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# SHE COMES FIRST

the thinking man's guide  
to pleasuring a woman



IAN KERNER, Ph.D.

# Mans Guide To Pleasuring A Woman

**Laura Kipnis**



## **Mans Guide To Pleasuring A Woman:**

**She Comes First** Ian Kerner,2010-01-05 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

*My Girl Comes First* Herbert Wheeler,2015-09-24 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

*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

*He Comes Next* Ian Kerner,2006-01-10 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

**He Comes Next** Ian Kerner,2009-10-13 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 onand 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

**The Sex-Starved Wife** Michele Weiner Davis,2008-12-30 Arguing against popular misconceptions that blame women for unfulfilling sexual relationships a practical guide identifies the biological and psychological factors that compromise a man s sex drive while suggesting practical strategies for promoting healthier levels of intimacy

The Female Thing Laura Kipnis,2009-03-12 From the author of the acclaimed Against Love comes a pointed audacious and witty examination of the state of the female psyche in the post post feminist world of the twenty first century Women remain caught between feminism and femininity between self affirmation and an endless quest for self improvement between playing an injured party and claiming independence Rather than blaming the usual suspects men the media Kipnis takes a hard look at culprits closer to home namely women themselves Kipnis serves up the gory details of the mutual displeasure between men and women in painfully hilarious detail Is anatomy destiny after all An ambitious and original reassessment of feminism and women s ambivalence about it The Female Thing breathes provocative new life into that age old question

**The Man Whisperer** Donna Sozio,Samantha Brett,2010-10-18 For years whisperers have gotten horses dogs and babies to behave Through simple rewards and punishments they encourage positives and discourage negatives But why is it so hard to achieve in relationships Enter The Man Whisperer This modern communication guide shows you how to adopt a new style to get what you want Authors Donna Sozio and Samantha Brett have men eating out of their hands and here they share their secrets This lighthearted guide features tactics to get him

to Text if he s going to be late yet again Put her orgasm first without expecting rewards Say the L word and mean it Spend quality time regardless of what game is on Whether in the honeymoon phase or seriously committed this book gives you solutions to thorny problems and balances expert advice with humor and anecdotes to illustrate how to turn any guy into a well tamed man

**Taking Sexy Back** Alexandra H. Solomon,2020-02-02 For women sex has been hijacked Today s sexual climate leaves little to no space for honoring the complexities of sex sex as pleasure sex as connection sex as creative expression and sex as healing In Taking Sexy Back relationship expert Alexandra Solomon shows women that they are more than just sexy objects of someone else s desire and offers real tools to help women explore their own sexuality communicate their needs draw boundaries to be safe and build the satisfying relationships they truly want

Eve's Blessing Suzannah Weiss,2025-08-28 In sorrow thou shalt bring forth children With these words women fell into a world that saw them as cursed They are still falling Today we define women by suffering menstrual cramps mood swings excruciating childbirth painful first time sex Femaleness itself has come to look like an illness so now women seeking solutions for their ailments are dismissed And as our pain is sanctioned our pleasure is deemed tricky complicated burdensome elusive This reality is not our destiny These myths are misreadings not just of ancient texts but of women s bodies Our pain is the product of oppression imposed for centuries That s the real curse Yet amid this oppression our pleasure has survived Once we recover who we were before the fall we can revel in the blessings of our bodies Ecstatic births positive periods sublime sex orgasmic lives this is who we are behind the cultural curse we ve been under Through inspiring stories from the author and a diverse group of blessed people Eve s Blessing charts many paths from pain to pleasure so that you can walk your own If you ve drifted away from paradise this book will guide you back

**Anatomy of Design** Steven Heller,Mirko Ilic,2009-03-01 DIVAnatomy of Design dissects fifty examples of graphic design piece by piece revealing an array of influences and inspirations These pieces represent contemporary artifacts that are well conceived finely crafted and filled with hidden treasures Some are overtly complex Others are so simple that it is hard to believe there s a storehouse of inspiration hidden underneath The selections include all kinds of design work including posters packages and more Each exhibit is selected for its ubiquity thematic import and aesthetic significance and every page shows howgreat work is derived from various inspirational and physical sources some well known some unknown div

*Our Bodies, Ourselves* Boston Women's Health Book Collective,July Norsigian,2011-10-04 THE BESTSELLING WOMEN S HEALTH CLASSIC INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York Times as a feminist classic this comprehensive guide to all aspects of women s sexuality and reproductive health including menopause birth control childbirth sexual health sexual orientation gender identity mental health and overall wellbeing changed the women s health movement around the world and remains as important and relevant as ever Providing detailed and empowering information on women s reproductive health and sexuality this latest edition of *Our Bodies Ourselves* shows how to find and access health information and offers additional resources

and stories to educate women about health care injustices and inspires them to work collectively to address them Including the latest vital information on Changes in the health care system especially how health care reform affects women and how to get the care you need Safer sex how to engage in pleasurable satisfying sexual experiences while protecting your health and the health of your partner Environmental health risks including minimizing exposure to everyday pollutants that endanger reproductive health Body image resisting negative media stereotypes and embracing healthier approaches to looking and feeling good Local and global activism using social media and organizing tactics to build community and advocate for policies that improve women s lives As well as crucial information about gender identity sexual orientation birth control abortion pregnancy and birth perimenopause and sexuality and sexual health as we age Together with its companion website OurBodiesOurselves org Our Bodies Ourselves is a one stop resource that belongs on the bookshelves of women of all ages

**How to Drive Her Crazy in Bed** Janet N Allen,2022-09-02 How To Drive A Her Crazy In Bed is for anyone who wants to discover how to turn on their spouse drive her crazy and sexually thrill her It might be difficult to figure out what a woman wants and how to thrill her especially when she is so different from a male This book was created to help you learn what women want from sex how to entice them and how to leverage your differences to her advantage As you read this book you will get practical and efficient techniques and suggestions to help you drive her to the pinnacle of pleasure and beyond as well as an understanding of the female brain and how to sexually stimulate her IN THIS BOOK YOU WILL DISCOVER What Women Want In The Bedroom Discover exactly what woman wants in the bedroom and how you can offer it to her A Woman s Erogenous Zones Discover the lesser known erogenous zones and how to activate them for optimum impact Romancing and Seducing Your Woman Why Foreplay Matters discover why women love foreplay so much and how to give her what she wants so she really gets excited Pleasuring Her With Oral Sex women love this and you will learn how to master the technique so she is screaming with pleasure Different Sexual Positions for Her Pleasure with many women struggling to orgasm from penetrative sex you will learn some positions that will provide her with maximum stimulation and pleasure Roleplaying for Sexual Pleasure S M and Bondage Learning to drive your woman crazy in bed is a great strategy to keep your relationship interesting and her satisfied A good sex life that you both like will make you feel connected and intimate which will result in a highly healthy relationship A contented lady will not consider straying no matter how long you have been together and the intimacy will keep her feeling extremely near to you Enjoy turning your woman on and driving her crazy in bed just as How To Drive Her Crazy In Bed outlines her sexual wants and how to meet them Discover how you can take her to new heights of pleasure and beyond now

**The Way of the Pleasure Slave** Andrew James,2019-06-29 From the author of MISS ABERNATHY S CONCISE SLAVE TRAINING MANUAL comes a new guide to consensual erotic slavehood for submissive women and the Dominants who love them THE WAY OF THE PLEASURE SLAVE explores all aspects of this distinctive relationship style Moving from fantasy to reality Training in the erotic arts Fostering emotional transparency

Developing pleasure focused protocols Overcoming obstacles Connecting with the M s community As you work through this practical down to earth guide you will gain the skills to craft a healthy and fulfilling Master slave relationship that puts pleasure at the center

**While You're Down There...** Emma Dickens,2006 Can t get any satisfaction Tired of the missionary position Does your man think foreplay is a band fronted by Chris Martin Then look no further In an age where sex is constantly viewed from a male perspective comes this funny and frank guide for women to get what they want in bed Written in a no nonsense style this handbook cuts to the chase and reveals numerous ways to get one s man to perform successfully Containing a mixture of sizzling tips raunchy anecdotes and fabulous how to guides it is essential bedtime reading for women everywhere For women seeking inspiration from the stories of others there are tried and tested techniques with examples from real life situations Both funny and sexy these stories will have women crying with laughter and screaming with pleasure If the problem is not knowing how to ask for it there is a confidence building section

**A New Ladies' Man** Colin Mortensen,2005-08-02 Every young guy wants to know more about sex and hooking up But the secret recipe for getting more love from the ladies isn t acting like a guy s guy It s as simple as learning what women really want attention satisfaction and r e s p e c t and giving it to them A New Ladies Man is a real world guide for young men written by a peer not a stuffy educator about love sex and getting the girl Guys will learn about Starting the conversation Making that first kiss count Turning a girl friend into a girlfriend The romance thing Having sex and being good at it Pregnancy and protection Breaking up without freaking out This book is also invaluable for the ladies who are looking for insight into how a guy s mind works Here they can find out a sure fire way to improve their boyfriend in and out of the bedroom A New Ladies Man is a girl s secret weapon for turning a boyfriend from a zero into a hero

**The Man's Guide to Women** John Gottman,Julie Schwartz Gottman, PhD,Douglas Abrams,Rachel Carlton Abrams, M.D.,2016-02-02 Results from world renowned relationship expert John Gottman s famous Love Lab have proven an incredible truth Men make or break relationships Based on 40 years of research The Man s Guide to Women unlocks the mystery of how to attract satisfy and succeed with a woman for a lifetime For the first time ever there is a science based answer to the age old question What do women really want in a man Dr Gottman author of the New York Times bestseller The Seven Principles for Making Marriage Work and his wife and collaborator clinical psychologist Julie Schwartz Gottman PhD have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams MD Together they have written this definitive guide for men providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track The Man s Guide to Women is a must have playbook for how to play and win the game of love

*The Complete Idiot's Guide to Pleasing Your Woman* Eve Salinger,2006 The perfect companion to The Complete Idiot s Guide to Pleasing Your Man this witty and insightful guide will help men enrich their relationships by learning how to give pleasure to the women in their lives on many levels From keeping the romance

alive with attention to the little things to deepening intimacy by being a best friend to learning the importance of foreplay and other bedroom techniques that will bring the ultimate physical pleasure to their partners Eve Salinger gives guys a soups to souffli course on how to make and keep a woman happy While offering frank talk about sexual technique this is more than just a sex guide The Complete Idiot s Guide to Pleasing Your Womantouches on every aspect of a meaningful relationship and provides a complete road map to the satisfied woman How to Make Love Six Nights a Week Graham Masterton,1991-04-03 *Flannery O'Connor Review* ,2007 Boomer's Guide to Sex that (still) Sizzles Rene Hollander,Michael Graubart Levin,Francine Hornberger,Michael K. Levine,2003 Designed for baby boomers this informative guide shows readers how to revitalize their sex lives with old and new techniques and how to cope with physical and emotional changes that come with time 40 photos

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