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# FOREPLAY SECRETS

Simple Fool-proof Foreplay Secrets  
That Guarantees Your Woman Will  
Have Mind-blowing Squirting  
Orgasms...Every Time

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## **Introduction**

When it's time for sex, most guys go straight for the kill. They just fall out their penis, insert it in and pump away until they come.

And this is a HUGE mistake. You see, it takes women about 3 times (or more) the time men do to get ready for sex. That is, let's say if a man takes 5 minutes, the woman takes about 15 minutes to be ready.

So your goal is to take your time by putting FOREPLAY to use.

You're in luck because this book is going to show you some exciting FOREPLAY secrets. Putting these secrets to use will make certain your woman will have an explosive orgasm... every time you make love! Even if you're a "one-minute" Man.

And that's not all...

You'll also enjoy the sex 10 times more because your girl will be dripping wet and her bad-bitch mode can be activated.

One last thing before we jump in don't scoff at some of the things you're about to read. Try them. You'll love them.

Okay, let's jump right into the foreplay secret without any further ado.

## **Little Known Secret Of When, Where And How To Start Foreplay**

Now, if you think foreplay starts and ends in the bedroom or when you're about to have sex, then you're missing out big time. You must understand foreplay begins long before you get to the bedroom. You see, the secret is this:

**Foreplay is on  
all the time.**

Foreplay begins days and even weeks before you actually make love. From what you say... how you say it... how you glance... how you smile... and most importantly the tease.

You see, if you want her to be more responsive or aggressive ... be suggestive. Tease her. Plant ideas in her head. Tell her what's going to happen.

**For example:** "Honey, tomorrow night, I'm going to gently explore your body with my mouth... and suck on your sweet spot until you tingle intensely.. for twenty minutes... maybe thirty minutes. Be prepared."

This will hit her on a subconscious level, so much so that she might be bumping into things until the next night.

**Note:** The more vivid and descriptive the better. Many women love this kind of talk, that's why they read erotic novels. By the way, reading some of those erotic novels will give you plenty of ideas on what to say.

Now, you've gotten a hang of the basic essentials, let's move on how to intensify foreplay once you are in the bedroom...

## **A Foolproof Foreplay Method That Ensures Your Woman Will Have A Mind-blowing Orgasm... Every Time**

Once you're ready to start escalating things, I suggest you start with her hair.

Stroke her hair. It is the least offensive approach. If she's not "in the mood" you'll be able to tell from the way she reacts to you stroking her hair.

If she's not "in the mood" you can resolve whatever might be the issue, then start over. Stroke her hair.

Smell her neck. Stroke her neck, first with your hand. And then your lips.

Stroke her shoulders.

Stroke her breasts, but not her nipples.

After you have dedicated plenty of time and attention to other areas of her body, then you can stroke and caress her three hot spots (two nipples and pussy)

Once you notice her legs fall open to you, take some time to grab the outside of her pussy lips, the part close to her inner thigh. Grab and pull gently. First one side, then the other. Pull gently.

**Please note:** Although, the clitoris might be the most sensitive part of a woman's vagina, However, you're doing yourself and your woman a disservice if you ignore other parts of the vagina. The whole vagina and its environs are also sensitive and long to be touched and loved.

Also, before you gently grab and pull the skin on the outside of her pussy lips, place your hand on her pussy. Let it rest there. Let her feel the warmth. Build things up slowly.

You see, when you build up slowly, it helps your woman build up to an explosive climax. If you rush the foreplay, your woman might feel like she is not really a part of the process. So takes things slow.

Then again, slow is better because, like I said earlier, it takes longer for a woman to get ready to make love.

Even better, If you know she “takes 15 minutes” to get ready for sex, then determine in your mind you’re going to take 20 minutes, that way she’ll be CHASING YOU for at least five minutes.

And when she's chasing you, you know she is in a state of hot desire. When her desire is that hot, an explosive orgasm is not far behind.

**Remember this:** If you treat sex as a reward for yourself... it will be denied to you. Instead... make sex as a reward for her good behaviour. Tease her. Give it to her... then take it away.

Now, I mentioned you should dedicate plenty of time and attention to other areas of her body. Which other areas you might be asking!

Don't worry, I got you. Here is a page ripped out of Gary Halbert's “killer orgasms” guide that does complete justice:

**“An exclusive "pleasure map" with a "fingertip" guide to the 16 most sizzling "hot spots" on a woman's body... including... at least FOUR she probably hasn't discovered herself!**

1. **The hair:** Stoke it. Caress it.

2. **The back of the head:** Grab the hair at the back of the head. Gently pull it. Women have been hotwired since the caveman days to get aroused by this “aggressive” act. You don’t have to be aggressive. Just gently pull it and act as if you are in control. No words have to be spoken. It’s one spot on the pleasure map.
3. **The neck:** Smell it. Kiss it. Stroke it. Nibble it. Nuzzle it. Bite it.
4. **The lower lip:** Bite it gently.
5. **The lips:** Not just for kissing. But for teasing. Bring your lips close... but not too close. Then barely touch her lips with your lips. Pull away.

Tease her lips with your tongue. Also, tell her how beautiful her lips are. Women love it when you tell them some SPECIFIC part of their body is beautiful.

When you say the generic “You’re beautiful baby,” it’s too vague for a woman to latch onto mentally in her appreciation mode. Instead, be specific. Tell her how lovely her lips are.

6. **Her ears:** Get close.

Let her feel the warmth of your breath. Whisper in her ear. Nibble. Tell her, “*This is what I want to do to your clitoris.*”

Bite.

Suck.

But be careful about sticking your tongue inside her ear, as this may be too much. But for sure, don’t ignore her ears.

7. **Her toes:** Massage them. Kiss them. Nibble them. Hold them close to your face. Let her know you adore her feet.
8. **Her fingers:** Again, kiss them. Nibble them. And pay attention to the spaces between her fingers. Use your tongue to gently lick the skin between her fingers. Place her hands on your face.
9. **Her shoulders:** While your hand is caressing the back of her neck.
10. **The inside of her elbows:** This part of her body is very, very sensitive. Lick. Nibble. Start on the inside of her elbows and work your way outward.
11. **The back of her knees:** This should lead to some delicious biting up and down her legs. Biting her legs. Biting her ass. Biting her back.
12. **The inside of her thighs:** This is a sweet and secret place. Often a women will resist your advances. She'll push you away from her love box. But if you take the time to bite or nibble and suck on the inside of her thighs, she will rather quickly change her mind about you getting close to her love box.
13. **Near the nipples:** It's too easy to attend to her nipples. Stroke, kiss and lick NEAR her nipples in order to get her to beg for more.
14. **The whole breast:** Rub it. The whole thing. Like you're milking a cow. Start at the base of the breast, then massage it toward the nipple.
15. **The ass:** When you squeeze her ass, imagine you're wanting to move the skin wrapped around her ass which is directly connected to her pussy. Squeeze and lift. The clit is so sensitive that when you grab and squeeze her ass just right, it will gently pull the clit and

excite your woman. It's sweet. Very, very sweet.

16. **The mind.** Do NOT, do NOT, I repeat, do NOT overlook the most powerful pleasure spot on a women: Her mind.

Just like her body needs teasing, her mind needs even more teasing. She needs to be teased about the things she says... how she drives... the shoes she wears. Tease her as if you're her big brother and nothing you say can make her run away. You may sprinkle compliments into the conversation as it progresses. But by and large most women are dying to be teased.

When you tease your women in a humorous way, her mind gets really excited at the double message, at the confusing, at the reason WHY you said that.

Please note: If things get predictable... things get boring. And relationships fall apart mostly because someone gets bored. When you tease... and... when you get teased... you and your sex partner will be anything but bored. Do it."

## **A Perfectly Normal (And Healthy) Sex Act Between A Man And Woman... Once Forbidden... By American Psychiatrists... But... Which They Now Admit... Will Dramatically Increase The Amount Of Great Sex In A Relationship!**

The sex act has a "taboo" feeling to it. However, many sex experts now agree that it's healthy, pure and a safe act that should be practised.

Well, as a matter of fact, I'm about to show you how to use this very sex act in a way that would exponentially supercharge you and your partner's sex life. And it's a shortcut to finding your woman's hot spot!

So, what's is the sex act I've been talking about?

Masturbation.

Surprisingly simple right?

Listen, what you and your partner should do is take turns and masturbate in front of each other.

You see, that way, you can learn what exactly "pleases" your partner and vice versa. While she's masturbating, you'll be able to see what she's doing...how's she's doing it...which other parts of her body she's touching...how rough or how gentle... how fast or how slow... and so on.

It's like a crash course teaching you about herself and what pleases her.

Another day, it will be her turn to watch you masturbate and learn. While you are doing it, explain in detail to your partner what you are doing, how you are doing it, the lightness or the roughness of the touch, the slow stroking or the rapid pumping. just the way you like it!

Be careful though, there are some hard rules you need to follow when carrying out the exercise:

1. You both cannot masturbate on the same day or time. It should be done one "teacher" at a time. This is because the first teacher might be too weak to concentrate on what the next teacher is doing.
2. Secondly, whoever is the student at the moment should NOT masturbating themselves. He/she should stay focused on learning

what the other person is doing. It not easy and it's tempting but worth the wait!

In addition, as a gentleman, allow your lady to go first. Allow her to be the first teacher.

However, if she's uncomfortable masturbating in front of you, tell her you'll go first.

## **The Six "Tricks" Which Are A Man's Surest Path To Quickly Increase His Woman's "Clitoral Arousal" Which Is... The Most Certain Way For A Man To Bring His Partner's "Foreplay Clock" Into Sync With His!**

Here are 6 "clitoral arousal" pro tips from :

1. Learn to use your finger like a tongue. That is, you should touch her clitoris so gently she will think your fingertip is your tongue.
2. Learn to use your tongue like a finger. Hold your tongue a little stronger than you might. Use a little more or a little less firmness. Experiment. Watch her breathe. Watch her response. Watch her excitement grow.
3. Use your fingers to gently "pinch" her clit. Pinch it and roll it between your fingers.
4. When you put your mouth on her clit, suck it and lick it while the clit is in your mouth.
5. While you're sucking on her clit, let the clitoris POP out of your mouth. Over and over again. Grab it with your lips, suck it into your mouth, then let it POP out. It will drive her WILD!

6. Finally, you know a guide on clitoral arousal cannot be complete without talking about sex toys. So the last tip is to get yourself a vibrator. The kind that fits over the tip of your finger. And the rest is history.