

He Comes Next The Thinking Womans Guide To Pleasuring A Man Ian Kerner

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the companion book to ian kerner s smash success she comes first he comes next offers women his sometimes radical always expert advice on everything from the nature of male desire to sex techniques that work while women everywhere benefited from ian kerner s sexual philosophy of female pleasure in she comes first now it s time to learn all about what turns men on and makes them stay on in he comes next kerner covers every angle of male sexuality illuminates the most common sex life ruts and offers practical knowledgeable answers to women s most frequently asked questions in his role as a sex therapist kerner has spoken with countless men not only about the best sex they ever had but also perhaps more important

about the best sex they never had experiences they always desired and fantasized about but were afraid to share with their partners in the spirit of full exposure he comes next is the closest you ll ever come to waking up in a guy s skin and knowing what truly makes him sexually tick sexual pleasure goes beyond tips and tactics however our sexual identities and the expression gratification and growth of these identities is fundamental to the success of our intimate relationships with step by step and yes blow by blow detail kerner provides a clear concise achievable vision of sexual pleasure one in which each technique forwards the action and where the whole is greater than the sum of its parts written in the same witty insightful and utterly readable voice that has made she comes first and be honest you re not that into him either so popular he comes next is the thinking woman s guide to enjoying sex to the fullest and ensuring that he does the same

transform yourself from passion victim to passionista in the smash hit she comes first ian kerner singlehandedly waged battle against male sexual ill cliteracy and women everywhere benefited from his viva la vulva philosophy of female pleasure now in passionista it s time to learn all about what turns men on and makes them stay on in this point by point blow by blow guide kerner makes giving as much fun as receiving as he covers every angle of male sexuality unlocks the secrets of satisfaction and offers knowledgeable answers to the questions every woman wonders about his advice is the closest you ll ever come to waking up in a guy s skin and knowing what truly makes him sexually tick written in the same witty insightful and utterly readable voice that has made she comes first and be honest so popular passionista is the empowered woman s guide to enjoying sex to the fullest

did you know in a recent survey 90 percent of women said that they had to fake orgasm just to make their partners happy and 80 percent believed they could predict what a long term relationship would be like based on a first sex in this book the best tips techniques and advice relationship expert jodie spencer reveals everything you need to know to master the art of cunnilingus if you re new to oral sex your partner will never guess it once you have the benefit of all that this book has to teach why women love oral sex what happens when she gets horny keys to great cunnilingus and lots more click the buy button now and add a much needed spice to your relationship

as women everywhere will attest men are ill cliterate most guys know more about what s under the hood of a car than under the hood of a clitoris but in the world of she comes first the mystery of female satisfaction is solved and the tongue is proven mightier than the sword according to sex therapist and evangelist of the female orgasm ian kerner oral sex isn t just foreplay it s coreplay simply the best way to lead a woman through the entire process of arousal time and time again can you say viva la vulva fun and informative she comes first is a virtual encyclopedia of female pleasure detailing dozens of tried and true techniques for consistently satisfying a woman and ensuring that sexual fulfillment is mutual

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pleasure is biologically desirable and good for physical and mental health in the pursuit of pleasure lionel tiger explores this aspect of human nature by focusing on the origins and forms of pleasure medical science has perfected a host of often astonishingly impressive methods for preventing alleviating or recovering from pain its opposite pleasure has not had such a well funded and fully justified constituency in fact those committed to the understanding and pursuit of pleasure are rarely accorded respect and a sense of significance people have objected to the notion of pleasure for a variety of reasons the most complex derive from religious convictions that the most morally admirable human life is marked by abstemiousness suffering even martyrdom there is also a corresponding fear that people may pursue pleasure too avidly and with too strong a sense of entitlement and the world s work will not get done but just as there have been suspicions of the dangers of pleasure there have also been its supporters who assert its vital and joyful centrality to human experience the pursuit of pleasure favors an agnostic approach borrowed from natural science in lively witty and eminently readable prose tiger identifies major forms of pleasure and explores their variations now and in the past pleasure says tiger is not a luxury but an evolutionary entitlement that deserves to be taken seriously as we acknowledge our need for enjoyment we understand the need to establish balance in our lives our need for the pursuit of pleasure

trying to understand women can be an exercise in futility it s as though we were just made to misunderstand each other and you wouldn t be too far from the truth either men and women are different that s why we ve introduced this book my girl comes first a man s perspective to pleasuring a woman a book written by a man for men with the input of many women whether you re trying to pull your sex life out of the doldrums feeling inadequate in bed or worried about a lack of orgasms from your significant other we ve got all the tips and tricks you need to help bring romance back into your bedroom and outside it we ll describe how to properly put your significant other into the mood for sex making her more open and receptive to advances we ll also run you through all of the common misconceptions and mistakes men make including the biggest one of all foreplay there were so many complaints about the majority of men doing foreplay incorrectly that we went ahead and included a step by step guide to foreplay we ll answer questions about becoming a good kisser good oral technique improving your fingering technique the pros and cons of different sexual positions and what you need to know to improve your sexual performance and we did all of this from a man s perspective communicating this wealth of information in an accessible and

understandable format there re no hidden meanings no secrets or sarcasm just plain help don t worry we ll help you pleasuring your woman in no time and she ll thank you for it inside you will learn the difference between a man s and woman s approach to sex why romance is so important to your sex life how to please your woman outside the bedroom tips and tricks for keeping romance alive in your relationship the importance of foreplay a step by step guide to foreplay in the bedroom how to improve your kissing the best approach to oral sex sexual position pros and cons tips and tricks to improve your sex life and much more

this text explores scholarship practice and advocacy for black women s pursuit of bodily autonomy sexual freedom and pleasure inspired by megan thee stallion s song hot girl summer and pleasure activism dr clarissa e francis the real hot girl doc examines the cultural and social impacts of hot girl music and its transformative effects on black women s sexual liberation journeys francis introduces readers to the hot girl movement addressing intergenerational trauma denial of bodily autonomy and pleasure politics this book offers a historical review and current documentation of black women s role in the evolving movement for sexual liberation in the united states with a particular focus on atlanta georgia chapters delve into the history of systemic oppression presenting research on black women s experiences with gendered racism while demonstrating the socio cultural influences shaping black women s sexual liberation the book centers black women s narratives featuring the work of sexologists clinicians somatic practitioners and community organizers in guiding black women to achieve sexual liberation the final chapter outlines conclusions of the research on the hot girl movement and provides recommendations for participating in and supporting this movement this interdisciplinary text is essential reading for scholars clinicians healing practitioners birthworkers and activists including those in fields of sexuality sex therapy sociology gender studies black africana studies public health and social justice exercises and additional resources are available on the product page under support material

dr stevens research identifies specific learnable beliefs and skills not general inherited traits that cause people to be happy and successful

the perfect companion to the complete idiot s guide to pleasing your man this witty and insightful guide teaches men how to give pleasure to the women in their lives more than just a sex guide the complete idiot s guide to pleasing your woman touches on every aspect of a meaningful relationship from keeping the romance alive and deepening intimacy to the importance of foreplay and making a woman happy

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