

Seven Hot Steps To Become A Sex Genius



DISCLAIMER

Nothing in this book constitutes legal, ethical or health advice. It is only one man's opinions and experience, and should be taken as such. If in doubt, consult a lawyer, doctor, psychiatrist, or other appropriate professional.

Furthermore, you should not attempt anything described or suggested in this book unless you are willing to take complete responsibility; legally, morally, ethically, sexually, and with regard to your safety or the safety of others.

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Introduction:

Let's face it, every guy wishes there was a book left by Casanova that exposes the secret arts of sexual escalation and lovemaking. Or a step by step guide by Don Juan on how to turn a woman on just by looking at her or to dazzle her imagination with a great kiss.

The hard truth is: there isn't one.

But don't worry and don't give up. Simply follow the ideas in this book and you will see an amazing difference in your ability to arouse a woman and make her crazy about you.

In order to be a great lover you become excellent in the art of pleasing a woman, you must learn all the necessary steps from how to plant casual sensual touches on your first date to escalating all your way up to hot sex and mind blowing orgasms.

Step 1: Getting Your Inner Game Right:

Let's begin with what not to do.

When you are on the first date with a woman , take care not to come off as too enthusiastic or eager...

NEVER TRY TO COMPLIMENT AN ATTRACTIVE WOMAN ON HER APPEARANCE.

Why?

The moment you compliment a woman , the pressure is lifted off her and she feels her job has been taken care of, often she may lose the need to please you for the rest of the date. Its OK to compliment a small item she is wearing but you don't want to compliment her on her looks or her dress.

The newer scientific studies have confirmed the fact that women are turned off by early compliments.

Studies in human behavior also reveal that only 7% of our communication is revealed through our words, the other 93% of communication takes place through body language and tone of voice.

Now you can use this information to your advantage.

How do you convey that you are not too eager on your first date ?

Don't position your body in her direction more than she is positioned towards you. Your body should be positioned away from her and not into her.



Women are like cats, the more you act aloof, the more they want to get your attention. Watch her body language during the date and as she starts to position her body more into you you can start returning the favor by adjusting your body language.

If you show too much eagerness, it comes across as desperation.

You don't want to be seen as a desperate guy who's been struggling to get a date forever...instead, you want to be seen as a confident man who is in complete control of the situation.

Tips for better body posture:

Imagine there's a string attached to the back of your skull and the string is pulling your head upwards. This method is discussed in great detail in "The Alexander Technique" for body posture. Check out the DVD if you want to learn more about body posture.

The exercises that work best to improve your body posture are push ups and squats.

Pay attention to your clothing :

One of the best ideas I've ever heard about dressing, is to imagine that your clothes as having a private conversation with the woman. Now, imagine what you want your clothes to say about you on your dates and then find the clothes that convey such meaning. First perfumes that convey a similar meaning.

Now we've taken care of the essentials, lets move on to the next part....

Step 2: Your Approach:

The Opening smile:

Have you noticed how a salesman opens with a ready smile because he wants to sell you something !

Well that doesn't work on dates.

Its a turn off on dates, a woman spends hours putting on make up to meet an interesting guy, not to meet another salesman!

Remember you're on a date to check out the woman and see if you like the experience she gives you! (Atleast that's what you want her thinking).



Project an attitude of higher status which conveys that she needs to win your attention to keep you, not the other way round. This kind of attitude will bring you more success than you can imagine, it also piques a woman's interest.

Don't be too open and friendly.

If you open an encounter with a ready smile , you will come across as a friendly guy and open the gates to "Friends Zone".

Mystery is what captures a woman's imagination, so don't reveal all your cards even before the game starts.

How to get it right :

When you look at her, pretend as if you are looking deep into her eyes (the pupil) and then slowly relax your lips into a gentle smile. This makes her feel that you took a moment to approve of her and she is **earning** it from you.

Practise this trick in the mirror until you get it right. And rehearse it just before you step out to meet your date. Women attach great meaning to this kind of deep gaze, especially during the first date. There are some women who will decide within the first ten seconds of meeting you whether they stick around with you.

Research reveals that when a man looks deep into a woman's eyes, a set of powerful chemicals are released into the woman's brain which triggers a biological response.

Step 3: Creating Great Connection:

Now that you have started the date with the right message, let the date proceed and let it roll out into a smooth conversation...

The key to great connection:

Prior to the date, make a list of topics you want to talk about ...

Brainstorm atleast 20 ideas you want to talk about...don't worry about the quality of topics when you brainstorm, try to come up with a list of 20 ideas... Later strike off the lame conversation topics and memorise the good ones or carry the chit with you... this is a great tool that comes in handy during awkward silences.... it also elevates the quality of your interaction. You can use the same list again and again with different women.

While you are on your date, listen more and talk less. Let me repeat:

Listen more and Talk less.

Listen more and Talk less.

Listen more and Talk less.

People love talking about themselves, so give her the room to roll in her own glory. Let her boast about herself and talk good about herself. If she moves into sad topics, steer her away from it and keep the mood upbeat.

If you ever need to change the conversation or if there is an awkward silence during your conversation, try to recall conversation topics from your list and bring it up.

Here's some great tricks that will make her feel that you both share a magical connection :

- 1) Look into her eyes while she's talking... and then, when she's finished... keep holding the deep eye contact for a extra second (with smiling eyes) ... This is a great trick and get her juices flowing.

You will find that some women will open new meaningless conversations just to enjoy the rush again and again. There are some women who go crazy when a man looks deep into them, they will come back to you just for that gaze.

To recap: Let her talk more and give her a deep gaze every now and then.

- 2) Look at a part of her face that you find beautiful and think loving thoughts. This will get you into a pleasant and relaxed state and she will immediately notice the difference.
- 3) Don't spill all your beans. Don't answer every question. You don't want to come across an open and friendly guy. Make room for some mystery!
- 4) Pulling out chairs, putting your hand on her back to guide her across a street, and helping her put her coat on are all protective gestures that let her know she is with a polished man.
- 5) Important question to ask: Do you have any issues with other men that I should know about , that will complicate my life? Do you have any ex-boyfriends you're still in love with or any jealous ex-boyfriends

who are still in love with you? Do you have any men who are crazy about you or stalking you ? Is there anything else I should know about that can make things complicated?

This question ensures that you will not be taken for a ride by some crazy woman who is looking for entertainment while she's waiting for her ex-lover to return.

These questions also ensure personal safety.

Natural male charisma not only puts women into heat, it also makes men angry. Asking these questions upfront makes sure that you're not likely to face interruption from jealous ex-boyfriends she dumped in the past.

Now that the conversation and precautions are taken care of , lets move on to the fun part.

Step 4: Physical Escalation:

Many guys overdo the physical escalation (kino) too early and push the wrong buttons. If you try to put your arms around the woman or try to hold hands too early, you risk coming across as a cheap guy who is desperate to get laid.

Relax. Now you're about to learn a better trick to get physical with her without being seen as desperate.

While you are on the date, use the following list of excuses to touch her:

- 1) Whenever you notice something attractive or different in your environment, tap her and ask her opinion about it. This kind of harmless touching will get her used to physical contact.
- 2) Ask her a playful question: Ask her what she'd do if she won a million dollars in the lottery : Whatever her answer, try to turn it into something cheerful and give her a "Hi Five", and after the Hi-Five , hold her hand for a second longer before you let go. You will notice that some women become very comfortable at this stage.
- 3) If want to her opinion on anything, don't ask her straight away, instead touch her gently to get her to look in your direction, then throw your question at her.



As the date progresses you can touch her on other places like her back (not buttocks!) and her elbows (not breasts!).

4) As the date progresses and she continues talking, look deep into her eyes for a second, then check her out from head to toe (a quick glance head to toe while she's watching), then nod to what she's saying and say a few words to add to the conversation.

This kind of signal sends a subconscious message that you're checking her out sexually and you're not just another nice guy she can push into the friend's zone.

Step 5: The Kiss:

As you move further into the date you may be able to gauge whether or not she is ready for a kiss.

If you're not sure whether she's up for it, test how comfortable she is with your proximity.

Gradually get closer to her and observe if she is comfortable, sit down on a park bench or stop and move close to her as if you're trying to brush off a tiny insect crawling on her hair.



If she lets you get close to her and if she is comfortable with your physical touch, then your chances are pretty good. You can then try putting your arm around her . Or maybe you can stand behind her so that she's in your arms,.

This varies according to the moment ,however... you'll know what approach you should try as your date progresses. Once you get that close, if you're still not sure, start slow. Try kissing her cheek.

If she lets that slide, do it again. Leave time to pass between kisses, several seconds. Try kissing the side of her temple, her forehead... then make eye contact and if you'll be able to see by this point if she's interested in your lips touching hers.

When the time is right, slowly go in for the kiss and be very gentle, with only slightly parted lips.

To begin, keeping in mind it's the first kiss and you may want to keep it short and sweet, lasting for a few seconds, you'll probably have a second round where it can go longer

Most women complain that either the guys are too tight lipped or too wide lipped and slobber all over them. So you need to have just slightly parted lips. Then gently press or cushion your lips on hers and aim to kiss the upper lip. Kiss her long and slow, and then if she responds follow her lead and kiss her again.

Breathe. Inexperienced men forget to breathe when kissing, then gasp, like they're coming up for air.

You stick just to her mouth, if the moment is right, move from her mouth to her ears, to her neck, nibble her neck, and come back to kissing her lips.

As you continue you can part your lips more and gently start to bring just the tip of your tongue into play.

Now if she has started sticking her tongue into your mouth, then that is a strong signal for you to do the same., but still go slowly and don't stick it in all the way, Stiff tongue is a definite no-no. Relax, and keep it soft and supple. Slip your tongue into her mouth in a slow and teasing manner....

Once you get to this point of passionate French Kissing, you can roll your tongue around hers and intertwine your tongue with hers. Then you can pull your tongue out partially in a teasing manner and kiss her upper lips.

You can also tease her by touching the tip of her tongue and withdrawing your tongue back into your mouth and she if she follows. Once her tongue is in your mouth you can roll your tongue around hers and intertwine your tongue with hers

You can also flick the tip of her as if you were performing oral sex on her and stimulating her clitoris.

Now here's the key, after you had a good kissing session, pull back.

While escalating kino, remember to pull back every once in a while.

So what you want to do is to tease her and then please her. Keep in the back of your mind "tease her" every time you make out with a woman. Don't be afraid to tease. This is supposed to be fun, women are strange with their sexual choices and they love it when a man teases them and doesn't give away all his power.... Women go crazy about men who can keep their power and be a sport about it. So you need to unleash your power in tiny doses.

Now if everything is going well, make a quick excuse to invite her to your apartment, you can tell her that you are hungry and invite her back to your place so you can make a sandwich for both of you. If she resists, invite her anyway and tell her that it will only take 5-10 minutes and you want to drop her back at her place or see her off to the taxi.

Getting her to your apartment works in favor even if she doesn't have sex with you the very same day, because it makes her comfortable with your apartment. It becomes easier for you to invite her to your apartment next time around.

This also works for conservative girls, get them to come to your apartment even if it's only for a 10 minute stopover, it lets them feel safe with your apartment.

Some girls are pretty forward and they don't need an excuse to visit your apartment.

Step 6: Getting her to your apartment:

Once the girl gets comfortable with your apartment and is willing to stay longer, its almost certain that some action will take place.

Set the mood, play some popular upbeat music and cook her something nice while she begins to relax at your place. Get her a bottle of wine and continue the conversation, but this time talk even lesser, give her the deep gaze and listen more.

Move on to the kissing and use your best kiss techniques.

Continue kissing until the heat builds, then keep kissing and move over to the area where her jaw line, neck and ear meet. This is an erogenous zone and it turns women on. Gently kiss, lick and suck on this area very tenderly and slowly.

You want to drive her mad with desire. You don't even want to touch her breasts, until she is dripping wet!!! Tease her!

Take off each other clothes one by one while getting back to kissing.

Softly start kissing her neck, nibble on the nape of her neck, pull her hair, very gently, while gauging how hard or how soft she likes everything.

As you go along the path kiss, suck and lick. Next move around the edge of the breast first kissing lightly then licking and sucking gently. Cover the entire breast but don't touch the nipple yet, you want to keep teasing her and not be predictable. Move in a circular motion moving closer and closer to the nipple.

When you get to the edge of the nipple swirl your tongue around the very edge of the areola of the nipple each time moving closer and closer to the tip of the nipple.

You can do this as long as she is enjoying it, but don't over do it until she gets bored.

Flick the tip of her erect nipple back and forth with the tip of your tongue, again keep your tongue soft and warm. Start slow and go faster if you like. Then slowly take the nipple into your mouth, gently suck it and press the nipple between your tongue and the roof of your mouth.

You can also suck as much of the surrounding breast in to your mouth and gently suck and knead it with your tongue.

The Cool Breath: This is a technique that most women enjoy.

Now that her nipple is wet after the sucking, blow cool air from your mouth, it will provide a stimulating sensation on her nipple. After you do this, immediately follow up with one of the previous techniques of flipping her nipple with your tongue. Then again blow cold air on it and repeat the cycle until she is enjoying it.

Use the above techniques first on one breast and then move to the other breast.

Then kiss her shoulders and down her tummy. Make sure you take your time and don't rush because you will take your partner out the mood.

For the moment you all been waiting for, Yes, oral sex! If you don't like it, well I'm sorry but if you want perfect sex, oral sex is involved

When a woman finds a man who gives good oral sex, she's found a treasure she's not going to let go of too quickly. This is one rare find and she knows it. So, remember, most guys can master fucking, and many can do it satisfactorily, but the guy who gives good head, he's got it made.

Most women are shy about their figure and don't accept their bodies. Even if you've got the world's most gorgeous woman in bed with you, she's going to worry about how you like her body. Tell her that her body is beautiful, tell

her which parts you like best, tell her anything, but win her to trust so that she lets you down between her legs.

Women are a good deal more verbal than men, especially when it comes to love-making. They also respond more to verbal love, which means, the more you talk to her, the easier it will be able to get her to orgasm. So all the time you're petting and stroking her beautiful pussy, talk to her about it. Now look at it again. Gently pull the lips apart and look at her inner lips. Now spread the tops of her pussy up until you can find her clit.

Women have clits in all different sizes, just like you men have different sized cocks. All it means is more of her is hidden underneath her foreskin. Whenever you touch a woman's pussy, make sure your finger is wet. You can lick it or moisten it with juices from inside her. Be sure, by all means, to wet your fingers before you touch her clit because the clit doesn't produce any juices by itself (unless ofcourse she squirts after orgasm) and it's extremely sensitive. If a dry finger rubs on it, it starts to hurts. But you don't want to touch her clit until you have got her pussy wet and hot.

Approach her pussy slowly. Women, even more so than men, love to be teased. The inner part of her thigh is her most tender spot. Lick it, kiss it, make designs on it with the tip of your tongue.

Come very close to her pussy, then move away. Make her anticipate it. Now lick the crease where her leg joins her pussy. Brush your lips over her slit without pressing down on it to further excite her. Do this with a soft and warm tongue.

After you've done this to the point where your lady is bucking up from her seat and aching to get more of you closer to her, then put your lips right on top of her slit.

Kiss her, gently, then harder. Now use your tongue to separate her pussy lips and when she opens up, run your tongue up and down between the layers of pussy flesh. Gently spread her legs more with your hands. Everything you do with a woman you're about to eat must be done gently. Tongue-fuck her. It teases the hell out of her because by now she wants some attention given to her clit. Check it out. See if her clit has gotten aroused and hard enough to peek out of its covering. If so, lick it. If you can't see it, it might still be waiting for you underneath. So bring your tongue up to the top of her slit and feel for her clit. You may barely experience it's presence. But even if you can't feel the tiny part, you can make it rise by licking the skin that covers it. Lick hard now and press into her skin.

Gently pull the pussy lips away and flick your tongue against the clit, hood covered or not. Do this quickly. This should cause her legs to shudder. When you sense she's getting up there toward orgasm, make your lips into an O and take the clit into your mouth. Start to suck gently and watch your lady's face for her reaction. If she can handle it, begin to suck harder. If she digs it, suck even harder. Go with her. If she lifts her pelvis into the air with the tension of her rising orgasm, move with her, don't fight her. Hang on, and keep your hot mouth on her clit. Don't let go. That's what she'll be saying too: 'Don't stop. Don't ever stop!'

But back to your pussy eating session... There's another thing you can do to intensify your woman's pleasure. You can finger-fuck her while she's enjoying your clit-licking talents. Before, during or after.

She'll really like it. In addition to the erogenous zones surrounding her clit, a woman has another extremely sensitive area at the roof of her vagina. This is what you rub up against when you're fucking her. Well, since your

cock is pretty far away from your mouth, your fingers will have to do the fucking.

Take two fingers. One is too skinny and three is too wide and therefore can't get deep enough. Make sure they're wet so you don't irritate her skin. Slide them inside, slowly at first, then a little faster.

Fuck her with them rhythmically. Speed up only when she does. Listen to her breathing. She'll let you know what to do. If you're sucking her clit and finger-fucking her at the same time, you're giving her far more stimulation than you would be giving her with your cock alone. So you can count on it that she's getting high on this. If there's any doubt, check her out for symptoms. Each woman is unique. You may have one who's nipples get hard when she's excited or only when she's having an orgasm. Your girl might flush red or begin to tremble. Get to know her symptoms and you'll be a more sensitive lover. When she starts to have an orgasm, don't let go of that clit.

Hang in there for the duration. When she starts to come down from the first orgasm, press your tongue along the underside of the clit, leaving your lips covering the top. Move your tongue in and out of her cunt. If your fingers are inside, move them a little too, gently though, things are extremely sensitive just now. If you play your cards right, you'll get some multiple orgasms this way.

Step 7: Giving her an unforgettable sexual experience:

Now gently move on to intercourse

Women are attracted to men who care about birth control, so be ready to care. If you won't get fixed, use condoms, practice on your own until you get good at using them. Put a little lube INSIDE the condom. It takes some work, but you can have incredibly hot sex while wearing a condom.



The position that works best is to get her on her back, facing you on top, fucking her missionary style with her feet up, knees bent, and she's holding onto the underside of her legs.

When you're fucking her missionary style, get her hands holding her legs up for you from the underside of her thighs, or legs up with her hands at her sides. This second one is delicious because she can't touch you and please you. Getting her legs high up in the air also allows for deep penetration. Remember to go at it slower and deeper at first.

Once her body and words are telling you to fuck her hard, look her into her eyes, and fuck her like it's the last thing you'll ever do.

You cum inside her, and it doesn't end there.

(With the exercises you learned in the main manual you must be able to cum more than once and perform harder in bed.)

Once she's begging you to fuck her again, you roll her panties to one side. Holding her legs open by clutching her ankles or pushing on her inner thigh, and lick her pussy a lot. This is where you should slurp like you're eating an apple. Or more like licking an ice cream cone on a hot day.

Now you're ready to fuck her again. You're rock hard and she's wet as hell.

Pull her closer, then you slide your cock inside.

Grab her tits, or belly, or sides, and just fuck. That's it. Just fuck her. Picture a "spot" beyond her on the bed. Try to slam through her to that spot.

Once she's cumming, or about to cum, slam your cock into her over and over as hard as you can.

Cum into her like it's the end of the world and it's the last one you'll ever get.

After you've made her come, by giving her the best head and sex she's ever had, don't leave her alone just yet. Talk to her, stroke her body, caress her breasts. Keep making love to her quietly until she's come all the way down.

A man can get off and go to sleep in the same breath and feel no remorse, no sense of loss. But a woman by nature requires some sensitivity from her lover in those first few moments after sex.

Aftercare is loving and petting and kissing and hugging your girl after you fuck her.

It will not only keep a woman coming back, it is a very important part of a complete sex experience. Do it by all means.

For the best sex positions and more tips on giving her a mind blowing orgasm, read the other bonuses.