say they are in love with their wives. Currently, women are initiating 70% of divorces. 25% of married women will also have an extramarital affair (for 40% of men). 54% of people will never know their partner has cheated. 30% of people on dating site are not single, 38% of people on those sites are looking for one night stands (source : IFOP).

Number one reason why women cheat is because they are not sexually satisfied in bed (sorry if it happened to you). Millions of guys are having problems satisfying their women sexually, and it's creating horrendous relationship problems like depression, cheating, divorce...

If you are thinking that being just OK in bed is all you want, that it is enough, think again! We are in a COMPETITIVE environment ! Do you know in how many discreet ways the girls can cheat – and I'm not only speaking mentally – but physically actually meet up with someone and fuck (I've often been this someone)... and you NEVER know about it??? Online dating, social networks, all kinds of sites for men and women who want to have discreet affairs. Temptation will definitely be there for her to cheat. Men try to pick up women ALL THE TIME. EVEN IF THEY'RE MARRIED ! If you're not good in bed, you're in danger...

If you're not a swinger, you probably think it's humiliating to know that another man was inside your girlfriend's mouth or inside your wife... and he wasn't making love to her, he was fucking her hard like a bitch!!! But on the other hand if she doesn't tell you and you know it in another way, you're mad at her because she lied IN ADDITION OF THE REST. What's the worst ? Sorry what I'm going to say is not easy but maybe you're for something in her adultery.

There's no worse fear or no worse feeling than not being able to satisfy a woman sexually. That just makes you feel like that you're still a little boy, inferior to your schoolmates : like you're less than all the other guys or there's something wrong with you. You're ashamed and hurt !

However, when she cheats it's not that she wants to cheat, it's that she's driven by her natural emotions. She cannot resist. You need to understand that women are very sexual creatures, they need to have sex — WOMEN ACTUALLY CRAVE SEX. If you didn't know that and act consequently, we've already found out one of your blocking points. Hourra !

Women are child-bearers... and the only natural way that they can have children is by fucking. They thus have a natural instinct to have sex.

Think about what is going on during sex ; if it's good sex for a woman, which might not be the kind of sex you're given her at the moment, she's clawing your back, she's screaming, she's moaning, she's telling you to fuck her harder (men don't do that, that's not a natural reaction for a man but you should expect it from a woman). So, if she doesn't do that with you, you've a problem, dude (or will have one soon)...

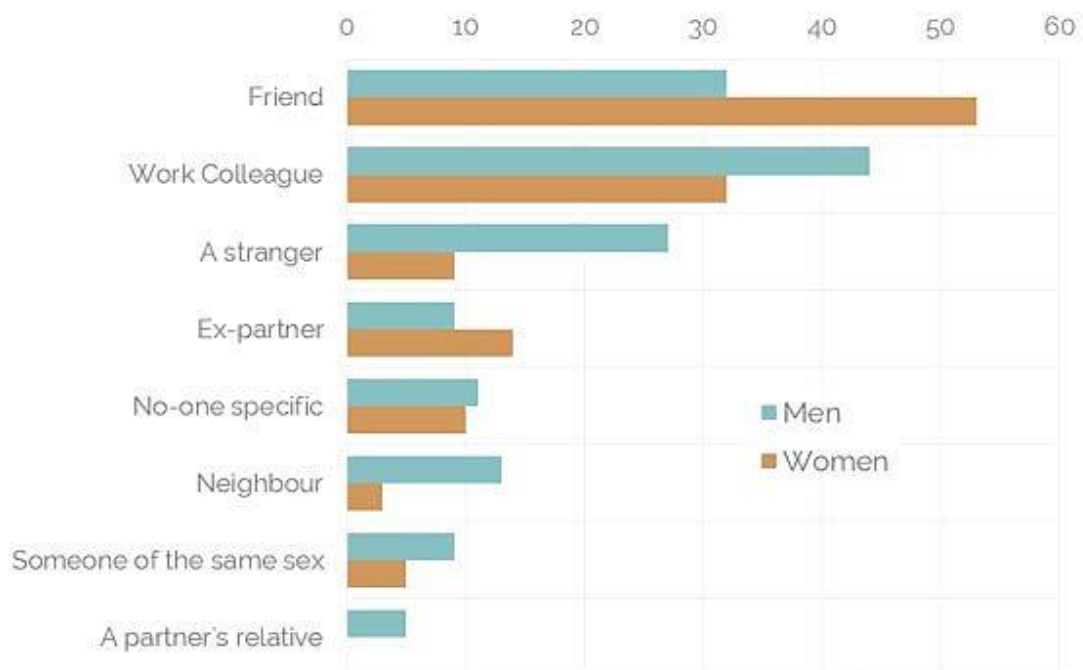
Women say that money doesn't really matter as long as there's love. Well, know that if you're aren't giving her great sex, money WILL be an issue and love might just turn into aggressiveness, because she's going to make love to men who knows what they are doing in bed. I know it's not cool to tell you that and it's scary, but it's just a fact of life. Don't be naïve or gullible because they are cute. That is the way it is, it is rules of the game.

By the way, another rule : trading or spending money to have sex is very negative for the relationship. It communicates bad things...

One last thing to finish, during love the bodies product hormones of attachment (e.g. oxytocin). So if you want to keep the girls, you've to be good in bed to fill her with those hormones.

## Who men and women have affairs with

Thinking about all affairs that you've had, which, if any, of the following people was your affair with? Please tick all that apply. (%)



(Asked only to respondents who say they have had an affair)

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Oxytocin is normally produced in the hypothalamus and stored in the posterior pituitary gland. It plays a role in intimacy, sexual reproduction of both sexes, and during and after childbirth as well as social bonding. It is released in large amounts after distension of the cervix and uterus during labor and with stimulation of the nipples following childbirth. This helps with birth, maternal bonding, and lactation. Studies have looked at oxytocin's role in various behaviors, including orgasm, social recognition, pair bonding, anxiety, and maternal behaviors. As a medication, it is used to cause contraction of the uterus, which is used to start labor, increase the speed of labor, and to stop bleeding following delivery.

Oxytocin is thought to modulate inflammation by decreasing certain cytokines. Thus, the increased release in oxytocin following positive social interactions has the potential to improve wound healing. A study by Marazziti and colleagues used heterosexual couples to investigate this possibility. They found increases in plasma oxytocin following a social interaction were correlated with faster wound healing. They hypothesized this was due to oxytocin reducing inflammation, thus allowing the wound to heal more quickly. This study provides preliminary evidence that positive social interactions may directly influence aspects of health. According to a study published in 2014, silencing of oxytocin receptor interneurons in the medial prefrontal cortex (mPFC) of female mice resulted in loss of social interest in male mice during the sexually receptive phase of the estrous cycle.

The relationship between oxytocin and human sexual response is unclear. At least two uncontrolled studies have found increases in plasma oxytocin at orgasm – in both men and women. Plasma oxytocin levels are notably increased around the time of self-stimulated orgasm and are still higher than baseline when measured five minutes after self arousal. The authors of one of these studies speculated that oxytocin's effects on muscle contractibility may facilitate sperm and egg transport.

In a study measuring oxytocin serum levels in women before and after sexual stimulation, the author suggests it serves an important role in sexual arousal. This study found genital tract stimulation resulted in increased oxytocin immediately after orgasm. Another study reported increases of oxytocin during sexual arousal could be in response to nipple/areola, genital, and/or genital tract stimulation as confirmed in other mammals. Murphy et al. (1987), studying men, found oxytocin levels were raised throughout sexual arousal with no acute increase at orgasm. A more recent study of men found an increase in plasma oxytocin immediately after orgasm, but only in a portion of their sample that did not reach statistical significance. The authors noted these changes "may simply reflect contractile properties on reproductive tissue".

Oxytocin evokes feelings of contentment, reductions in anxiety, and feelings of calmness and security when in the company of the mate. This suggests oxytocin may be important for the inhibition of the brain regions associated with behavioral control, fear, and anxiety, thus allowing orgasm to occur. Research has also demonstrated that oxytocin can decrease anxiety and protect against stress, particularly in combination with social support.



In a risky investment game, experimental subjects given nasally administered oxytocin displayed "the highest level of trust" twice as often as the control group. Subjects who were told they were interacting with a computer showed no such reaction, leading to the conclusion that oxytocin was not merely affecting risk aversion. Nasally administered oxytocin has also been reported to reduce fear, possibly by inhibiting the amygdala (which is thought to be responsible for fear responses). Indeed, studies in rodents have shown oxytocin can efficiently inhibit fear responses by activating an inhibitory circuit within the amygdala. Some researchers have argued oxytocin has a general enhancing effect on all social emotions.

Trust is increased by oxytocin. Disclosure of emotional events is a sign of trust in humans. When recounting a negative event, humans who receive intranasal oxytocin share more emotional details and stories with more emotional significance. Humans also find faces more trustworthy after receiving intranasal oxytocin. In a study, participants who received intranasal oxytocin viewed photographs of human faces with neutral expressions and found them to be more trustworthy than those who did not receive oxytocin. This may be because oxytocin reduces the fear of social betrayal in humans.

While Oxytocin increases trust, it does so only to a certain degree. In a study, participants played a variation of the trust game and acted as an “investor,” deciding how much money to allocate to a “trustee.” The trustee was described as trustworthy, untrustworthy, or neutral. Participants who received intranasal oxytocin gave more money to the trustworthy and neutral trustees. Participants that received oxytocin did not give more money to the untrustworthy trustee, implying that oxytocin only increases trust when there is no reason to be distrustful.

Oxytocin affects social distance between adult males and females, and may be responsible at least in part for romantic attraction and subsequent monogamous pair bonding. An oxytocin nasal spray caused men in a monogamous relationship, but not single men, to increase the distance between themselves and an attractive woman during a first encounter by 10 to 15 centimeters. The researchers suggested that oxytocin may help promote fidelity within monogamous relationships. For this reason, it is sometimes referred to as the "bonding hormone". There is some evidence that oxytocin promotes ethnocentric behavior, incorporating the trust and empathy of in-groups with their suspicion and rejection of outsiders. Furthermore, genetic differences in the oxytocin receptor gene (OXTR) have been associated with maladaptive social traits such as aggressive behaviour.

Affecting generosity by increasing empathy during perspective taking: In a neuroeconomics experiment, intranasal oxytocin increased generosity in the Ultimatum Game by 80%, but had no effect in the Dictator Game that measures altruism. Perspective-taking is not required in the Dictator Game, but the researchers in this experiment explicitly induced perspective-taking in the Ultimatum Game by not identifying to participants into which role they would be placed. Serious methodological questions have arisen, however, with regard to the role of oxytocin in trust and generosity.

Empathy in healthy males has been shown to be increased after intranasal oxytocin. This is most likely due to the effect of oxytocin in enhancing eye gaze. There is some discussion about which aspect of empathy oxytocin might alter – for example, cognitive vs. emotional empathy.

Certain learning and memory functions are impaired by centrally administered oxytocin. Also, systemic oxytocin administration can impair memory retrieval in certain aversive memory tasks. Interestingly, oxytocin does seem to facilitate learning and memory specifically for social information. Healthy males administered intranasal oxytocin show improved memory for human faces, in particular happy faces. They also show improved recognition for positive social cues over threatening social cues and improved recognition of fear.

Oxytocin injected into the cerebrospinal fluid causes spontaneous erections in rats, reflecting actions in the hypothalamus and spinal cord. Centrally administered oxytocin receptor antagonists can prevent noncontact erections, which is a measure of sexual arousal. Studies using oxytocin antagonists in female rats provide data that oxytocin increases lordosis behavior, indicating an increase in sexual receptivity.

In the prairie vole, oxytocin released into the brain of the female during sexual activity is important for forming a monogamous pair bond with her sexual partner. Vasopressin appears to have a similar effect in males. Oxytocin has a role in social behaviors in many species, so it likely also does in humans. In a 2003 study, both humans and dog oxytocin levels in the blood rose after five to 24 minutes of a petting session. This possibly plays a role in the emotional bonding between humans and dogs.

Maternal behavior: Female rats given oxytocin antagonists after giving birth do not exhibit typical maternal behavior. By contrast, virgin female sheep show maternal behavior toward foreign lambs upon cerebrospinal fluid infusion of oxytocin, which they would not do otherwise. Oxytocin is involved in the initiation of maternal behavior, not its maintenance; for example, it is higher in mothers after they interact with unfamiliar children rather than their own.

In some studies, high levels of plasma oxytocin have been correlated with romantic attachment. For example, if a couple is separated for a long period of time, anxiety can increase due to the lack of physical affection. Oxytocin may aid romantically attached couples by decreasing their feelings of anxiety when they are separated.

It is brave to want to improve your skills in the bed

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These problems you're having, problems I used to have : these are the problems of an inexperienced (and lost in front of this mysterious science) lover. With that said, you don't need to have sex with 100 girls like me to get enough experience and be good in the bed. Once you know WHY most guys struggle in bed, it becomes easy to flip the switch and rock her world.

The most common problem is that guys just don't last the required time to give women deep, total full-body orgasms. They then develop a fear of cumming too soon... which stresses them even more. It is a vicious circle ! Stress is not good when it comes to sex. Too much stress makes you quick or limp.

No more *not* feeling like a man. I don't want guys who did nothing to deserve that feeling this pain and this shame like I did.

You have a dick : it's a responsibility. Learn how to use it. Be proud of it ! Prove yourself worthy of that !

You are less of a man if you decide not to man-up and change what's wrong in your bed !

I will tell you now the story of a dude who asked me how to give strong powerful orgasms. But this guy pissed me off because he wasn't humble nor modest : he told me he was sleeping with dozens of girls at the same time and was already a God in the bed. So I logically asked him why he wanted my advice.

To make a long story short, I took the guy aside and he finally revealed to me he'd only had sex twice and he came in under two minutes. A lot of guys get trapped in the same ego-trap. They lie to others, lie to themselves, and don't even know why ! On my blog like on this ebook, I want us to be honest with the another ones...

It's the same thing with seduction : most of guys are way too proud. They reject the advices but read my blog all the same. This is ridiculous. You need to admit when what you're doing isn't working (or could work better) instead of making yourself too proud to prove we-don't-know-what. If you think you're yet a fucking sex god porn star, this program's obviously not for you.

Otherwise, you've got to realize that you CAN improve your sexual skills. No matter how bad you are today (or not), they WILL improve. And no matter how good you think you are (or really are), you can still get better and get new ideas. It's OK to get help to become excellent. I think we are on Earth to help each others. Myself continue again and again to document and to experiment! But I want to help only motivated people, fighters who deserve it by giving themselves the means!

NO ONE IS A NATURAL GOD WHEN IT COMES TO SEX. Guys that have a lot of sex really early in their lives and get experience with a wide variety of hot women might seem “natural”, but they are not because they learned too, like us. Differently, but they did. And only if their girls were curious...

The crazy thing is that there's proof everywhere that people can evolve in bed, and they do change, but you just don't see it because you don't watch your best friend nor your next door neighbor having sex. You don't watch other people having sex. The only sex that you see is with your girl... or in pornography, which is completely different, they're professional naturally gifted (and it's often faked). You have to learn the skills.

You won't see the change unless you believe it. If you're thinking "*this isn't going to work*" then it won't (or few) ! But if you keep doing what you've always been doing, you're going to get the same results! And bad ones, for sure !

Of course we are not animals so I will give you ideas to make the temperature rise before having sex... as a delivery for both of you.

I do not plan to be disrespectful nor misogynist here. **START TODAY** actively believing that you can have good or great sex with (quality) women no matter where you are today on the sex-scale and that they will thank you for that (they'll suck your cock with appetite). Because it is my mission, to make you become a real animal in the bed ! And I accepted it!



You can give women orgasms and your girl is capable of having mind-blowing "Full body Orgasms." We can say that these orgasms are overwhelming because when women have such an orgasm they don't know how many times nor how long they came. It's an awesome experience for them !

HUNDREDS of guys write to me saying that their girl is different. That this stuff works on "slutty" girls (or whores) but their lover is a more serious, more classy woman. OF COURSE, DUDES ! Guys, what you've not understood is that women respond incredibly to Incredible Sex. These are just psychological principles. You are having a belief system problem and you're blind so start trying with putting some inner conviction in it before saying it doesn't work. Don't be stupid, every woman has a goodgirl and a badgirl side... but often hidden...

Your lover IS sexual you just AREN'T GOOD. If you doubt about it, it's just because you're not good enough so she reveals you this part of her. She doesn't tell you to protect you. Let go off your ego and improve. I understand that is intimidating and that it hurts... but this book is here to help you. I've seen even the most uptight, tight-ass, coldest wives or working girls act like crazy slut teenage school girls after having sex with me. And that, believe in me, it is fun!!! (And in addition it is a good deed!)

When you're having sex, it's just you naked on top of her. You're equal. Creating an amazing, mind-blowing sexual experience for a woman is all about your sexual abilities, which are completely LEARNED. And you'll learn in the next pages...

If you want to be "the man" or better a "real man" in her eyes then : become good in bed! It will change EVERY aspect of your sexual life! It will even change YOUR MIND by improving your inner confidence !

Motivation is more than important to apply my stuff. Have you got the desire and/or the need to improve in the bed ?

If yes, welcome to this ebook that will tell you all my basics and advanced stuff to totally rock your bed.

Do you want to turn her on even before touching her pussy ? I'll tell you.

Do you want to know several ways to finger her ? I'll show you.

Do you want to know how to lick her in a better way than Hank Moody would ? I'll teach you.

Where is her fucking clitoris ? How do I know if it was a real orgasm or if she faked ? What should I do with my hands during the sexual intercourse? Ok, ok, I'm here for you.

Do you want me to recommend you some positions to drive her crazy ? I will.

Do you want to last longer ? Do you wanna get hard all the time in the bed ? I'll help you.

This ebook isn't really about picking up chicks (you can read the rest of my blog for that). But it is still about alpha male mindset (important for any sexual domain) & a part of seduction... the one once you've brought her to your place (or her place).

Ready ?

If you're a woman it's your responsibility to buy this ebook and read it with your man so he becomes a better lover and can give you full body orgasm. And so you'll experiment amazing orgasms (like you probably don't even know it exists... like 99% of women).

An erogenous zone (from Greek ἔρως *eros* "love" and English -genous "producing" from Greek -γενής *-genes* "born") is an area of the human body that has heightened sensitivity, the stimulation of which may generate a sexual response, such as relaxation, the production of sexual fantasies, sexual arousal and orgasm.

Erogenous zones are located all over the human body, but the sensitivity of each varies, and depends on concentrations of nerve endings that can provide pleasurable sensations when stimulated. The touching of another person's erogenous zone is regarded as an act of physical intimacy. Some people may resent stimulation in this manner while others may find it pleasing, and this may also depend on the relationship between the people.

Erogenous zones may be classified by the type of sexual response that they generate. Many people are gently aroused when their eyelids, eyebrows, temples, shoulders, hands, arms and hair are subtly touched. Gently touching or stroking of these zones stimulates a partner during foreplay and increases the arousal level. Also, the gentle massage or stroke of the abdominal area along with kissing or simply touching the navel can be a type of stimulation.

Erogenous zones are either nonspecific or specific.

In the nonspecific zones, the skin is similar to normal-haired skin and has the normal high density of nerves and hair follicles. These areas include the sides and back of the neck, the inner arms, the axillae (armpits) and sides of the thorax. An exaggerated tickle and anticipatory response are responsible for the heightened sensual response.

Specific zones are associated with sexual response, and include the lips and nipples in addition to areas of the genitals, notably the foreskin and corona of the glans penis, clitoris and rest of the vulva, and perianal skin. The neuroanatomy and neurophysiology of erogenous zones is partly unknown. These zones are apparently mucocutaneous skin. The rete ridges of the epithelium are well-formed and more of the nerves are close to the external surface of the skin than in normal-haired skin. These zones seem to have a high density of innervation, an efficiency of wound healing, and a capacity to stimulate generalized cerebral arousal. Moreover, a connection with the reward system seems also necessary.

Males can be aroused by stimulation to the sides of the glans and penis, upper side of the glans, the foreskin, the front side of the scrotum, the skin between the scrotum and anus perineum, and around the anus. The prostate gland may be stimulated from inside the rectum, such as by anal sex, or by applying pressure on the base of the perineum near the anus. Men who report the sensation of prostate and seminal vesicles stimulation often give descriptions similar to females' accounts of G-spot stimulation.

The foreskin, which carries the ridged band and lower frenular delta has mucocutaneous end-organs extending from the distal margin to the point where hairy skin starts. The thin dermis and minimal subcutaneous tissue results in closely set nerve networks. Vater Pacini corpuscles are present. The mucocutaneous end-organs are formed after birth, with few in newborn infants and many well-organized endings in adults.

Parts of the vulva, especially the clitoris, are highly sensitive erogenous zones. While the vagina is not especially sensitive as a whole, its lower third (the area close to the entrance) has concentrations of the nerve endings that can provide pleasurable sensations during sexual activity when stimulated; this is also called the anterior wall of the vagina or the outer one-third of the vagina, and it contains the majority of the vaginal nerve endings, making it more sensitive to touch than the inner two-thirds of the vaginal barrel.

Within the anterior wall of the vagina, there is a patch of ribbed rough tissue which has a texture that is sometimes described as similar to the palate (the roof of a mouth) or a raspberry, and may feel spongy when a woman is sexually aroused. This is the urethral sponge, which may also be the location of the G-spot — a structure described as an area of the vagina that some women report is an erogenous zone which, when stimulated, can lead to sexual arousal, powerful orgasms and female ejaculation. The existence of the G-spot and whether or not it is a distinct structure is debated among researchers, as reports of its location vary from woman to woman, it appears to be nonexistent in some women, and scientists commonly believe that it is an extension of the clitoris.

The lips and tongue are sensitive and can be stimulated by kissing and licking.

Many people find a gentle scalp massage, or any stimulation of the hair follicles, to be anywhere from relaxing to extremely stimulating.

The neck, clavicle area and the back of the neck are very sensitive in both males and females, which can be stimulated by licking, kissing or light caressing. Some people also like being bitten gently in these areas, often to the point that a "hickey", or "love-bite" is formed.

Some people find whispering or breathing softly in the ear to be pleasurable and relaxing, as well as licking, biting, caressing and/or kissing it especially the area of and behind the earlobe.

The areola and nipple contain Golgi-Mazzoni, Vater-Pacini and genital corpuscles. No Meissner's corpuscles and few organized nerve endings are present. There are concentrations of nerve tissue in the area of ducts and masses of smooth muscle. The hair surrounding the areola adds additional sensory tissue. The mass of smooth muscle and glandular-duct tissue in the nipple and areola block the development of normal dermal nerve networks which are present in other erogenous regions and the development of special end organs. The entire breast has a network of nerve endings, and it has the same number of nerve endings no matter how large the breast is, so that larger breasts may need more stimulation than smaller ones.

Intense nipple stimulation may result in a surge in the production of oxytocin and prolactin which could have a significant effect on his or her genitals, to the point that some people of both sexes can achieve orgasm through nipple stimulation alone. Having the chest, breasts and nipples stimulated manually (hands), digitally (fingers, toes) and/or orally (mouth, lips, teeth, tongue) is a pleasurable experience for many people of both sexes.

Many people find stimulation (kissing, biting, scratching, tickling, caressing) of the abdomen to be pleasurable, especially close to the pubic region. It can cause strong arousal in men and women, in some even stronger than stimulation of the genitals. The navel is one of the many erogenous zones that has heightened sensitivity. In a 1982 study of eroticism in dress entitled "Skin to Skin," Prudence Glynn claimed that the waist symbolized virginity and that it was the first place that a man would touch a woman "when indicating more than a formal courtesy".

The navel and the region below when touched by the finger or the tip of the tongue result in the production of erotic sensations. Madonna has told in an interview to the SPIN magazine (May 1985 issue), "When I stick my finger in my belly button, I feel a nerve in the center of my body shoot up my spine." Some research suggests that the navel and the genitals have a common tissue origin, and in some people this connection still exists so that stimulation of the navel will elicit a distinct tickle in the genitals.

The tailbone, located near the base of the spine, just above the anus, is an erogenous zone.



The skin of the arms, and specifically the softer skin of the inner arms and across the creased mid-arm bend covering the ventral side of the elbow, are highly sensitive to manual or oral stimulation. Caressing with fingers or tongue, more vigorous kneading, and butterfly kissing can initiate arousal and, in some cases, induce clitoral/vaginal orgasm or penile ejaculation without direct contact with the latter areas. The mid-arm bend is especially sensitive due to the thinner skin found there, which makes nerve endings more accessible. Arm sensitivity may be reduced or concentrated to a more narrow range by excessive muscularity or obesity on the one hand, or transformed to uncomfortable tenderness by excessive thinness on the other.

Some consider the armpits to be an erogenous zone. If pheromones exist for humans, they would likely be secreted by a mixture of liquid from the sebaceous glands with other organic compounds in the body. George Preti, an organic chemist at the Monell Chemical Senses Center in Philadelphia and Winnefred Cutler of the University of Pennsylvania's psychology department, discovered that women with irregular menstrual cycles became regular when exposed to male underarm extracts. They hypothesized that the only explanation was that underarms contain pheromones, as there was no other explanation for the effects, which mirrored how pheromones affect other mammals.

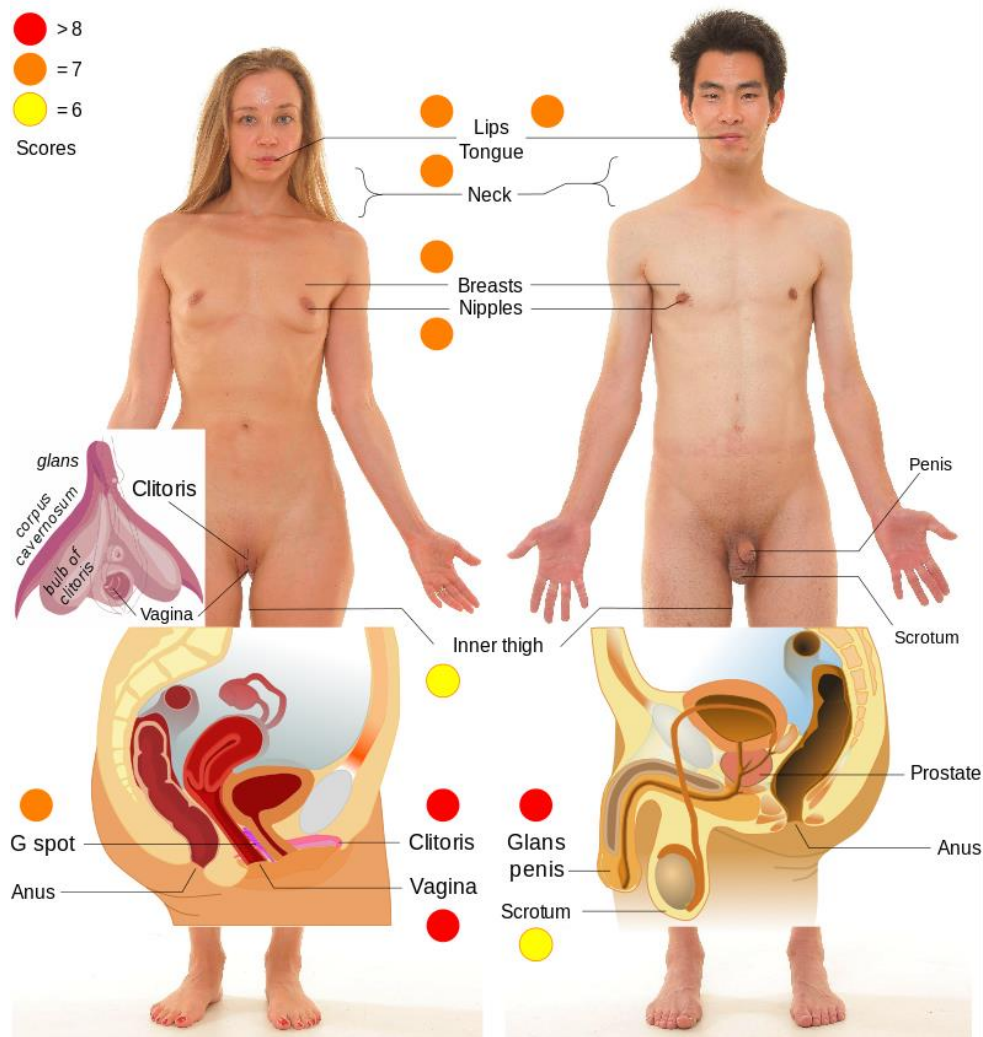
The fingertips have many nerves and are responsive to very light touches, like the brushing of a tongue, light fingernail scratching or teeth stroking. The sides of the fingers are somewhat less sensitive and more ticklish. Both light and firmer touches work well at the junction of the fingers. Human fingertips are the second-most sensitive parts of the body, after the tongue.

The thighs can be sensitive to touch.

An exaggerated tickle on the back of the legs and knees can also be sensitive for some.

Because of the concentration of nerve endings in the sole and digits of the human foot, and possibly to the close proximity of the area of the brain dealing with tactile sensations from the feet and the area dealing with sensations from the genitals, the sensations produced by sucking or licking the feet can be pleasurable to some people. Similarly, massaging the sole of the foot produces similar stimulation. Many people are extremely ticklish in the foot area, especially on the bottom of the soles.

To read my other ebooks that are about the other part of the seduction process, I suggest you to click [here](#).



Don't be ashamed of enjoying sex (but stay in the legality). Say "*fuck off*" to social pressure... after all, who decides what is normal or not ??? But do not become a weirdo nor do weird things...

When it comes to sex, weird is your enemy. It is counter-productive. And stress often makes you weird. But you'll become used to it. You'll get used to sexual situations. You'll be more comfortable in this situation and your partner too... because emotions are contagious.

And women are often share between stress and excitement/motivation.

Too many woman have lose faith in us, men, when it comes to sexual pleasure. They do not believe in us and don't even wanna try : it's a lose-lose scenario instead of the win-win scenario it could be. In their mind if you don't prove you're good, you're basically bad in bed... like the others. Women consider us basically as losers.

It's a shame !

I am going to help you to understand women. But, in the meantime, do not behave as a dead man of hunger who accepts and tolerates everything and anything just to have sex PLZ. If there were not so many sex starved dude out there, women would more go in for sport and would be hotter because they should fight for us.

Well, this is just my opinion!

They have the sexual power and we struggle to get out while the going is good.

But well, when we become a good fuck, we reverse the trend all the same!!! Fortunately!

## Cut your bad karma

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When you will become used to sex, like me, you should not forget that everybody isn't. With practice, you'll be comfortable with being naked in front of an unknown.

But this is not the case of most women. Be comprehensive with them. Women are not whores because they have sex... If they are not comfortable, help them ! Take care of them. Instead of blaming them in your head, realize that if she gives you her body, it's an honor ! No judgment. A lot of compassion.

A lot of men think they are lucky when a girl accepts to have sex with them. This is a bad mindset, you must know that you are special. Your belief is you are better than 99% of men in bed (and when you will have read this book it will obviously be true). So now, you know, women are at least as lucky as you are when you sleep together. Now, practice to become a very good and, I hope, respectful lover!!!

But never forget where you do come from. And remember that every woman is unique (they are not exchangeable, we share every time something unique with an unique woman). Everybody can teach you something in a domain. So, be humble. If you can teach her something do it, do not make fun of her if she's stressed. God will give it back to you (God had forbidden sex out of wedlock but I think that it was before for concerns of hygiene and so that it is out-dated now)!

The bottom line is : give, please her, and your karma should give it back to you. That's how I think. I try to do good around me. And because I'm good in bed, I'm generous with women. Just because I can.

And if they don't want me, or do not believe I'm as good as I claim in bed : their loss, but it's their choice to think I'm a pretentious dude. I respect! Me, I know the truth... And you too, soon !

I'm not God but I have a sexual confidence and I respect myself that's why so many women had sex with me (and will in the future, I hope).

Those who will believe in me won't regret it. I don't want to brag here (the empirical proof don't lie & I don't give a shit about bragging) but I have to say the truth : very few women who had sex with me recently (before it wasn't the same thing – I've been a geek for long but now I would like to see the face of my ex-schoolmates if they read it one day) didn't achieve one or several orgasms (and no they didn't fake). Those who did had a problem of trust, experience, confidence, etc. It happens... Yes it is a little bit easy to say that but it is nevertheless the truth. There is a lot of people with a bad state of mind towards the sex and bad beliefs. As for example when the girls tell me "*you speak about sex thus are certainly bad in the bed because it is the ones who speak about it the most who make it the least*

*- Is that so?! OK ask your best friend then and you will see!;)"*

It's important to understand all that shit because you too soon will be able to make a girl orgasm even if usually she doesn't achieve orgasm on her first night with a guy. I can do that and it happens to me very often... I am capable of it and it happens to me very often that girls congratulate me spontaneously on that... Then I chuckle when a silly bitch tells me "*why you? I can find a sex thing when I want*". Yeah but...

You can do the same thing : I've no huge cock it's only technique and behavior (and choice of the targets).

I know I have a precious knowledge and I'm ready to share it. But when a girl does not respect me or lies to me, she doesn't deserve it. One more who missed something because of her stupidity. It's true it's better to watch TV alone rather than living a magical moment in a bubble out of time and social pressure!!!

I give more than one chance to girls, all the same. I try to open her mind but honestly if there's nothing to do for her I won't let her humiliate me. I get bored. Some girls want to try me but doesn't dare and invent excuses or flake (whatever they say the main reason is because they feel nervous). It's the fear/anxiety that talks because chances are low that she met her "one true love" just 1 hour before your fuck-date (or another shitty excuse).

In this case I try to reassure her because it's a problem with herself and not with me and there's nothing else I can do. It is like when they contract so much they vagina that we have difficulty in bringing it in: psychological blocking. Except licking more, I see no other solution.

I sometimes let them think I buy their bullshit because I've been here too. But I find it ridiculous. And do not forget that they logical mind is not the most operational at the moment of a last minute resistance, arguing is useless.

But if she's really too much of a pain in the ass I will let her in her shit. She will have sex with bad legs and will be conditioned to think sex is not something awesome. Her loss ! But she had her chance : I gave her my hand and she beat me. I'm not saying you should fuck every women even the ugliest for charity : on the contrary, more you'll have sex more you'll become confident and so demanding.

There are good girls who know nothing about the sex and who deserve that we invest a little bit to free them or to make them discover things. But not at any cost... By being good, you become the offer and they become the demand! So don't behave like the demand !

I'm not a monster I just want to make women have a good time. OK I might be an asshole sometimes but they can test me it's OK as long as it is a normal test of alphaness and not a way to find excuses to stay in her comfort zone instead of having orgasms.

Never harass women ! You would depreciate. In the worst case, let them think in their corner about your proposal and tell them to make you a counter-proposal when they will have understood where is their interest. But do not give her 150 thousand chances by requesting her all the time...

Sometimes the excuses that girls invent to do not have orgasms make me hallucinate. They are afraid of enjoying too hardly or what? An example: *“Seriously, you want a tall guy ? You want a guy with blue eyes ? Seriously*



*if you think that's what is really important, if it's your main criteria, it's so sad for you."* It had to be said!

Some women think they are queens and act like that. Some are cute, sure, but it is useless if they don't use it. And not tomorrow, today, because beauty is short-lived. And anyway you never know what can happen in life. So enjoy today and create good memories for your old days (if you have some) !!!

Some just want a "serious" relationship. But what does it mean ? Nothing. I prefer a "fun" relationship. Most of the time those women will fall on a guy who will pay her stuff to fuck them and then never call them back. Or they'll both be sincere but the sexual chemistry won't be there. The thing is sex is a very important part of the relation so if you try to take the problem back to front (ie getting engaged before having sex), you'll have bad surprises. The reality is those women are not confident and not strong enough in their mind to say "*fuck off*" to social pressure. Or they have some complexes and want to control you before letting you see their bodies.

In brief, they have a problem in their head, and it is rarely good! That hides in any case a lack of confidence... that hide in its turn... we do not know what ! It is the lottery but it is better to be wary, if you want my opinion!

A lot of women get big-headed because men want to screw her. But they should know even an ugly woman can have sex (there are so many sex-starved dudes). If she was fair, she should not patronize you because you were courageous enough to try to pick her up and assume your sexuality. Instead of admiring your spirit, some will be bitches with you. They think their mission on Earth is to patronize YOU or reframe you.

In this case, put things into perspective : remember those girls would not be able to do what you just did. She thinks she has a power on you because she is cute but it's wrong. There so many beautiful women out there. And you can have them too!!! Because the one who proposes and the one who plays on the numbers is the one you really controls in fact.

Some women say "*I'm not a girl like that*". Like what ? In fact if you treat them like girls who have sex they are not happy but if you treat them like tight-ass it's not good either. It's a real problem for women, this fucking sex. It's not easy for them to find their sexual place in the current society.

My advice for those women : be in peace with your body and make fun of the social pressure to be finally able to think for yourself and see where is your interest. Get out while the going is good discreetly !!!

What makes me laugh it's when they act like they are too good for you and finish with a vulgar dude while you finish the night with another hottie. Or when they speak badly about one of their friend who is not tight-ass (one who really knows how to have fun) then go back home watching a TV show alone in which their favorite character are closer to their friend in question than to them. But they do not criticize the characters, because they do not compare with them and are not mad at them because they're not as free as them.

Society wants us to believe that footballers like Benzema are the top of the top of the best men ever on Earth and women should get wet for him. Or for the muscular stupid guys who goes on reality TV. Seriously I'm not jealous I bang enough girls and cute ones to be better than that.

But I think it's sad for them. It is some waste. And they do not even see that. Well, at least, they are lucky if the “sooooo sexyyyyyy” asshole do not hurt them.

I would like to say to men that it is not a game of power. A lot of men just want to have sex no matter with who. Or they do not really respect women. I know a guy who had sex with one of my friend. Before sex, he was friendly. After sex, he was an asshole with her like if he became better than her just because his dick was inside her pussy. Save your soul before your dick !

Men like that should change their vision of sex and women. If it's not easy between the two sex, it's not only the fault of women. Men should get educated too. There is a huge problem with sexual education because it is a taboo and full of shame.

But to get drunk, a lot of people are ready. Some are even proud of it and claim it out loud. They should realize that sex at least is good for health. When you buy condoms you're ashamed but when you buy whisky it's classy... pff, the world's gone crazy.

The effects of alcohol are balanced between its suppressive effects on sexual physiology, which will decrease sexual activity, and its suppression of psychological inhibitions, which will increase the desire for sex.

Alcohol is a depressant. After consumption, alcohol causes the body's systems to slow down. Often, feelings of drunkenness are associated with happiness but other feelings of anger or depression can arise. Balance, judgment, and coordination are also negatively affected. One of the most significant short term side effects of alcohol is reduced inhibition. Reduced inhibitions can lead to an increase in sexual behavior.

Men's sexual behaviors can be affected dramatically by alcohol. Both chronic and acute alcohol consumption have been shown in most studies to inhibit testosterone production in the testes. Alcohol intoxication can decrease sexual arousal, decrease pleasureability and intensity of orgasm, and increase difficulty in attaining orgasm.

In many women, alcohol increases sexual arousal and desire although it does lower the physiological signs of arousal. Women have a different response to alcohol intoxication. Also, because women have a higher percentage of body fat and less water in their bodies, alcohol can have a quicker, more severe impact. Women's bodies take longer to process alcohol; more precisely, a woman's body often takes one-third longer to eliminate the substance.

Sexual behavior in women under the influence of alcohol is also different from men. Studies have shown that increased BAC is associated with longer orgasmic latencies and decreased intensity of orgasm. Some women report a greater sexual arousal with increased alcohol consumption as well as increased sensations of pleasure during orgasm.

Psychologically, alcohol has also played a role in sexual behavior. It has been reported that women who were intoxicated believed they were more sexually aroused than before consumption of alcohol. This psychological effect contrasts with the physiological effects measured, but refers back to the loss of inhibitions because of alcohol. Often, alcohol can influence the capacity for a woman to feel more relaxed and in turn, be more sexual. Alcohol may be considered by some women to be a sexual “disinhibitor”.

Alcohol intoxication is associated with an increased risk that people will become involved in risky sexual behaviours, such as unprotected sex. Alcohol is linked to a large proportion of unwanted outcomes associated with sex such as date rape, unwanted pregnancy and sexually transmitted diseases.

"Beer goggles" is a slang term for the phenomenon in which consumption of alcohol lowers sexual inhibitions to the point that very little or no discretion is used when approaching or choosing sexual partners. The term is often humorously applied when an individual is observed making, and later regretting, advances towards a partner who would be deemed unattractive or inappropriate when sober. The "beer goggles" are considered to have distorted the "wearer's" vision, making unattractive people appear beautiful, or at least passably attractive. A study published in 2003 supported the beer goggles hypothesis; however, it also found that another explanation is that regular drinkers tend to have personality traits that mean they find people more attractive, whether or not they are under the influence of alcohol at the time.

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PS : when it comes to sex, it's really hard to organize a book because everything is linked. So I will speak about some stuff and then explain it better later, or I will develop something I've started to talk about in another chapter... but don't worry, even if sometimes I will say twice the same thing in a different way so everybody understands, I will teach you here everything you need to become a good and responsible lover. I promise. And I always keep my promises... you know it if you are a regular reader of my blog !

In humans, sexual intercourse and sexual activity in general have been reported as having health benefits as varied as increased immunity by increasing the body's production of antibodies and subsequent lower blood pressure, and decreased risk of prostate cancer. Sexual intimacy and orgasms increase levels of the hormone oxytocin (also known as "the love hormone"), which can help people bond and build trust. A long-term study of 3,500 people between ages 18 and 102 by clinical neuropsychologist David Weeks indicated that, based on impartial ratings of the subjects' photographs, sex on a regular basis helps people look significantly chronologically younger.

Sexual intercourse, when involving a male participant, often ends when the male has ejaculated, and thus the partner might not have time to reach orgasm. In addition, premature ejaculation (PE) is common, and women often require a substantially longer duration of stimulation with a sexual partner than men do before reaching an orgasm. Masters and Johnson found that men took approximately 4 minutes to reach orgasm with their partners; women took approximately 10–20 minutes to reach orgasm with their partners, but 4 minutes to reach orgasm when they masturbated. Scholars state "many couples are locked into the idea that orgasms should be achieved only through intercourse [penile-vaginal sex]," that "the word foreplay suggests that any other form of sexual stimulation is merely preparation for the 'main event'" and that "[b]ecause women reach orgasm through intercourse less consistently than men," they are likelier than men to fake an orgasm to satisfy their sexual partners.

In 1991, scholars from the Kinsey Institute stated, "The truth is that the time between penetration and ejaculation varies not only from man to man, but from one time to the next for the same man." They added that the appropriate length for sexual intercourse is the length of time it takes for both partners to be mutually satisfied, emphasizing that Kinsey "found that 75 percent of men ejaculated within two minutes of penetration. But he didn't ask if the men or their partners considered two minutes mutually satisfying" and "more recent research reports slightly longer times for intercourse". A 2008 survey of Canadian and American sex therapists stated that the average time for heterosexual intercourse (coitus) was 7 minutes and that 1 to 2 minutes was too short, 3 to 7 minutes was adequate and 7 to 13 minutes desirable, while 10 to 30 minutes was too long.

Anorgasmia is regular difficulty reaching orgasm after ample sexual stimulation, causing personal distress. This is significantly more common in women than in men, which has been attributed to the lack of sex education with regard to women's bodies, especially in sex-negative cultures, such as clitoral stimulation usually being key for women to orgasm. The physical structure of coitus favors penile stimulation over clitoral stimulation; the location of the clitoris then usually necessitates manual or oral stimulation in order for the female to achieve orgasm. Approximately 25% of women report difficulties with orgasm, 10% of women have never had an orgasm, and 40% or 40–50% have either complained about sexual dissatisfaction or experienced difficulty becoming sexually aroused at some point in their lives.



Vaginismus is involuntary tensing of the pelvic floor musculature, making coitus, or any form of penetration of the vagina, distressing, painful and sometimes impossible for women. It is a conditioned reflex of the pubococcygeus muscle, and is sometimes referred to as the PC muscle. Vaginismus can be hard to overcome because if a woman expects to experience pain during sexual intercourse this can cause a muscle spasm, which results in painful sexual intercourse. Treatment of vaginismus often includes both psychological and behavioral techniques, including the use of vaginal dilators. Additionally, the use of Botox as a medical treatment for vaginismus has been tested and administered. Painful or uncomfortable sexual intercourse may also be categorized as dyspareunia.

Approximately 40% of males reportedly suffer from some form of erectile dysfunction (ED) or impotence, at least occasionally. Premature ejaculation has been reported to be more common than erectile dysfunction, although some estimates suggest otherwise. Due to various definitions of the disorder, estimates for the prevalence of premature ejaculation vary significantly more than for erectile dysfunction. For example, the Mayo Clinic states, "Estimates vary, but as many as 1 out of 3 men may be affected by [premature ejaculation] at some time." Further, "Masters and Johnson speculated that premature ejaculation is the most common sexual dysfunction, even though more men seek therapy for erectile difficulties" and that this is because "although an estimated 15 percent to 20 percent of men experience difficulty controlling rapid ejaculation, most do not consider it a problem requiring help, and many women have difficulty expressing their sexual needs".

The American Urological Association (AUA) estimates that premature ejaculation could affect 21 percent of men in the United States.

For those whose impotence is caused by medical conditions, prescription drugs such as Viagra, Cialis, and Levitra are available. However, doctors caution against the unnecessary use of these drugs because they are accompanied by serious risks such as increased chance of heart attack. The selective serotonin reuptake inhibitor (SSRI) and antidepressant drug dapoxetine has been used to treat premature ejaculation. In clinical trials, those with PE who took dapoxetine experienced sexual intercourse three to four times longer before orgasm than without the drug. Another ejaculation-related disorder is delayed ejaculation, which can be caused as an unwanted side effect of antidepressant medications such as Fluvoxamine; however, all SSRIs have ejaculation-delaying effects, and Fluvoxamine has the least ejaculation-delaying effects.

Sexual intercourse remains possible after major medical treatment of the reproductive organs and structures. This is especially true for women. Even after extensive gynecological surgical procedures such as: hysterectomy, oophorectomy, salpingectomy, dilation and curettage, hymenotomy, Bartholin gland surgery, abscess removal, vestibulectomy, labia minora reduction, cervical conization, surgical and radiological cancer treatments and chemotherapy coitus can continue. Reconstructive surgery remains an option for women who have experienced benign and malignant conditions.

Obstacles that those with disabilities face with regard to engaging in sexual intercourse include pain, depression, fatigue, negative body image, stiffness, functional impairment, anxiety, reduced libido, hormonal imbalance, and drug treatment or side effects. Sexual functioning has been regularly identified as a neglected area of the quality of life in patients with rheumatoid arthritis. For those that must take opioids for pain control, sexual intercourse can become more difficult. Having a stroke can also largely impact on the ability to engage in sexual intercourse. Although disability-related pain, including as a result of cancer, and mobility impairment can hamper sexual intercourse, in many cases, the most significant impediments to sexual intercourse for individuals with a disability are psychological. In particular, people who have a disability can find sexual intercourse daunting due to issues involving their self-concept as a sexual being, or a partner's discomfort or perceived discomfort. Temporary difficulties can arise with alcohol and sex, as alcohol can initially increase interest through disinhibition but decrease capacity with greater intake; however, disinhibition can vary depending on the culture.

The mentally disabled also are subject to challenges in participating in sexual intercourse. Women with Intellectual disabilities (ID) are often presented with situations that prevent sexual intercourse. This can include the lack of a knowledgeable healthcare provider trained and experienced in counseling those with ID on sexual intercourse. Those with ID may have hesitations regarding the discussion of the topic of sex, a lack of sexual knowledge and limited opportunities for sex education. In addition there are other barriers such as a higher prevalence of sexual abuse and

assault. These crimes often remain underreported. There remains a lack of "dialogue around this population's human right to consensual sexual expression, undertreatment of menstrual disorders, and legal and systemic barriers". Women with ID may lack sexual health care and sex education. They may not recognize sexual abuse. Consensual sexual intercourse is not always an option for some. Those with ID may have limited knowledge and access to contraception, screening for sexually transmitted infections and cervical cancer.

Some researchers, such as Alex Comfort, posit three potential advantages or social effects of sexual intercourse in humans, which are not mutually exclusive; these are reproductive, relational, and recreational. While the development of the birth-control pill and other highly effective forms of contraception in the mid to late 20th century increased people's ability to segregate these three functions, they still significantly overlap and in complex patterns. For example: A fertile couple may have sexual intercourse while contracepting not only to experience sexual pleasure (recreational), but also as a means of emotional intimacy (relational), thus deepening their bonding, making their relationship more stable and more capable of sustaining children in the future (deferred reproductive). This couple may emphasize different aspects of sexual intercourse on different occasions, being playful during one episode of sexual intercourse (recreational), experiencing deep emotional connection on another occasion (relational), and later, after discontinuing contraception, seeking to achieve pregnancy (reproductive, or more likely reproductive and relational).

Sexual dissatisfaction due to the lack of sexual intercourse is associated with increased risk of divorce and relationship dissolution, especially for men. Some research, however, indicates that general dissatisfaction with marriage for men results if their wives flirted with, erotically kissed or became romantically or sexually involved with another man (infidelity), and that this is especially the case for men with a lower emotional and composite marital satisfaction. Other studies report that the lack of sexual intercourse does not significantly result in divorce, though it is commonly one of the various contributors to it. According to the 2010 National Survey of Sexual Health and Behavior (NSSHB), men whose most recent sexual encounter was with a relationship partner reported greater arousal, greater pleasure, fewer problems with erectile function, orgasm, and less pain during the event than men whose last sexual encounter was with a non-relationship partner.

For women, there is often a complaint about the lack of their spouses' sexual spontaneity. Decreased sexual activity among these women may be the result of their perceived failure to maintain ideal physical attractiveness or because their sexual partners' health issues have hindered sexual intercourse. Some women express that their most satisfying sexual experiences entail being connected to someone, rather than solely basing satisfaction on orgasm. With regard to divorce, women are more likely to divorce their spouses for a one-night stand or various infidelities if they are in less cooperative or high-conflict marriages.

Research additionally indicates that non-married couples who are cohabiting engage in sexual intercourse more often than married couples, and are more likely to participate in sexual activity outside of their sexual relationships; this may be due to the "honeymoon" effect (the newness or novelty of sexual intercourse with the partner), since sexual intercourse is usually practiced less the longer a couple is married, with couples engaging in sexual intercourse or other sexual activity once or twice a week, or approximately six to seven times a month. Sexuality in older age also affects the frequency of sexual intercourse, as older people generally engage in sexual intercourse less frequently than younger people do.

Regarding adolescent sexuality, sexual intercourse is usually for relational and recreational purposes as well. However, teenage pregnancy is often disparaged, and research suggests that the earlier onset of puberty for children puts pressure on children and teenagers to act like adults before they are emotionally or cognitively ready. Some studies have concluded that engaging in sexual intercourse leaves adolescents, especially girls, with higher levels of stress and depression, and that girls may be likelier to engage in sexual risk (such as sexual intercourse without the use of a condom), but it may be that further research is needed in these areas. In some countries, such as the United States, sex education and abstinence-only sex education curricula are available to educate adolescents about sexual activity; these programs are controversial, as debate exists as to whether or not teaching children and adolescents about sexual intercourse or other sexual activity should only be left up to parents or other caregivers.

One group of Canadian researchers found a relationship between self-esteem and sexual activity. They found that students, especially girls, who were verbally abused by teachers or rejected by their peers were more likely than other students to engage in sex by the end of Grade 7. The researchers speculate that low self-esteem increases the likelihood of sexual activity: "low self-esteem seemed to explain the link between peer rejection and early sex. Girls with a poor self-image may see sex as a way to become 'popular', according to the researchers".

In India, there is evidence that adolescents are becoming more sexually active outside of marriage, which is feared to lead to an increase in the spread of HIV/AIDS among adolescents, as well as the number of unwanted pregnancies and abortions, and add to the conflict between contemporary social values. In India, adolescents have relatively poor access to health care and education, and with cultural norms opposing extramarital sexual behavior, "these implications may acquire threatening dimensions for the society and the nation".

Positive views on adolescent sexual intercourse and other sexual behavior among adolescents have also been expressed. Psychiatrist Lynn Ponton writes, "All adolescents have sex lives, whether they are sexually active with others, with themselves, or seemingly not at all," and that viewing adolescent sexuality as a potentially positive experience, rather than as something inherently dangerous, may help young people develop healthier patterns and make more positive choices regarding sexual activity. Similarly, researchers state that long-term romantic relationships allow adolescents to gain the skills necessary for high-quality relationships later in life and develop feelings of self-worth. Overall, positive romantic relationships among adolescents can result in long-term benefits. High-quality romantic relationships are associated with higher commitment in early adulthood and are positively associated with self-esteem, self-confidence, and social competence.

The average number of partners during a life is 13.

The age of the first sexual intercourse (in the strict sense) also tends to fall and to become equal change from 21-year-old for the men and 19 years old for the girls to 17-year-old boys  $\frac{1}{2}$  for both. A "sexual youth" begins then.



**PART**

**1**

**-**

**THE**

**GOOD**

**MINDSET**



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In addition, this ebook will focus on :

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- alcohol and sex ;
- the supplements and drugs ;
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- how women works when it comes to sex (mentality) ;
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- what turn them on in bed ? what do they expect from you ? ;
- how you can use porn to improve ;
- the kinesthetic pattern of the kiss that really turn them on ;
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- how the female sex works ;
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- how to master pussy licking ;
- the position so that your sex looks bigger ;
- all the key-positions to make them come ;
- what is a bad lover ? ;
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- what to do after sex ? ;
- how to make her want to make a threesome ? ;
- my opinion on the sextoys ;
- the contraception and the sexual diseases ;
- the best condoms ever according to me ;
- the female ejaculation ;
- the sexual fantasies of women ;
- the G-spot ;
- the clitoris ;
- some ideas to pepper the act ;
- the tantrism ;
- a lot of other stuff...