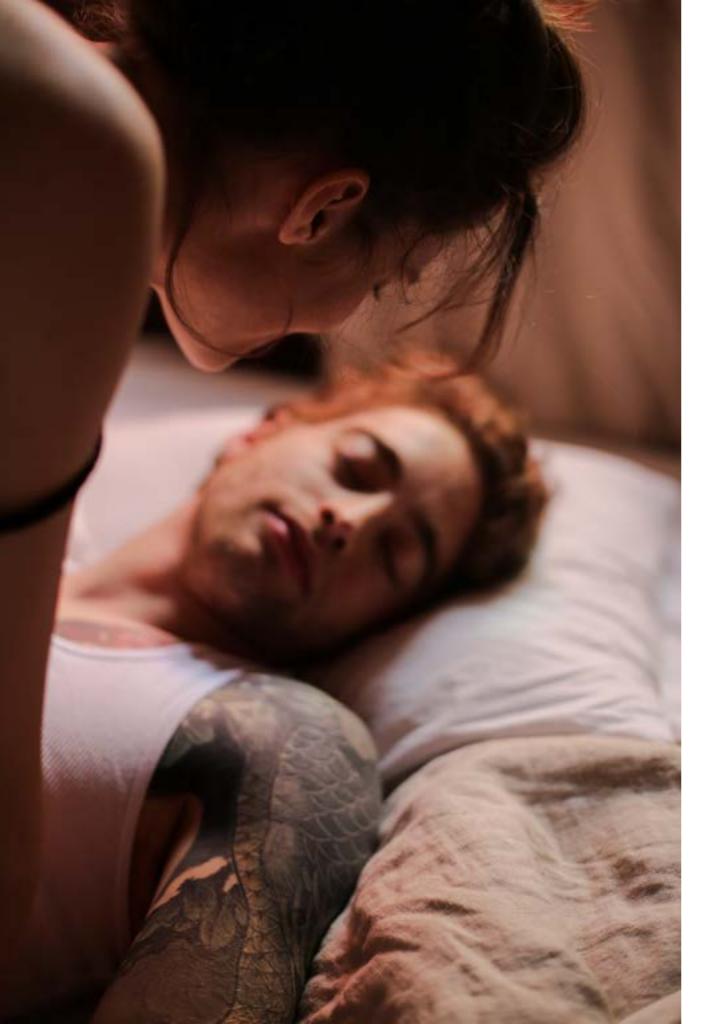


She HATES these 5 things, But she LOVES this....





5 Things women HATE in bed



1

Fingering her intensely, too soon.

You must build up to this, otherwise it's too shocking for her body. Not only will she not enjoy it, she will contract making whole sex rather unpleasant and making it very difficult for her to orgasm

Skipping foreplay.

What is foreplay to you, is already sex to her. She needs to be fully warmed up. Her body needs touch, her mind needs complements and her heart needs to feel safe. This isn't 15 min. Give her all the time she needs.

3

Ending when you ejaculate.

Most women don't reach an orgasm by the time a man ejaculates. And if she does, she will most likely not feel satisfied as it simply wasn't enough.

Women need longer time to warm up byt also to cool down. For you, your energy drops once you come, but not for her.

Also, due to the hormones her body produces during sex, her needs for closeness and intimacy go up, so if you disconnect with her after sex, it will feel like rejection.

Putting pressure on her to orgasm.

Men too often make her orgasm about their own pleasure. You think that if she didn't come, that it was bad. But for women intimacy, presence and connection are even more important than an orgasm. Even if you have good intentions, asking her if she came, puts pressure and doesn't feel good to her.

Assuming you know.

Just because other women liked something, it doesn't mean your current woman will like it too. Instead of acting like you know everything, ask her what she likes and what she would like from you.



6 Things women LOVE in bed





Look at her like the yummiest thing in the world!

Let her see in your eyes how much you like what you see. Show her how much you desire her. Don't be afraid to check our woman out (and make sure she sees that)

Complement her pussy.

Most women don't like their pussies. They don't look at her and don't know her. This makes women disconnected from their sexual center, and as a consequence, they struggle to feel pleasure and orgasm. When you tell your woman how beautiful her pussy is, you are helping her fall in love with herself. This is how you free her wild sexy side.

Hold her from behind while you kiss her neck.

When you embrace her from behind, it makes her feel held, claimed and safe - women love it! It allows her to relax and surrender to you more.

Female neck and back are very sensitive so when you touch and kiss in that position, it feels extra pleasant.

Place your palm over her heart

This activates her heart chakra and feelings of love. It can help move energy up from her pussy to her heart, helping her drop into a deep, full body orgasm. She may feel deeply moved, even cry. All of it allows her to feel deeper intimacy with you.

Ask her: "which part of your body is most sensitive?"

This is a perfect question to learn what she likes. If you ask her directly: "Do you like it?" she may say yes not to upset you. If you ask her: "What do you like?" she may not know what to say. But this sentence is perfect. While she may not know what she likes (many women don't), this is something every woman can answer. And she will naturally also tell you HOW she likes it, for example she may say: "My back. I love gentle kissed there" or... "My breasts. I love when a man squeezes them".

After sex, stay with her.

Embrace her and tell how much you love her, how beautiful she is.

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