

## 3 Steps To Giving Her Intense Orgasms

### Introduction

Everything you know about satisfying a woman in bed is *wrong*.

That's a bold statement, but as you work your way through this guide your mind is going to be blown as you discover what it *really* takes to satisfy a woman.

The fact is that most women are *not* sexually satisfied.

Whether they're prepared to tell their partners or not, this is the truth.

One study carried out by Naury Hayden (best-selling author of *How To Satisfy A Woman Every Time*) actually found that *every* one of the 486 women she interviewed for her book had at some point faked an orgasm.

Of these women she also discovered that only 52 occasionally faked it, whereas 124 said they faked it *most of* the time and 310 said they faked it *every* time.

The bottom line is that most guys consistently *fail* to satisfy their partner and most of them don't even realize it.

However, there are a select number of men who live a totally different life to most.

These are the men who know what it *really* takes to satisfy a woman and give her *intense* orgasms.

These men *never* have to ask for sex, because their lovers enjoy sex so much that they ask (often beg) *them* for sex.

These men don't worry about being cheated on or being abandoned by their partners, because why would their partners go looking for pleasure from other men when they're getting everything they ever dreamed of and *more* from their current lover.

Having myself made the transition from failing with women, being cheated on and lasting less than a few seconds in bed... to attracting beautiful women, finding the girl of my dreams and experiencing a rockstar sex life... I've personally travelled the journey to becoming a member of this select group of men.

And having now spent multiple years helping *other* guys go from failing with women to living the sex lives of their dreams... With my techniques now being taught to over *one million* people... I know what it takes to make a serious change in a man's sex life.

Follow the 3 steps outlined in this tightly edited, information-packed report and you'll have the foundations of what it takes to experience a sex life that previously you wouldn't even have thought was possible and become a man who gives his lover *unforgettable* pleasure in bed and leaves her *begging* him for more.

Let's get to it...

*Jack Grave*

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## **Step #1 – Stimulate Her Emotions**

Most guys think that the secret to being a great lover and giving women intense orgasms comes down to having a large penis and being able to thrust fast and hard for long period of time.

And I honestly can't blame most guys for thinking this, because this is what we get taught through porn.

If you've watched porn just a few times you'll likely have been hypnotised into believing that intense and fast sex from a physically fit guy with a big penis is what women really want.

And why wouldn't you think that?

Have you heard how loud the women scream in porn?

Have you seen how they squirm with joy and ecstasy?

Well... let me point something out to you...

Something almost every guy forgets while watching porn...

*Since it's mostly men that watch porn, most porn is designed solely for the viewing pleasure of men.*

Even if a female pornstar *hates* the partner she has to have sex with on camera remember that she gets *paid* to look like she's enjoying herself.

Think about it...

If she squirmed every time she experienced pain because her partner was thrusting too aggressively...

Or if she acted bored when her partner was failing to make her orgasm...

She'd have no job!

And any female porn actress who doesn't quickly learn to look like she's enjoying herself will quickly find herself no longer being hired for any shoots.

Therefore most of the women you see enjoying themselves in porn you see because they've become great at expressing enjoyment while having sex... no matter dissatisfying the sex might be for them.

Now, don't get me wrong, I'm sure there are some female pornstars who do genuinely enjoy having sex in front of a camera... But I doubt as many would be doing it without the paycheck that they receive at the end of a shoot.

Anyway, my point is this...

Don't allow what you see in porn (or perhaps what you've heard from your friends who've been watching porn) to misguide you as to what is *really* takes to satisfy a woman.

As you read through this report prepare yourself to discover concepts and techniques that you won't have heard of or seen before, but open your mind to them, because what I have to share is what actually *works* when it comes to satisfying a woman.

OK, so with that said here's the first step...

*Stimulating her emotions.*

To be able to give women intense sexual pleasure there's a key understanding you need to have about women.

And this is that what arouses and sexually satisfies a woman is *very* different to what satisfies us men.

Let me explain what I mean...

Sexually men tend to love the physical and visual.

Show a guy a picture of a woman with big breasts like these...

And he can quickly become aroused.



Or if a woman just grabs a guy's genitals... it won't be long for that guy to then become ready for sex.

But women are different.

Show a woman a picture of a handsome guy or grab at her genitals when she's not in the mood and you'll get a *very* different reaction...

Most women will *not* be aroused by this.

Why?

Because sexually women are interested in *emotion and experience*.

I'm not saying they don't enjoy the physical and the visual, but these things come AFTER you put her in the right mood.

This is so important that even if you can do everything technically perfect during foreplay and sex, but you fail to set the mood right... you can STILL fail to bring her to orgasm.

Therefore the first step to giving women intense orgasms is to stimulate her EMOTIONS.

Make foreplay and sex an *experience* for her where the natural conclusion is a breath-takingly intense orgasm.

Now, how do you actually do that?

Here's a concept that works *exceptionally* well...

I call it sexual tension.

Creating sexual tension means showing and making a woman want something sexually, but then not giving it to her immediately or making her work for it.

The *anticipation* created by doing this dramatically increases the desire for it.

Let's take an example from the movies...

In all those romantic comedies (a.k.a. chick flicks...) where the woman meets a guy who frustrates her but then slowly falls in love with...

Why do you think they spend so much time building up the tension between the two of them?

If the director wanted they could just fall in love immediately and begin kissing straight away.

Why don't they do this?

Because the *tension* of the two slowly wanting each other, but then not immediately acting on that desire creates *anticipation*.

Then when they finally *do* get together it means 100x more than if they just got together immediately at the start.

Well this concept of tension and anticipation is just as powerful when it comes to sex and is a *very* powerful way to stimulate a woman's emotions before and during sex.

So how does this actually play out during sex?

Well, tension happens when someone wants something that they can't have.

Therefore you have to act in a way that makes her *want* the next stage of foreplay before you actually give it to her.

For most guys this is *very* counter-intuitive.

Most guys are like homing missiles when it comes to sex.

They think that the goal is to get sex, therefore they try and blast through all the stages as quickly as possible...

This is how most guys think...

- Find a room to be alone... CHECK
- Get kissing... CHECK
- Get clothes off... CHECK

-Begin intercourse... CHECK

They have targets and they want to achieve them.

Now this approach is fine for fulfilling your *own* needs, but remember that women require a *different* approach than what works for us men in order to be satisfied.

Therefore if you want to be one of the few guys who actually *does* satisfy the woman he sleeps with you're going to have to learn to do the *opposite* of what you might be tempted to do initially.

Here's what I mean...

Going straight for the next stage of foreplay eliminates all sexual tension.

If, for example, say you go straight from kissing to grabbing at her breasts that doesn't give her much to look forward to.

If, however, say you were to run the tips of your fingers lightly around her breasts for several minutes, while each minute more closely circling around her nipples without actually touching them...

That's going to create sexual tension and *anticipation* inside of her for you to touch her nipples.

Another way to think of it is like this...

Have you ever been in a sexual situation where a woman has shown every sign of being interested in having sex, but then not actually had it with you?

She does all the foreplay stuff, acts as if it's going to happen, but then doesn't follow through with it.

That's a frustrating situation, right?

But how horny did it make you feel?

I know when this has happened to me it made me hornier than ever!

It made me want sex even more than if she'd just given it to me immediately.

Well, you can use this exact same process on her to the same effect, so that when you finally do give it to her she'll enjoy it 10x more.

To do this you've got to make her *want* the next stage of foreplay.

Instead of having to *convince* her to take her clothes off, you've got to get her so aroused and horny that she'll *want* to take them off.

But situations like this are only possible when you restrain yourself and focus on teasing her sexually.

Like with circling her nipples without touching them, *make her want it*.

Show her what you could do to her, but don't give it to her immediately.

And do this throughout every stage of foreplay and sex.

For example, instead of going for intense kissing immediately, give her a light kiss on the lips and pull away.

Look her in the eyes and then move closer to her, but don't give her the kiss.

Make her come to you.

Then give her a light kiss and pull away again.

Make her earn the full-on kiss.

And then build up *gradually* to the next stage and do this *throughout* foreplay and sex.

This is how anticipation is created inside of a woman.

Think about it...

Why do you think so many women read erotic novels instead of watching porn...

Because they want to feel the *experience* around sex and not just experience sex itself.

If you become a master at creating sexual tension in the way I've just described and you create anticipation *throughout* foreplay it's possible to have a woman orgasm within *seconds* of sex.

And that's no exaggeration.

If you really ramp up the sexual tension and get her to *intensely* anticipate sex... when you finally do give her sex it can be such a release of tension that she will literally *instantly* orgasm as all that tension is released.

Then any "techniques" you decide to use on top of that is just icing on the cake.

## Step #2 – Stimulate Her G-Spot... Correctly

The term “G-Spot stimulation” gets banded around a lot on the internet and in various sex guides.

But unfortunately of all the people who talk about it, only few provide information that is actually *accurate* and helps to give women more pleasure.

So whether you’ve heard about it before or this is the first time you’re hearing about the G-Spot, what I’ve got to share has the power to *dramatically* increase how much pleasure your lover experiences during sex.

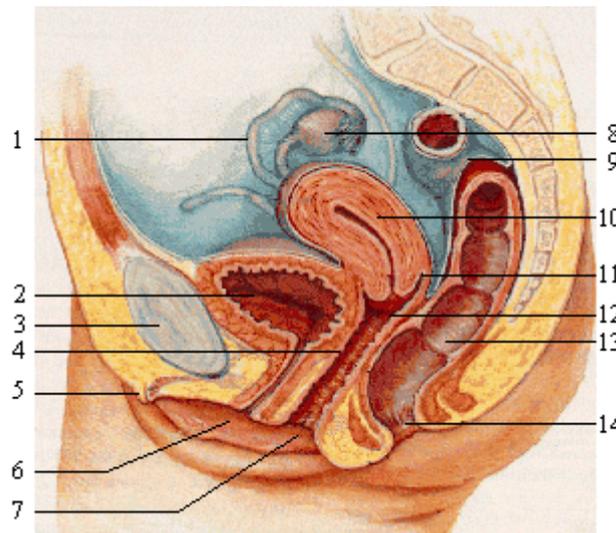
OK, so firstly, what is the G-Spot?

The G-Spot is an area of sensitive tissue found inside of the vagina.

It is roughly the size of a bean – although this varies from woman to woman and increases in size when a woman is aroused.

It is found about 2-3 inches inside and on the roof of the vagina.

Here’s an image to help you out, the G-Spot is located at number 4...



Source: <http://www.luckymojo.com/faqs/altsex/vulva.html>

Now when it comes to stimulating the G-Spot there are a number of steps involved.

The first thing you need to do is make sure that your lover is fully aroused.

The G-Spot isn't some magical button which when pressed instantly triggers orgasm.

Remember that *experience* and *emotion* are fundamental to a woman being able to feel pleasure during sex.

If you don't first arouse her the G-Spot will be useless.

You may even want to go as far as giving your lover a different type of orgasm first before moving onto the G-Spot to maximize its effectiveness, however, doing this isn't a necessity.

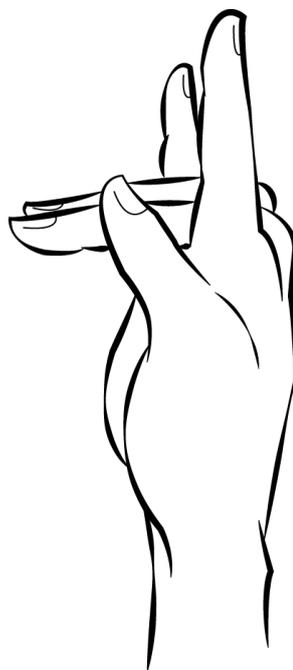
The next step is to provide the stimulation.

There are two main ways you can do this.

With your fingers or during intercourse.

### **Using Your Fingers**

If using your fingers I recommend you adopt the following finger gesture...



Enter with your palm facing the top of her vagina and then your outer fingers can act as stabilizers alongside her anus.

Then, once inside curl your fingers towards you until you find the G-Spot.

It should be fairly clear if you've found her G-Spot because it stands out distinctly from the surrounding flesh.

Now, interestingly every woman has her own unique preferences when it comes to G-Spot stimulation.

Some prefer it hard, some soft.

Some prefer it forwards and backwards, some side to side.

Some prefer it circular, some up and down.

And so on...

To find what works best for your lover you're going to have to experiment with different styles.

Now it can help to ask your lover which method of stimulation she prefers, but I personally recommend you keep trying out different techniques and *carefully observe her reactions*.

How she reacts with her body will tell you a lot as to whether she's enjoying what you're doing.

If she begins to squirm and moan in a positive way... you can take that as a sure sign that she's enjoying what you're doing.

And once you find something she likes... *keep doing what you're doing*.

Don't increase the intensity or change up what you're doing.

Once you've found something she likes keep doing *exactly* what you were doing.

Now here's an extra tip...

With your free hand *push down* on her just above the pubic area.

By pushing down you cause the G-Spot to stick out from the vagina wall and therefore increase the stimulation she experiences... which in turn increases how much pleasure she feels.

Play your cards right and you'll give her an *explosive* G-Spot orgasm.

## **Stimulating The G-Spot During Sex**

The other way to stimulate a woman's G-Spot to seriously enhance the intensity of her orgasms is through intercourse.

Certain sex positions and approaches stimulate the G-Spot more than others and therefore if you'd like to stimulate your lover's G-Spot, I recommend you begin using more of these positions and approaches.

Now the reason some positions stimulate the G-Spot more than others all comes down to basic geometry...

Some angles of insertion and her body position naturally cause the penis to hit the G-Spot with greater intensity than others.

Think about it for a second...

A woman's G-Spot is located a few inches in and on the top of her vagina.

This means that to stimulate the G-Spot during sex you want to use positions that angle the penis in such a way that it pushes onto the top of her vagina.

With some positions this happens naturally and with others a few modifications are necessary...

But most importantly I want you to understand the *principles* behind how this works, because then you can start coming up with sex positions and modifying them yourself to increase G-Spot stimulation.

OK, so here's one sex position that works great...



Source: <http://www.sexinfo101.com>

In the Cowgirl position the woman positions herself on top of the man, while he lies down and they face each other.

Now what's key for getting this position to stimulate the G-Spot is to have her lean back.

Remember that the G-Spot is located on the top of the inside of her vagina, therefore by her leaning back she forces the G-Spot into the penis with every thrust.

Modifications like this can even make positions like the Missionary position cause the G-Spot to be stimulated.

In case you're not familiar here's what the missionary position looks like...



Source: <http://www.sexinfo101.com>

This is probably the most common position used during sex.

The woman lies on her back and the man enters from on top of her while in between her legs.

Now this position alone is not effective at stimulating the G-Spot...

However, if you stick one or two *firm* cushions underneath your partners pelvis...

It becomes angled in a way that forces your penis onto her G-Spot, making this position *a lot* more pleasurable for her.

Now I could list off a bunch of sex positions for G-Spot, but what I really want to do here is educate you on the *approach* to stimulating the G-Spot.

You know the old expression... "give a man a fish feed him for a day, teach a man to fish and feed him for life"...

Well I want to teach you so you can keep coming up with your own positions to stimulate the G-Spot without having to memorize a bunch of positions.

See, once you begin to think about your angle of entry and the way your partner's hips are angled you can turn *many* sex positions into positions that stimulated the G-Spot as long as you approach them in the correct way.

The next time you're having sex, think about where her G-Spot is inside of her and start being creative in the positions you use and how you thrust and you'll be *amazed* at how much more pleasure your partner experiences.

Now, interestingly the G-Spot orgasm is actually only one of *nine* different types of orgasm that a woman can experience.

There are many other ways to increase how much pleasure your lover experiences during sex, both in terms of techniques, positions, methods, etc. and in terms of emotional stimulation.

And I've created a free video where I go into these in much more detail.

To watch this video just click the image below...



PS – This video will also demonstrate a cool technique to you that stimulates both a woman's G-Spot *and* Clitoris at the same time... leading to what I call a *simultaneous* orgasm.

Click the image above to watch it now.

## **Step #3 – Have The Stamina To Give Her Multiple Orgasms**

There was an interesting study carried out at Brown University recently.

It found that while men on average typically only last a few minutes during sex...

It takes women on average *15 minutes* to reach orgasm through foreplay and sex.

That is a *huge* difference.

And once again, it's no wonder that most women are *not* sexually satisfied.

Fortunately, even if you're a guy who can't last at least 15 minutes in bed, I've got some good news for you.

It is possible to *change* how long you last in bed.

See, most guys make the deadly mistake of assuming that sexual stamina is something you're either born with or not.

But this simply isn't true.

To prove it, let me give you one example of how *changing your behavior* can influence how long you last...

Have you ever noticed how certain sex positions cause you to orgasm quicker than other sex positions?

For most guys this a common experience.

For example, some guys find when they're on top they can last for a reasonable time, but if their partner goes on top they orgasm especially quickly.

Now if it's true for you that certain positions cause you to orgasm more quickly than others then this means that just by *intelligently picking the sex positions you use* you can last longer in bed.

Now I'm barely even scratching the surface here in terms of what you can do to increase how long you last, but I raise this to illustrate a point, which is this...

There are *already* actions you can take to influence your stamina, even if it's as simple as making a few position changes.

Now let me ask you this...

What if there were *even more* things you could do to increase your stamina?

What if there were techniques way more advanced than just changing positions that you could use so you could last over *30 minutes* while having sex in positions that right now cause you to orgasm quickly?

Well the good news is that techniques like this do exist and they have the power to help you last as long as pornstars do.

And learning these techniques is an essential step to becoming the kind of man that a woman *craves* sex from.

Think about this for a second...

If it takes a woman on average 15 minutes to reach orgasm, what happens if you're able to last over 30 minutes?

That means you have the power to give your lover *multiple* orgasms in just one sex session.



And what if you don't just have sex like the average guy...

What if you start using techniques like the ones I teach in this guide and in my other trainings where you get your lover to orgasm within *seconds* of starting sex and then *repeatedly* stimulate her G-Spot?

This is when you begin to look like a *Sex God* in your lover's eyes...

Because you'll be giving her the kind of pleasure she never previously thought was even possible to experience.

OK, so what can you start doing now to last longer in bed?

Well the first thing you need to start doing is developing what I call *pleasure awareness*.

Pleasure awareness means becoming conscious of how close to orgasm you are at any point during sex.

See, the way that most guys have sex is that as soon as sex starts they begin thrusting as fast as possible, then suddenly they need to orgasm and there's nothing they can do about it.

That's because most guys simply don't make themselves conscious of their arousal levels.

You can't afford to make this mistake.

From now on during sex pay close attention to how close to orgasm you are.

Start *really* becoming conscious you'll begin to see orgasm closing in on you way in advance.

And then when you do, all you need to do is take *corrective action*.

While most guys don't even see orgasm getting close, let alone respond to the realization intelligently... you need to act differently.

If you feel orgasm getting close, then do something to *interrupt your rhythm*.

Here's just a short list of the things you can do...

- Slow down your breathing
- Change your thrusting style
- Pull out and give her oral sex
- Change positions
- Thrust deep inside of her to reduce the stimulation you feel

- Lick the roof of your mouth (this actually a tantric energy technique for diverting energy away from the genitals)

There are so many things you can do to help you last longer...

This is just a partial list.

There are in fact also several *advanced* techniques that I teach in my stamina training program [Ejaculation Guru](#) that you can perform to seriously ramp up your stamina when you feel orgasm is approaching.

But my main point here is just that you've got to become conscious of how close you are to orgasm so you can start taking action to prevent early orgasm before it's too late.

When you start doing this you'll be able to outlast 99% of guys out there and like I explained earlier, as a result you'll be able to give your lover *multiple intense* orgasms in just one sex session.

And if you'd like to learn more techniques for being able to last long in bed, as well find out how I *personally* went from lasting only 10 seconds in bed to being able to last over 30 minutes in bed, then check out this video by clicking the image below...



**How ANY Man Can Learn To Last **Over 30 Minutes** In Bed**

**Click To Watch**

## Final Thoughts

In this report I've revealed the 3 steps you need to take to be able to give women *intense* orgasms.

A lot of what I've had to share is completely *counter-intuitive* and isn't what comes naturally to most guys.

And unfortunately what does come naturally to most guys is the exact *opposite* of what it takes to satisfy a woman...

Which, like we've discussed, is why so many women out there are dissatisfied sexually.

And what's even worse is that most guys don't even realize that their partners are unhappy because out of women's good intentions to not hurt their partner's feelings most women fake their orgasms.

Now while ignorance may seem like bliss to many guys, the problem arises when several years down the line that woman becomes so dissatisfied with her current relationship that she feels compelled to look for satisfaction outside of it...

And all this is assuming that you can even get a woman to stay with you in the first place.

Unfortunately that's the harsh reality we live in, but the *good* news is that since you've made it this far it's clear you're committed to being one of the few guys who is dedicated to making women feel exceptional in bed, avoiding all the challenges I just mentioned and can feel like a *true* man because of it.

Be sure to *implement* everything I've shared with you in this report and your sex life will begin to *transform* as a result.

And if you'd like to discover even more secrets to becoming the kind of guy a woman *begs* for sex from then check out some of my free resources below...

Best of luck!

*Jack Grave*

## Free Videos

### How To Get And Stay Hard During Sex

- If you're currently not happy with the strength of your erections,
- If you have trouble getting fully hard,
- If you can't stay hard for as long as you'd like during sex,
- If you're lover not satisfied with your overall erection quality...

...This video has the power to change your life.

In this video I reveal 100% natural techniques for being able to get and *keep* rock-hard erections almost instantly and on your command so you can rock your lover's world all night.

Click the image below to watch it now...



## How To Give Your Lover Intense Multiple Orgasms

This report you're reading now has only scratched the surface of the various ways to satisfy a woman in bed.

There are techniques you can perform during sex that will literally have your lover scream your name out loud, get wetter than ever before and have her squirm and spasm with joy.

This is the kind of stuff that leaves a woman *sexually addicted* to you, so proceed with caution.

To discover these techniques watch my free video by clicking below...



## How To Last Over 30 Minutes In Bed

As you've learned in this guide there are very *specific* things you can do to increase your sexual stamina and how long you last in bed.

And with the skill of lasting long in bed comes the ability to give your lover *multiple* orgasms in just one sex session, the chance to explore new sex positions, satisfy your lover more than she probably ever has been before and overall take your sex life to a whole new level.

In the video linked to below you I'll walk you through the exact techniques I *personally* used to go from lasting less than 10 seconds in bed, to being able to last over 30 *minutes* in bed.

Click the image below to watch the video now...

