

*How To Become A*

# **Legendary Lover**

**Powerful Techniques To Becoming  
An Unforgettable Lover!**

# Legendary Lover

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## Becoming A Legendary Lover

Who doesn't want to become incredibly good in bed? Sex is important to both men and women - it allows us to connect with partners in a deeper, more meaningful way, and let's be honest: *it's just a whole lot of fun.*

Of course, you might not feel that way if every time you have sex you are self conscious about your your ability to perform. It's not like you can't get an erection, but it's *controlling* it that's causing you to lose sleep.

Now you're missing the days when you had little concern over your performance. *Does this sound like you?*

Perhaps you chalk it up to getting older, to gaining more experience and so the initial 'rush' has been long forgotten or maybe you think it's linked to some deep-seated emotional problem that you're just not willing to face.

Whatever the cause for your lack of confidence in the bedroom, there is no real reason that you can't regain control of your sex life and become the passionate, irresistible lover that you've always wanted to be.

After this special guide, trust me - you'll be 'legendary' ;-)

So, let's start at the very beginning: *Why I wrote this book.*

To be honest, it didn't come easy. It wasn't as though one day I decided that I'd write a guide on such a 'sensitive' topic.

The truth is, I had to do a lot of soul-searching and a lot of 'truth-seeking' before I realized that the reward of a fulfilling sex life was actually within my grasp – I just had to do the work involved in getting there.

But I overlooked it for years – in fact, I ended up losing someone very special because I failed to correct the issues at hand. I overlooked the importance of a mutually satisfying sex life and instead, focused on just what I needed – and wanted, out of it.

It cost me an important relationship and a heck of a lot of self-confidence before I finally decided to face the truth. I was a selfish lover. I was self-indulging – I was a “taker”, not a giver and I was absolutely, undoubtedly, unashamedly self-centered when it came to the bedroom.

Sure, I tried to give my partner pleasure – it wasn't as if I overlooked her *entirely*, but there was never a real sexual connection that left me fully satisfied.

In fact, it was lacking of anything really “deep”. It certainly wasn't as fulfilling or satisfying, as the sex is once you've learned how to enhance your sexual performance so that you're giving 100% of yourself. Trust me, when you do that, everything will change.

You'll experience such a tremendous boost in confidence that you'll never look at sex the same way again.

And if you think you can't get enough of it now, wait and see just how much more you'll want it – because they (the opposite sex) **will want you.**

Whether you're in a committed relationship or your still playing the field, your sex life will never be the same.

And better yet, you'll never have to worry about whether she was 'faking' it again ;-)

Let's begin by addressing one of the leading problems that men face when it comes to pleasuring your partner – *failing to understand what it is that she **REALLY** wants.*

Let's go.

## Fulfilling Her Every Desire

Let me ask you a question: *What is a woman's biggest sex organ?*

If you answered by referencing any part of her body that can be seen from across the room, you'd be absolutely wrong.

**A woman's biggest sex organ is her brain!**

So, when our minds are on her physical attributes chances are that her mind is on our other traits such as:

- Our personality
- Our ability to be attentive
- Our sense of humor
- Our desire to “connect with her”
- Our attempt to “really listen”
- Our understanding of what she “really” wants
- Our dedication to “turning her on”

In other words, they aren't as ‘easy’ as us guys who can get into the zone with just a *flip of a switch*.

We're wired differently, and so when it comes to fulfilling her every desire

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and becoming a better lover, it all begins with understanding what she really wants, what makes her hot and what really gets her motor running.

And no, sex isn't usually what she's most anxious for. With most women, it's what happens **before** intercourse that makes the difference between a night she will never forget and one that she never wants to remember.

If you are in a committed relationship then you should know better than anyone what your partner is most passionate about.

What her turn-on's are, and what she wants most out of your attempts in the bedroom. But what you may not know is how important it is that you warm her up long before you even think about taking her to bed.

For example, most men think about foreplay as what comes right before you fall into bed and start going at it like wild bunnies. What we fail to really think about is that foreplay could (and sometimes should) happen hours before we even get her into bed.

*I'm not talking about just doing obviously nice things for her.*

Sure, sending her flowers at work is sweet and you'll probably get a bit of loving for doing it but on a day-to-day basis that's not always practical nor is it something you'd even want to do because it would take away from the genuineness of it all.



Instead, think about stroking her mentally *before* you physically lay your hands on her.

Face it; many of us are terribly selfish when it comes to sex. Our minds are on one thing and one thing only: having that wild & crazy orgasm. We need relief, and well, up until the point that we get it, it's all we're really thinking about.

That doesn't mean we don't like foreplay – it's just that most of us think of foreplay as a “requirement” in order to warm up our partners so they are into it as much as we are.

So, to be a legendary lover we need to switch it up and focus just as much time and attention on the “front end” as we do on the “*finishing touch*”.

## 7 Ways To Last Longer In Bed

Most men would prefer to last longer in bed, because it takes the average woman longer to reach climax than the average man, and because some women are able to orgasm multiple times in a short period of time. Lasting longer means a greater chance of fully pleasing your partner.

There are many ways to increase the length of time it takes for you to orgasm. We're going to take a look at some of the best ways you can last longer.

1. **Orgasm at least once before sex.** Men typically take longer to reach climax if they have recently had an orgasm, thus climaxing before you make love to your partner will help you last longer. Ideally, you should orgasm around an hour before intercourse. Any longer and it may not be as effective, and any shorter and you may not yet be ready to perform.

Taking a few extra minutes in the bathroom before you take her to bed can really make a difference to your stamina.

2. **Take breaks.** If you feel yourself reaching climax, stop. Wait as long as you need to before you start sliding in and out again. Sometimes just taking a few moments can add several more minutes to your lovemaking session.

If you need an excuse to stop without letting her know why, you can use the time to change positions or to tease her. She'll want you

back inside her quickly, so this will be a good time to kiss her, lick her, talk dirty to her or whatever else really drives her wild until you've had time to calm down.

3. **Go slower.** You don't always have to slide it in hard and fast. Slow down. Make it last. The anticipation will drive her wild, and it will hold your own orgasm off as long as possible.
4. **Squeeze your penis just below the head.** Whenever you feel yourself nearing orgasm, grab your penis and squeeze it firmly just below the head. This will restrict blood flow, and blood flow is necessary for the stimulation required to reach orgasm. Squeeze for up to thirty seconds and then slowly release before resuming intercourse.
5. **Use your muscles.** Women have muscles inside their pubic area called Kegel muscles. These muscles allow women to stop their urine flow in mid-stream.

Men also have muscles that allow control of fluid release, however they don't use these muscles often and thus they cannot control the release of fluid from their bodies as easily as women.

However, with practice and exercise, these pubococcygeus muscles can control the flow of liquids through the penis, both urine and semen. By flexing these muscles on a regular basis, you will be able to stop the flow of semen for a period of time, allowing you to extend intercourse considerably.

6. **Wear a condom.** Many men (and some women, too!) don't use condoms because they can reduce sensation. Fortunately, this can be a blessing in disguise. You can wear the condom until you've fully pleased your partner, and then remove it so you can enjoy condom-free intercourse. Of course, you might want to continue wearing it if you're worried about pregnancy or STDs.
7. **Change positions.** You are probably already aware that most people have sexual positions that really turn them on, and others they don't particularly care for. It can really help if you have sex in a position that doesn't do a lot for you, because you'll be able to last a lot longer.

Then you can switch to a position you really enjoy whenever you're ready to climax.

Lasting longer isn't only beneficial to you. Once you learn these tricks, you'll notice your own orgasms are made more intense because of the buildup.

Not only that, but you'll get sex more often because she will enjoy it much more!

## 8 Simple Ways To Turn Her On

Every man wants to be the best lover he can be. After all, if you're a lousy lover, you're probably not going to get a lot of sex.

Even if you never sleep with the same partner twice, word gets around! And if you're in a monogamous relationship, you want to make sure your lady enjoys sex with you so she'll be willing to do it often!

Even if you're already a great lover, you could probably be better. Fortunately, these tips can make anyone a better lover in no time!

1. **Learn how to stimulate more than her body.** Women are turned on by more than just physical stimulation. You're probably not going to get her fully turned on just by fingering her or sucking her nipples. Sure, those things are important. But remember, other things arouse women, too.

Find out what she really loves and give it to her! Does she like talking dirty? Then whisper naughty things into her ear without touching her. Does she love romance? Then whisper sweet nothings. Send her naughty emails or text messages. Write her sexy stories. Find out her wildest fantasies and help her act them out.

2. **Learn to tease.** Women love to be teased. You don't have to jump right into things. The goal of sex isn't to get her off as quickly as possible. The more you tease her, and the more anticipation you build, the more intense her orgasm will be when it finally... cums.

Even if she starts begging you to penetrate her, don't! The longer she waits, the more she will love it.

3. **Build anticipation.** Part of teasing is anticipation. You want to build things slowly in order to get her really excited. Lean into her as if to kiss her, but don't touch her lips right away. Instead, let her feel your warm breath on her face. Brush the tip of your nose against hers lightly. Rub your cheek against hers.

Then, slowly, gently touch your lips against hers before parting them with your tongue. Slip your hand inside her panties and barely brush your fingers against her clit. Move slowly. Make her beg for more.

This kind of teasing is priceless, and it's well worth the time and effort it takes once you hear her screaming with the intensity of her orgasm!

4. **Dominate her.** Okay, you don't have to break out the whips and chains (unless she asks you to!) You don't have to demand she do things or even tell her what to do. Just be the dominant one in the relationship.

Don't wait for her to make the first move. If you want to make love to her, pick her up and whisk her away to the bed. Or at least take her hand and lead her there.

Most women love a dominant man. Note that "dominant" does not mean the same things as "controlling". Some women love a controlling man, but most do not.

Some good examples of being dominant are taking her hands and sliding them over her head and pinning them down while you kiss her neck, taking her hand and placing it on your hardness and rubbing it against it, or grabbing her shirt in your fist and pulling her toward you for a passionate kiss.

5. **Put her pleasure first.** One of the most important things you can do in order to be the best possible lover is to put her needs before your own. Make sure she has an orgasm before you even penetrate her. Find out what really turns her on.

Give her enormous amounts of pleasure, even if you get nothing in return. Perform sex acts and positions she loves, even if you don't particularly care for them.

Make her fantasies come true. If you can learn to put her needs before your own, you'll be able to give her pleasure like no one else.

6. **Seek inspiration.** Did you know that more than 50% of the books sold in the United States are romance novels? A great deal of those are bought by married women!

Did you ever wonder why that is? Most men simply aren't romantic enough or erotic enough to please their women fully. They simply don't understand how. But a great source of inspiration is to read those novels and watch those romantic movies yourself. Find out exactly why women love them so much.

You can learn an unbelievable amount of stuff just by reading some

of the romance and erotica titles women are enjoying! Right now, Fifty Shades of Grey is a popular series. It features bondage and dominance. Women all over are eating it up! Reading this series can really give you some great ideas about how to turn on a woman! Sure, you might not enjoy reading these books. Then again you might! But the payoff will be well worth it!

7. **Realize women are different.** Women are not all exactly the same when it comes to romance and sex. Some women prefer sweet, gentle sex and lots of romance. Others can't stand the mushy stuff and prefer sex to be wild and rough.

Some love to talk dirty, and others think it's disgusting. Some women like to receive oral sex, and others don't. Once you realize that women are different, you will learn to take the time to consider what your woman really enjoys, and you will be better equipped to please her by responding to her specific needs and desires.

8. **Watch for cues.** Women all give off certain cues as to what is working for them and what isn't. Let's say you're giving your woman oral sex and you insert your finger inside her while you're licking her. She suddenly goes from breathing hard to moaning softly. Many men wouldn't even notice the difference. However, if you're perceptive, you'll realize she's just given you a clue that she likes what you're doing. She likes you inserting your finger while you lick her.

Listen for changes in her breathing, her moans, the motion of her



hips, the rise and fall of her stomach, whether her eyes are open or closed and what she's doing with her hands. If she's gripping the pillow or your arm tightly, she probably loves whatever you're doing. If she starts grinding her hips, she's responding to pleasure. If she throws her head back and closes her eyes, she's enjoying it.

Once you learn her clues, you'll be able to concentrate on what she loves and deliver it every time.

The most important thing you can do is to just realize that her pleasure is your pleasure. Once you understand that, pleasing her will be as easy as pleasing yourself!

## The Truth About Premature Ejaculation

First of all, know that you are absolutely, without a doubt - not alone.

Premature ejaculation happens to **thousands of men** all over the country.

It's caused by **many different things**, including an overload of stress and chronic anxiety, (the leading reason for many men of all ages), but is also caused by your inability to “pace” yourself, getting over-excited to the point where minutes after achieving an erection, it's over.

*... How embarrassing!*

So, where does that leave you? What are your chances of being able to master the art of self-control so that you can give her the time of her life?

It's clear that it can truly mess up your sex life. It can cause complete embarrassment, insecurity and guilt. You may feel as though you're unable to satisfy her, and if you're involved in a long-term relationship it's even harder on you emotionally because you know the importance of really connecting and giving her exactly what she needs – what she wants.

In turn, not being able to be the lover that she has always dreams of will cause endless tension between you, blocking any chance you have of truly experiencing complete sexual satisfaction, because you're so anxious and

nervous about trying your best to extend the experience that you are unable to live ‘in the moment’ – failing to *really* enjoy sex.

Eventually, it all begins to feel slightly robotic – like your mind is focusing so much on lasting longer, on staying harder and on giving her every bit of you that you can, that you really aren’t enjoying it much at all.

*But you really can take control of your mind and body and experience a truly satisfying – fulfilling sex life...!*

There are proven techniques used by men all over the world that will transform your sex life into an exciting, energetic, long-lasting, sexual experience that will leave both you, and your partner – **very, very satisfied.**

Are you ready to **ultimately improve your sex life** with these proven methods so that you can stop worrying about your performance and begin to enjoy sex again?

Then without further delay, let’s get started!

## Distraction For Satisfaction Method

It's likely that the very reason why you aren't able to last for more than a few minutes whenever you're in the midst of a sexual encounter, is simply because you are "over-excited".

Unlike other men who are able to pace themselves without trying to, your brain and body are on '*high alert*', and all of the sensations you feel during intercourse are heightened to the point where you simply can't control your body from betraying you – and you release within minutes.

I've been there. For years, I suffered from premature ejaculation and I know better than anyone, just how frustrating it is.

You feel out of control, unable to prolong the experience, even though you want more than anything to REALLY enjoy it – to make it last, and to satisfy the woman you're with.

Well, here's THE easiest way to overcome premature ejaculation, so you can finally put yourself in full control over WHEN you orgasm.

45 minutes? An hour? Two hours? It will finally be YOUR call.

The "*Distraction = Satisfaction*" Method is my weird old trick that has ultimately changed my sex life from a 2-minute encounter, to a incredibly

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fulfilling “event”.

Using this method, I’ve been able to extend sex for up to 2 FULL hours – releasing only after my partner has been satisfied.

It’s a “trick” used by everyone from the average guy who just gets far too excited too quickly, to the professional porn star who relies on longevity to get through a typical “work day”, and regardless if you’ve suffered from pre-mature ejaculation for months, or years – this method WILL work for you.

*Here’s the basis of this powerful method:*

- During sex, you use distraction to **divert your attention away from ejaculation.**

Don’t be mistaken – you will still enjoy sex, but rather than ejaculating within minutes of arousal, you use your mental agility to “*control the flow of excitement*”.

What you think of doesn’t matter. The objective is to stay focused on something OTHER than the sexual experience you’re involved in.

When you’re ready to release, you simply zone back in on the experience, your partner (and yourself) and go with it, but until that moment, you need to keep your brain stimulated on other things.

The “distraction method” is a very common one and with good reason. It’s easy to do, it requires no doctor visits, prescriptions, painful “penile” equipment (like penis rings, numbing cream and other nonsense), and it’s incredibly effective.

Distraction slows down the rate in which you get excited. It allows you to extend the duration of intercourse by simply reversing the rate of arousal, and rather than pushing you towards ejaculation, it keeps you on a steady path – or “rhythm” until you’re ready to release.

Now there’s a trick to this method, and that’s in preparing mentally BEFORE penetration. You need to begin distracting your brain from focusing on being sexually aroused, before you are actually in the midst of intercourse.

One way to begin is during oral sex, where you can focus on your partner’s hair, and body, rather than the sensations you are experiencing.

Begin by rubbing her hair, and when you begin to feel yourself getting “too” excited, lay back, look at the ceiling or another object in the room and take your mind away from what is going on.

Another ‘trick’ that will help you shift focus and continue to be semi-distracted is by changing positions. This will help break up sensation, regain focus, and buy some time in between penetration so you can “wind

down”, especially if you find yourself getting way too hot, too soon.

The key is to put yourself in a position that is semi-awkward, or that’s not entirely comfortable. For example, if your favorite way of receiving oral sex is laying flat down, try sitting up in a partial lotus position, so that your partner can still preform oral sex, but you are less comfortable or “turned on”.

The same goes for your environment, which plays an incredible part in your ability to be distracted. If you’re turned on by bright light where you can see your partner’s body, consider dimming it down.

The idea is to *desensitize yourself* (just enough) to where you can stay in full control, and ejaculate only when you’re ready.

Consider the different ways that you can do this before intercourse as well – such as by masturbating within 30-40 minutes of intercourse, so that you aren’t as excited as you normally would be.

During “distraction”, you want to pay attention to your partner and provide them with a meaningful, enjoyable experience, but you need to tilter on the edge, coming in and out of focus.

One way of maintaining control is by focusing on BOTH things – the sexual experience itself, and an object in the room, or a thought that requires focus (like what you need to do later that day, or something as silly as a

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mathematical equation. Believe me, it works!)



## **The Importance of Foreplay**

Foreplay is perhaps the one element of great sex that most men tend to underestimate. For most men, getting excited is quick and simple. For women, it's not always so easy.

Foreplay actually has several different benefits – not only for her, but for you, as well. It can not only help you get her turned on enough to want to have sex with you, it can also help you in other ways.

First of all, when a woman becomes highly aroused before intercourse, she is much more likely to experience a truly intense orgasm. What does that mean for you?

Well, when she has an intense orgasm with you, she will think you're an incredible lover and she will want to have sex with you more often.

Additionally, many men are aroused very strongly by their partner's moans of pleasure. The louder she is, the more intense your own orgasm is likely to be!

Next, foreplay will help you learn what she likes and doesn't like. By testing different actions, you will find out what really turns her on – and what turns her off so you can avoid it at all costs. Be very careful when testing various things.

Ease into it! Because jumping in too quickly can have disastrous results!

Another important benefit of foreplay is to get her so turned on she will be begging for it. If you do your job correctly, she will be all over you! You want to get her to the point where she's so desperate to have you she'll very nearly tear you apart to get it!

Don't give in too soon. Take it to the point where you almost think it's been too long, and then wait another minute or two. The longer she waits for it, the more intensely she will enjoy it.

By learning to master foreplay, you will be able to bring your woman to the brink, keep her there for so long she'll be begging you to take her, and deliver her to levels of orgasmic bliss that most women never see. You'll have her eating out of the palm of your hand, and she'll be there for you whenever and wherever you want her!

Never underestimate the power of foreplay. If you want to drive her wild every time and keep her coming back for more, foreplay is the one skill you absolutely must master!

## **The Truth About Kegal**

The Kegal are muscles found in a woman's pubic area that allow her to control the flow of urine and assist in childbirth. Women are told to perform Kegal exercises (flexing and relaxing their Kegal muscles repeatedly) in order to strengthen these muscles for childbirth.

Men have similar muscles known as pubococcygeus muscles. These muscles are found between the scrotum and the anus, and they have many functions including bladder control, ejaculation control, urinary flow control, and control of the erection.

In fact, the loss of elasticity in these muscles over time is one of the leading causes of erectile dysfunction.

Kegal exercises are extremely beneficial for both men and women. In men, these exercises will help prevent urinary incontinence later in life, reduce prostate enlargement, become harder during erections, and control their ejaculation.

The easiest way to perform these exercises is to place three fingers on your perineum (the patch of skin between your scrotum and anus) in order to feel where these muscles are located.

Then simply clench yourself as if you were trying to stop the flow of urine. Hold this for a few seconds, and then release.

Repeat this fifteen or twenty times.

Do this every day, and within a couple of weeks you will notice yourself getting harder erections, lasting longer, and even being able to stop ejaculation before it happens!

Remember, these exercises have many health benefits other than just sexually, so you will want to continue doing these exercises for the rest of your life in order to keep these muscles strong and healthy.

## The Power of Anticipation

Anticipation is one of the most critical things you must learn to control if you want to be the best possible lover. Anticipation is an extremely powerful tool in everything from sex to marketing!

Remember how exciting the few days leading up to Christmas were when you were a child?

What about the excitement you feel as you smell your favorite food cooking and you know it's almost ready?

How about the anticipation of waiting for a package to arrive after you order something you've wanted for a long time? The longer you have to wait for something, the more excited you are when you finally get it, right?

Anticipation has the same effect on both men and women during sex. The longer we wait for something, the more we enjoy it once we finally get it!

By using anticipation, you can get a woman to truly enjoy sex with you even if you don't have the largest penis in the world or you aren't the best lover in the world.

Here are a few ways to really drive her wild with anticipation:

1. **Make her wait for a kiss.** The anticipation of a kiss from a man she is attracted to is one of the most exciting things for a woman. One great way to drive her wild is to push her firmly against a wall (not

enough to injure her, obviously!) and pin her there. Push her hands above her head and hold them against the wall. Lean forward and let her feel your breath on her face. Breathe hard enough to let her know you really want her. Look deeply into her eyes. Nuzzle the tip of her nose gently with yours.

Brush your lips lightly against her cheek, and then trail them down her neck. Softly brush your cheek against hers. Make her wait as long as possible before you place your lips gently against hers. Part her lips very gently with your tongue.

Kiss her slowly and gently, and build the passion little by little as you kiss. This will drive her wild!

2. **Make her wait for your tongue.** If you're getting ready to give her oral pleasure, don't dive right in. Make her practically beg for it! Start by kissing her inner thighs slowly and gently, beginning just above the knee. Run your tongue slowly upward, kissing tenderly as you go. It should take at least twenty or thirty seconds to make it from her knee to her labia.

Kiss her outer labia gently once, and then move over and kiss down her other thigh. Slowly kiss back up that same thigh. Kiss her outer labia gently several times, and let her feel your hot breath against them. Spread her lips apart and exhale over her clit. Kiss it softly.

When you finally touch it with your tongue, start off very slowly and gently. Barely touch it at first, stopping to kiss it periodically. Don't give her a thorough licking until she's squirming and begging you to!

You can even stop licking her and start teasing her again once you sense she is nearing orgasm. Make her wait as long as possible for that climax and it will be more intense than anything she's ever felt!

- 3. Make her wait for penetration.** When you're finally ready to penetrate her, don't just shove it in and start going! Again, make her beg for it! Push her arms up over her head and hold her wrists against the pillows. Kiss her gently. Suck her nipples. Let her feel your hardness pressing against her inner thigh.

Wiggle your hips and rub the head against her outer labia as you kiss and lick her neck. Groan in her ear and let her know just how badly you want her. Still holding her wrists with one hand, grab your cock and guide it between her labia, rubbing the head over her clit, up and down.

Press the head gently against her vagina, but don't penetrate her. Whisper, "God, I want you so badly!" into her ear, but still don't penetrate her. Ask her, "Do you want me inside you?" If she says yes (and she should if you've done this correctly!) then say, "How badly?" Make her beg for it, and then wait a little longer!

Finally, once you penetrate her, thrust once very hard and penetrate her fully so she gasps with pleasure, and then slide it out very slowly before thrusting it in again. Slowly build up speed and excitement.

This will drive her absolutely crazy!

Anticipation is an incredibly powerful tool in any man's sexual arsenal. By using anticipation properly, a bad lover can become a decent lover. A

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decent lover can become a good lover. A good lover can become a great lover. And a great lover can become master of the universe!

Learn to use the power of anticipation and you will have any woman eating out of the palm of your hand and begging for you again and again and again!



## **Become The Greatest Lover Of Her Life**

In order to become the greatest lover of a woman's life (not just in the bedroom, but in everyday life, too), you must be willing to follow through, giving it 100% of yourself.

It begins by soul searching and discovering what it is that you are really looking for, what you hope to get out of the relationship and how far you are willing to go to connect with her on a deeper, more meaningful level than ever before.

Get to know yourself first – then, get to her what it is that she needs the most. By knowing yourself, you will be able to better deliver a great experience to her.

So what exactly does that mean?

Well, for one thing, you need to understand exactly what you personally are looking for in your relationship. Are you only interested in a one-night stand?

Do you want something a little more regular, but not a committed relationship? Do you want to fall in love and stay with her forever?

By understanding what you want, you can be better equipped to deliver what she wants. If you're not interested in a real relationship with her, be upfront with her.

She will appreciate your honesty, and it will make you more attractive. If you are, let her know. If she's interested in the same with you, it will make her want you even more strongly.

You also need to learn to put her needs before your own. That doesn't mean you have to give into her every whim and desire. It just means that you need to learn to care more about her than you do about yourself. If you cannot learn to do that, you will never become the best lover you can possibly be.

You see, the world's best lovers always care more about their partner's needs than their own. This is what lets them fully pleasure their lovers. They are able to learn and adapt, to truly understand what their lover needs and wants. Once you learn to listen and watch your lover, to truly care what she wants, you'll be able to deliver it to her every time.

It will become natural for you, because you'll actually care what she wants. In fact, her pleasure will actually become your pleasure. If she isn't pleased, you won't be either.

It may help to remember that if you aren't a sensational lover, she isn't going to want to have sex with you very often. The better you are, the more often she will want it. By learning to put her needs first, you will actually be able to satisfy your own needs more often.

You may even find that you enjoy sex even more if she is enjoying it fully. Many men say they enjoy sex a lot more when they can tell their partner is really into it. When she's crying out with a screaming orgasm, wrapping her legs around you tightly in order to pull you deeper inside her, clawing your

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back and calling your name, it will turn you on like nothing you've ever imagined!

Finally, make sure you take the time to learn her likes and dislikes, her turn-ons and turn-offs. Too many men fall into the trap of thinking all women are alike, and all women want the same thing. But just like no two men are alike, no two snowflakes are alike, and no two fingerprints are alike, no two women are alike.

Some women prefer sex to be slow and gentle, while others want it fast and wild. Some women want to be romanced, while others enjoy things a bit rough. Some love dirty talk, and others can't stand it.

It's extremely important to take the time to really pay attention to what she likes. You can ask her what she enjoys, but that will usually get you only so much information. Many women (not all, but many) are shy when it comes to talking about sex, and may take some coaxing. Some may never tell you the truth about what they really enjoy, so you'll have to find out on your own by experimenting.

The trouble is that experimenting can be disastrous if done incorrectly. You have to ease into things. Don't smack the hell out of her ass and leave a handprint. Spank her gently and see how she reacts.

Does she purr with pleasure or look at you like you're crazy? Take things easy at first and slowly build. Don't do anything that might offend her or scare her away.

Listen carefully and watch for visual cues as you make love to her. Her

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body language will tell you what she likes and what she doesn't. Her reactions will show you what to keep doing.

Once you learn to tune in to her cues, you will be able to do exactly what she truly enjoys and you will be the best lover she's ever experienced!

## **The 3 Components Of A Legendary Lover**

### **Your Health**

If you get in shape and do your part in living a healthier life, your sex life will automatically improve right along with it. Not only will you be physically capable of having better sex but you will simply feel sexier, have more confidence than ever before and feel at your absolute best.

### **Your Heart**

While these techniques will improve your sexual performance, they really are designed for the committed man. The best sex of your life will be with the love of your life because not only will it be deeper and more meaningful but it will force you to open up in a whole new way.

You won't be afraid to communicate and express your feelings in every way possible, including through unbelievably passionate sex.

### **Your Head**

Becoming a legendary lover involves getting to know yourself, and what makes you tick. Explore your passions and secret desires and be open to allowing yourself to fantasize.

When your health, heart and head are in the right place, it will all come together and you're sex life will never be the same again!

## **Things She Wished You Knew**

When it comes to pleasing a women it's important that you understand how they think, feel and what's most important to them in the bedroom.

*Here are a few tips to turning her on and leaving her absolutely satisfied:*

### **Talk Dirty**

Women love it when you tell her how she makes you feel, how badly you want her and what she does that drives you absolutely crazy. Just don't over-do it.

Some women love the sounds that a man makes while making love more than they do the 'talk', so do your best to pay attention to what turns her on and whether she's more responsive when you are telling her how you're feeling.

### **Make it about HER**

Use the word "you" as often as possible. Instead of saying "That's so hot", say "You are so hot". Aim conversion at her throughout your lovemakeing so that she is present in your every thought.

### **Use The Power of Suggestion**

If you are interested in trying out a new position, location or just getting kinky with her, consider broaching the topic by referencing it in a magazine

article. Be careful not to pressure her into feeling as though she needs to follow through but use the power of suggestion to get the ball rolling.

### **Keep Your Hands On Her**

Increase the amount of contact during sex so that your hands are on her at all times, regardless of position. Many men forget that a women loves to be held tightly especially during sex, so keep a grip on her!

### **Don't Forget The All Important "C"**

Remember, with women it's not all about penetration. Women respond to clitoral stimulation and so you should always pay attention to how often you are teasing and playing with her.

Leave her breathless by taking advantage of her super-sensitive 'spot' and finding creative ways to stimulate her (pillows, furniture and various positions are a great way to start!)

### **Go at her pace**

While it's not always easy, try to keep up with her pace. If she wants you to go harder, use the "stop/start" technique to give it to her exactly the way she needs it, while pacing yourself so that you can last all night.

Take advantage of the "*Distraction to Satisfaction*" method that I spoke of earlier so that you are able to enjoy every minute while making sure that it doesn't end too soon.

### **Boost Her Confidence**

Remember that she needs acceptance just as much as you do. If she's naturally shy or insecure about her body, you may need to go slower and to make sure that she's comfortable every step of the way. Appreciate her, shower her with compliments, and show her that she turns you on more than any other woman ever has. She deserves it.

### **Keep It Simple**

Don't over-complicate your sex. If you are dying to try out the new sex swing but it's not yet installed, leave it for another day.

Make it easy to be together, to open up (loosen up) and enjoy every minute together. Don't try to make it perfect, or go overboard in "setting it up". Light a few candles, put on some slow music and get down to it. She'll appreciate the attention on her, not on the details.



## **Final Words**

When it comes to matters of the heart and in the bedroom, the one thing that will make her want you, desire you...crave you, unlike anything else is confidence.

Women absolutely love confident men because not only does it turn them to see you 'lead the way', but it makes them feel safe and protected. When you ooze confidence you're letting them know that they can let go, relax and just be themselves without sweating the small stuff.

Take charge. Learn to be dominant in the bedroom while still listening to what she wants, and desires.

Don't be afraid to be different, to try out new things – to role play and to connect with each other's most secret, deepest desires.

Be sincere. Not all sex has to start off slow and not every time has to be "making love". Sometimes the hottest and most memorable moments are the ones that are shared when you've allowed your lusty, playful side to come out.

Share all of yourself with her and don't be afraid to open up and let her know what turns you on, what makes you hot and what you love and desire most about her.

Make her feel wanted, beautiful, desired and loved. Allow plenty of time for foreplay and show her that her fantasies are important to you, too.

And most importantly – once you've connected with her – stay connected.

*To satisfying and memorable adventures ahead!*

Your Name