

DR. SADIE ALLISON

America's
Pleasure
Coach™



"YEE HA!"

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host of TV's *Talk Sex*

RIDE 'EM COWGIRL! ★

**Sex Position Secrets
For Better Bucking**

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Ride 'Em Cowgirl!★

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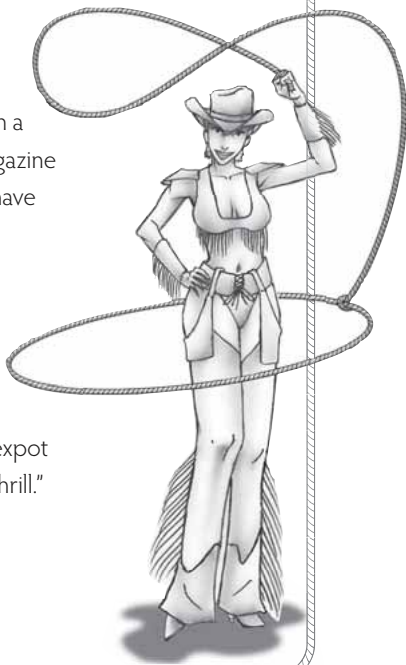
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RIDE 'EM COWGIRL!★

Sex Position Secrets for Better Bucking



Dr. Sadie Allison

Illustrated by Steve Lee





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ForePlay

Hi. How's sex lately?


If you and your lover can't keep your hands off each other, reveling in pleasures from head-to-toe, night and day, orgasm after orgasm, I know why you can't stop grinning.

Or maybe you're just grinning over fond memories.

How quickly our days of sexual frenzy become frenzied days of must-do's, need-to's and have-to's, with no time in between except for long-overdue sleep. When lovemaking does occur, it often waits for weekends, holidays, birthdays, anniversaries—even leap years!

Sex ruts happen, especially when couples stay together for months, years or decades. The good news: it's reversible.





x | *Ride 'Em Cowgirl!*

So come on...I'm going to show you two lovebirds new ways to revive your passion and jumpstart a lot of that frenzied lovemaking once again!

And that's worth grinning about.

Welcome To Your Own Sexual Revolution

Ride 'Em Cowgirl! is different from every other sex position book you can find (and believe me, I've seen them all!). Here's why:

Instead of having to choose among hundreds of puzzling pretzel poses, I've shortened and organized the list to a handful of positions I'm sure you *already* love. I've then upgraded each one with orgasmic angle variations for pleasure-spot focus that you can easily adjust to fit your own unique shapes. Wait'll you try them!

I've kept everything fun, entertaining and inspiring for you, with over 100 illustrations by the incredible Steve Lee to help you visualize everything you may wish to try. And you'll never feel you've been left high and dry just before and after you orgasm: I've included lots of fun ways to stimulate your sexual appetite right up to *and during* penetration, along with passion-pleasing ideas to bring you gently back down (or up for another go-round!).

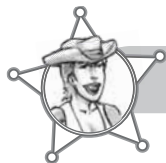


When I set out to write this guide, my goal was to empower women to take charge of their own sexual pleasures, to shake off self-defeating inhibitions, and to create their own magnificent orgasms, especially *during* penetration—a heart-racing joy too many women miss out on. I even named the book with *you-go-girl!* inspiration in mind for my female readers.

But *Ride 'Em Cowgirl!* is for guys too. After all, guys love women who revel in deep, orgasmic passion; who aren't shy about seducing with the visual power of their own naked bodies; who know what they want, when they want it, and how they want it.

Isn't that the whole point?

So this book is dual-purposed, featuring lots of pleasure tips just for "Cowgirls," along with another set of pleasure pointers for all you "Cowboys." After all, it takes two to tango, which is why this is truly a sexual empowerment guide for *couples*.



Cowgirls Only!

Be Empowered Now

As promised, this is the first of many sections for women only. Guys: *scram!* (Just kidding...this is your sneak peek into the other team's playbook. Feel free to read 'em all—just keep your jaw off the ground!).



Today, women want *and deserve* all the pleasures that are ours to claim. No longer is it simply a matter of waiting and hoping for good things to happen—now it's as straightforward as taking charge. And if you follow my prescription, sexual pleasure and magnificent orgasms will be yours for the taking. Ride 'em cowgirl!



Cowboys Only!

Just Give And You Shall Receive

As promised, this book is about *your* pleasure, too. It's a whisper in your ear about what your lover secretly wants, but isn't telling you. It's about opening exciting new communications between the two of you, both verbal and physical. And it's about discovering how being a generous lover brings back generous lovemaking in return. Ride 'em cowboy!



Cowgirls & Cowboys!

How To Fully Enjoy This Book



Do you ever wish your lover was a mind reader? Then you'd never have to overcome whatever stops you from asking for everything you desire during lovemaking.



I'm going to let you in on a little secret that'll not only inspire your partner to find and touch your erotic hot buttons—but also to lovingly kiss, tease, lick, caress, squeeze, stroke, nuzzle, spoon, tickle and cuddle them as well. Here's the secret:

Read this book *together*. In bed. Sit close and point at the fun stuff. Crease the corners. Giggle at the pictures. Then, when you open to those special erotic touches or lusty positions—the very ones you crave—your heart will quicken, your temperature will rise, you'll move in closer—and arousal, romance and passion will take over.

Congratulations! Your secret desire's out in the open—and you're already in bed. Now dive in while it's all so lusty and hot!

Laugh, learn, enjoy, be empowered—then empower each other.

X's and O's
Dr. Sadie
Dr. Sadie Allison

Important: Always practice safer sex—your life and health depend on it. Be sure to read, understand and apply everything in the Appendix on page 201 before engaging in any sexplay.



1 Your Passion Cocktail

Ever see monkeys making whoopie at the zoo, or dogs doing it doggystyle at the park?

Not exactly big on romance, are they?



That's what separates us from them. To most humans, the sex act is more than just a primal urge to merge. It's also an exotic cocktail of love, lust, passion, excitement, anticipation, desire, affection, romance and spice—with a splash of your own unique ingredients tossed in, too.

But how it's blended can mean all the difference between racing hearts—and raging heartburn.



So what's the best recipe for mixing the most potent passion cocktail? Easy! Tweak the ingredients. Add new spice. Leave out the bitters. Pop a cherry on top. Then shake well, pour with pride, open wide—and down you go!

Let's Get Physical

Are your best efforts in the sack producing hot'n'heavy breathing—or is that just a lot of huffing and puffing?

Whatever you do in life, you do it better when you're fit and healthy. That's especially true in lovemaking—a natural heart-pumping, lung-expanding, pore-opening workout. But is sex your *only* physical activity? C'mon! That eager person in bed with you is your lover—not your personal trainer!

Try using that free sidewalk outside your door for a brisk 20-minute walk every day. Or hop on a bicycle. Or join a gym. Even better, join a gym with your lover. You'll look great. You'll feel great. And you'll feel great to each other.

What's more, once you start exercising, the pleasure and intensity of your orgasms often get healthier, too. You'd think they'd print THAT on fitness center billboards!



Scoring Sex Etiquette Points

No one ever teaches you the finer points of sex etiquette. You either know it—or a disappointed lover lets you have it.

You can avoid this senseless humiliation by remembering and practicing *Dr. Sadie's Golden Rule of Sexual Passion*:

Do others as you would have them do you.

Please read that again...slowly.

Being a good lover is easier than many people realize, because the secret is as much about giving good orgasms as it is about everything that comes before and after, too. For instance...

♥ **Clean up.** Natural pheromone-y body scent is arousing; sweaty funk is not. Try to shower close to sex time, lathering up well in every crevice. Short on time? Spritz your pits with deodorant or try a light body spray. Don't forget to brush your teeth, and rinse with a minty mouthwash.

♥ **Wash up.** Dirty fingers don't belong in intimate areas. Wash your hands thoroughly with hot soapy water, file your nails smooth, and don't play with the dog on the way into the bedroom!



- ♥ **Groom up.** Are you growing a pubic jungle? Whether you're a trimmer, shape-shaver, clean-shaver, or somewhere in between, grooming minimizes trapped odors and looks stylish, too.
- ♥ **Spritz up.** Lightly scented perfumes and colognes can be a turn on—but too much tastes bad and can actually give your lover a headache.



Cowgirls Only!

How To Score Etiquette Points With Him

- 🐾 **Be penis friendly.** He's up for any attention—except icy-cold hands, jagged fingernails, hard dry-jerking, sharp teeth-scraping, zipper sideswiping, and hearing unfavorable comparisons to your ex-lovers!
- 🐾 **Ease up on yourself.** Try being less preoccupied with your not-so-perfect magazine-model body. After all, he isn't thinking about the size of your thighs—he's thinking about how good he'll feel inside you.
- 🐾 **Be snag-free.** The sensation of your jewelry against his skin can be a real turn-on. The exposed hooks and clasps that can snag and yank pubic hairs will be a real turn-off. Be careful!



- 🐞 **Open your mouth.** How will he know what you want if you don't tell him? (And he does want to know!) Just don't blurt it out like you're ordering a double latte—whisper it seductively into his ear, and seal it with a hot, wet, tongue-tip finish.



Cowboys Only!

Etiquette Points Count Toward Fabulous Prizes!

- 🐞 **Shave yer shadow.** Your manly five o'clock stubble can feel like needles on your lover's face, breasts, thighs and especially her vulva. Don't risk irritating her. Slip a new blade in your razor and get as close as a man can get.
- 🐞 **Explore.** How does she like your touch: fast or slow, hard or deep, teasing or NOW? Spend more time getting to know her and show her you care—and feel the heat of passion come right back to you.
- 🐞 **Don't rush.** It's a scientific fact: a woman's body takes longer to warm up for intercourse than yours will. Spend more time exciting her body, and she'll reward you by spending more time exciting yours.



- 🐾 **Hold yer horses.** Resist the urge to place—or wrestle—her reluctant hand onto your burning crotch. She detests that almost as much as having her head shoved you know where...
- 🐾 **Cure your EDS.** That's Eager Dick Syndrome, where a huge, throbbing penis due out in the middle of the Second Act makes its grand entrance as the curtain rises. Keep it in your pants, Romeo, and savor the foreplay. She knows where it is.
- 🐾 **Juice up.** Nothing dampens a woman's mood more than premature, painful ramming with a dry finger or unlubricated penis. Start her juices flowing with your best foreplay, and slather on saliva or slippery sex lube before trying to insert anything.
- 🐾 **Angle in.** The delicate entrance to her vagina is not a funnel. Aim carefully when entering, and glide inside along the same angle as her vagina to avoid uncomfortable sideline poking—as well as keep you from slipping into the wrong orifice!

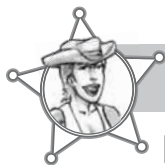


Dr. Sadie Sez: Are You Havin' A Laugh?

During sex, you're naked in more ways than one. You can greet the occasional slip-out, leg cramp, eye-poke, poot or queef with a grimace—or simply laugh it off together and continue on.



- 🍷 **Don't squash.** No matter how strong she may be, she shouldn't have to bench-press you! Spread your body weight across your knees, arms and elbows—not her chest. You want her to keep breathing, right?



Cowgirls & Cowboys!




Brighten Your Passion Picture

The big strokes of sex are easy—*anyone* can do them. But true passion is revealed in the fine strokes that turn lovemaking into an art. So which are you—a paint-by-the-numbers wannabe, or an original world-class artiste?

- ♥ **Kiss.** Why not spend more time enjoying some of the best sensations of sex? Savor all the heat you generate through deep, wet, soulful mouth-to-mouth kissing. Are you listening, longtime lovers?
- ♥ **Touch.** You already own a pair of the world's best sextoys: your hands! Each set includes 10 warm, eager fingers ready to caress, stroke, pinch, spank, tease, squeeze and please. No batteries required!
- ♥ **See.** Look into your lover's eyes and you gaze into your lover's soul. Keep your eyes locked during orgasm, and share this most intimate moment with your partner.



- 
- ♥ **Listen.** The sounds of lovemaking are cues to your partner's state of arousal. Hot panting? Sensual moaning? Erotic screaming? Keep doing what you're doing. Sighing? Whining? Snoring? Try something else.
 - ♥ **Talk.** Not about the weather—but about how turned on you are. Intimate talk during sex feels excitingly naughty, and can send your passions over the edge.
 - ♥ **Ask.** "Does this feel good?" or "Do you like when I do this?" or "What would you like to try next?" Ask an exciting question and get an exciting answer.
 - ♥ **Tease.** If you build sexual anticipation, you'll raise your lover's urgency for wilder sexual release. Try teasing before lovemaking, and feel new desires welling up deep inside.
 - ♥ **Give.** When you're a generous lover, you think of your partner's pleasure before your own. When both of you are generous, the passion comes back to each of you, surging stronger with every lusty touch.
 - ♥ **Savor.** Be patient! This isn't a race. Live in the moment. Try going in slow motion for a while before passions naturally speed things into a heated sexual frenzy.





2 Supergasms

An orgasm is an orgasm, right? Sure. And ice cream only comes in one flavor!

If you've "come" more than once in your life, you know how each orgasm can vary in intensity, character and duration. Climaxes often feel stronger when you're horny, softer when you're tired, and off-the-charts when you're tipsy, turned-on or crazy-in-love.

But what if you could supercharge ALL your orgasms? You'd not only amp up pleasure, you'd also lower your stress, burn more calories, ease menstrual cramps and enjoy deeper sleep—as well as plant an unwipeable smile on your face all day long.

This miracle is known as the mind/body connection—which simply means learning



to be more in tune with yourself. And it all starts by knowing which sex organ is the biggest and most powerful.

The answer: your brain.



Cowgirls Only!

Are You Pre-Orgasmic?

Since most guys can orgasm in their sleep, this section is for every woman who has yet to orgasm, or would love to enhance orgasmic bliss.

You do have the natural ability to orgasm—most every woman does. If you think you *might* have orgasmed, you probably haven't. If you can only orgasm on your own, but not with your partner, that doesn't mean you won't. There's lots of good news up ahead for you.

First, what *is* an orgasm, exactly? It's the climactic release of rising sexual excitement that you feel as a series of intensely euphoric and totally involuntary rhythmic pulsations throughout your vagina, uterus and rectum that can last as long *or longer* than it took you to read this entire sentence. And the next five words will actually help you experience them to the fullest: *teach yourself by touching yourself.*





Dr. Sadie Sez: Be In The Here And Wow.


It's hard to come when you're thinking about who's coming for dinner tomorrow. As tough as it might be, cast off your ongoing worries and stresses, no matter how often they creep in. Instead, savor *The Moment*. The scents. Sights. Sounds. Touch. Textures. Fantasy. Your lover's rising passion. And your own. Glorious orgasms await you...and are the best stress relievers in the world.

It's Okay To Get In Touch With Yourself

Universally endorsed by physicians and sex therapists—as well as orgasmic women around the world, gentle masturbation is the key to strengthening your mind/body connection, while opening up a new world of pleasure, excitement and well-being.

Here's the secret: Start by turning off the phones, tuning out your day, and maybe even drawing a hot, soothing bubble bath. Think sexy thoughts, perhaps about your lover, an old crush, a hunky movie star or even a forbidden acquaintance. Moisten a soft fingertip (or three!) with a few drops of slippery sex lubricant, then gently caress your clitoris while you squeeze your pelvic muscles in harmony with your fingertip motion. Vary your pressure, rhythm and touching styles till you find what feels best—then keep going. Now revel in all your satisfying feelings without straying from your lusty thoughts and fantasies.





It's okay if you don't orgasm for awhile—just get to know yourself by learning your private pleasure spots and discovering which stroking styles turn you on. Or try a small waterproof vibrator and feel it lift your pleasures! They're well-known for setting off countless first orgasms.

Once you experience your first glorious orgasm, you can now share your discovery with your lover, gently guiding his fingertips to the sensual new joys you've uncovered. For a complete guide on female masturbation techniques, send for a copy of *Tickle Your Fancy—A Woman's Guide to Sexual Self-Pleasure*.

If you are already orgasmic on your own, but not with your lover, try sharing the rest of this chapter with him, along with some of the delightful position variations throughout this book, and help him create the erotic clitoral contact you love during intercourse.



Dr. Sadie Sez: Rub-A-Dub-Tub.

One of the most popular ways women learn to achieve their first orgasm is in the tub. Place your hips under the flow of warm water for clitoral pleasures, or aim a jet of warm water from a handheld showerhead to open up to pleasurable sensations.





Cowgirls Only!

The Male Orgasm Menu

Understanding your partner's orgasm is one sign of a generous lover, and knowing how to supercharge it is yet another. Did you know your guy can experience two different kinds of orgasms?

♂ Penis Os. The most widely known male orgasm is triggered at the top of the penis, where thousands of erotic nerves cluster at the head. To bring out the most pleasure, treat this area to your most sensual rhythmic friction at the pace he desires, along with some deliciously slippery wetness.

♂ Prostate Os. The alternate male orgasm trigger is his prostate gland, located behind the base of the penis, and reachable through his anus. The best sensations are achieved with direct stimulation using a finger or sextoy, together with heavenly penis stimulation from your hand and mouth. See more in chapter 12.



Cowboys Only!

The Art Of The Female Orgasm

Imagine your lover's soft, warm, slippery fingers giving you a world-class handjob, but only to the *bottom half* of your penis.



How long before you'd go out of your mind?

It's the same for your partner. She needs the same loving touch that you crave (and more!) in one special place: on or around her clitoris!

And with clitoral, vaginal, G-spot, multiple and liquid orgasms in her pleasure trove, your focus on how and where you touch determines whether she'll go out of her mind with pleasure—or frustration. The difference often comes down to one small word: *Ask*.

Simply checking in with her about what she likes will show you're truly a generous lover who's unafraid to ask for directions.

Come...Meet The Clitoris

The clitoris is the only human organ designed purely for pleasure, and, sorry gentlemen, it's a woman-only advantage. But we *will* let you play with it!

Here's one good reason: it's loaded with millions of the same orgasm-triggering nerve endings as in your penis, only they're packed into an area the size of a pea!

Some women prefer soft, indirect caressing. Others love rapid, direct touching. And some crave both, depending on how near they are to orgasm. Remember, if you aren't sure how your lover likes



to be touched, *ask!* She may only be able to come if you stimulate her clitoris the way she likes it.


Once you're tuned in to her perfect touch, you can then tailor the angles of your positions and motions to deliver the hottest erotic friction to her clitoris. To find out more about star-quality clitoral contact, you need look no further than chapter 9!

The Female Orgasmic Combo Platter

How many different ways can a woman orgasm? Let us count the ways...

- 🍷 **Clitoral Os.** Clitoral caressing is your path to her Big O. Vary the pressure, speed and stroke of your fingertip-touch till you find what melts her into orgasmic bliss. Respond to her non-verbal cues and ask her what feels good. Then apply this powerful carnal knowledge to your position angles and penetration motions during intercourse.
- 🍷 **Vaginal Os.** While vaginal orgasms are technically possible without any direct clitoral stimulation, the clitoris usually receives *indirect* erotic stimulation during penetration, with the penis pushing and pulling on the inner labia, which tugs and tantalizes the clitoris, too. Expand your lover's orgasmic potential by including more deliberate clitoral stimulation, instead of hoping for indirect success.



- 
- 🍷 **G-spot Os.** These deeper, longer, more body-wide orgasms can be your lover's when you stimulate her G-spot just right. Her G-spot will usually be even more responsive after one or two clitoral orgasms, followed by continuing clitoral pleasure together with G-spot simulation. Find out more: see chapter 10 for the ins and outs.
 - 🍷 **Multiple Os.** If your lover's rest time between orgasms is measured in minutes—or seconds—she has a gift for multiple orgasms. It's a team effort to bring them on: shortly after she comes, you begin gentle clitoral stimulation as she squeezes and holds her pelvic muscles tight, thinking about the joy of another orgasm. It'll feel like she's between a sensitive breath-taking delight and an almost unbearable "ticklish" sensation as she reaches for another orgasm...and another!
 - 🍷 **Liquid Os.** One of the most powerful full-body pleasures of all, "female ejaculation" most often occurs during a G-spot orgasm, causing a rush of clear liquid from the urethra, which is not urine, and perfectly normal. In fact, most women and men find it highly arousing! Read more about the power of liquid orgasms in chapter 10.

Supersize Your HE-gasms!

Because orgasms feel so good and happen so naturally, it's easy to just accept what comes. Till now, perhaps?



- 🔊 **Stronger Os.** You can easily bulk-up your “orgasm muscle” for greater pleasures—and send your ejaculate flying further! Just try a simple exercise during halftime, lunchtime or drivetime, and soon, at the moment of orgasm, squeeze your strengthened orgasm muscle for an explosive result! Want to try? Turn to the next page.

- 🔊 **Longer Os.** Get to know your orgasmic “trigger point”—as well as the instant just before that point of no return when you can still hold back. As it nears, stop stroking (or pull out) and relax your body till the feeling vanishes—then start up again. Repeat this technique (aka “edging”) several times, so when you finally let yourself explode, your orgasm should last longer than ever!

- 🔊 **Multiple Os.** If you wish to pick up again without the usual downtime in between orgasms, learn to orgasm without ejaculating. The difference? Orgasm is the pleasurable feeling of climax, while ejaculation is the actual fluid release. Practice combining the stronger and longer techniques above to achieve Multiple Os.

- 🔊 **Simultaneous Os.** Coming together isn’t a requirement for great sex—but it is great! By learning your partner’s sexual responses, you can time yourself to hold back and climax with her. Since women can take at least three times longer to orgasm, stimulate her with lots of foreplay, as well as a clitoral orgasm



or two before intercourse. If she communicates her excitement with a heated cry of “I’m coming!”—you can let go at the right moment and come together. It doesn’t come easy, but what fun you’ll have trying!



Cowgirls & Cowboys!



Strengthen Your Orgasm Muscle!

If you *really* have to pee, but there’s no bathroom in sight, the muscle you must squeeze to hold it in is called your Pubococcygeus muscle, (a.k.a. the PC or pelvic muscle). In women and men, the PC muscle stretches from the anus, across the pelvic region to the pubic bone, and it’s what you feel contracting involuntarily during orgasm, creating those indescribable waves of sexual pleasure.

Now that you know where it is, what it does, and how to flex it, why not learn how to strengthen it? The power of your orgasms depends on it!

PC muscle toning exercises are called Kegels (KAY-gulls), which are simply the act of squeezing and releasing these muscles. Begin a good habit of doing Kegels when you have a few spare moments, like waiting at red lights. They’re best performed on an empty bladder, and not during urination. Here’s an excellent daily toning-and-tightening workout:



1. Clench your PC muscle tight, and hold for 4 seconds.
2. Unclench for 3 seconds.
3. Repeat 10 times.
4. Perform a total of 5 sets over the course of each day.

Breathe steadily, and clench *only* your PC muscle—not your butt or stomach muscles. Go ahead, try it now—even if you’re in the middle of a bookstore.

Successful toning can lead you to enjoy longer, stronger, more frequent, multiple or first orgasms! In women, it can help rejuvenate vaginal tightness after childbirth, or offer a new grip if you’re sleeping with a less-than-girthy lover. For men, it can help reverse erectile dysfunction and premature ejaculation. Results may take several weeks, but keep at it—the improvement can be dramatic.



Dr. Sadie Sez: Ladies, Be A Super-Kegeler!

For faster progress, try using Kegel exercise products specifically designed to help you strengthen your orgasm muscle.



10 The G-spot

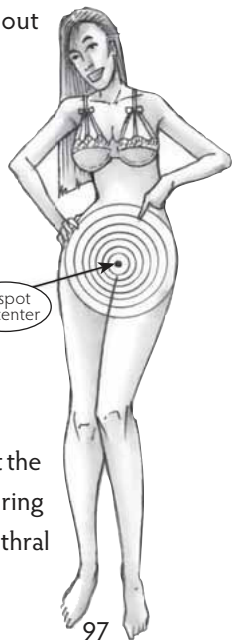
Every woman on earth is graced with a G-spot—a powerful epicenter of deep, satisfying, body-pulsing orgasms—yet none can experience its profound pleasures without the secret of its magic touch.

Hello, guys...are you listening?

What And Where Is The G-spot?

The G-spot is a small, ridged, oval-ish area of spongy tissue that's 2-to-3 inches inside the vagina, on its upper wall, just behind the pubic hairline.

The right touch can be pleasurable beyond belief, but the G-spot also serves an important biological purpose. During sexual excitement, it swells with blood to cushion the urethral



cord it surrounds, protecting the woman's delicate urinary passageway from her lover's rapid-fire pleasure-pounding.

The G-spot is easier to locate than you might imagine. Slide a lubricated finger or two inside the vagina, along the upper wall, with fingertips facing up so you can curve your fingers toward the belly. At 2-to-3 inches inside, when the vagina's sensual softness turns to sensational ridgy-ness—*eureka*—you've found it!



To the touch, the G-spot feels a little bulgy, about the area of a quarter, with ridges that feel much like those along the roof of your mouth (run the tip of your tongue up top now for a free demo). If you have trouble finding it, try exploring after some heated foreplay, when it swells from stimulation and excitement.

Mastering The G-Spot Magic Touch

Touching the G-spot with the same gentle caressing that excites the clitoris probably won't create the erotic heat you seek. Here's why.

While the clitoris is super-packed with millions of touch-sensitive pleasure receptors, the G-spot is not. However, the G-spot



does respond in a big way to a different type of erotic stimulation: pressure.

If you're ready to experience explosive G-spot orgasms, just stroke it firmly and directly with a finger, a G-spot sextoy, and of course, the head of a heat-seeking penis.



Cowboys Only!


Lift Her 'G' To Multiple 'GEEEEEEs!'

No cold-starts allowed! First, turn her on with your most stimulating foreplay—and preferably a clitoral orgasm or two. Now she'll be fully pre-heated, and her G-spot will be bigger and easier to find.

Touch your fingertip directly to her G-spot, and gently bend and unbend your knuckle as if to gesture “come here” (you *are*, actually!). Gradually increase the pressure of your touch. Try new rhythms. Stroke in small circles. Tap rapidly. Add in a second finger. You get the idea....

If your lover doesn't seem to be feeling the excitement yet, try asking, “How does *that* feel?” and let her guide you. Once you find her desired pleasure style, you'll feel her G-spot grow larger and firmer as her entire body responds with excitement.





For a delicious crescendo, double her pleasure by touching your finger, tongue or a vibrator to her clitoris for simultaneous stimulation that can set her off like a live volcano. (Most women *need* this double-touch to experience a G-spot orgasm.) After she climaxes in a heart-racing frenzy, everything will then feel overly sensitive to her, and she may need more time before starting up again. Just go softly and slowly.

Yet Another G-spot Magic Touch

Did you know you can stimulate her G-spot from *outside* her body, too? Here's how: While your fingers are pleasuring her G-spot inside her vagina, place the fingers of your other hand on her lower abdomen. Now gently press all your fingertips together from both hands, and squeeze her G-spot in the middle. *Whoa yeah!*



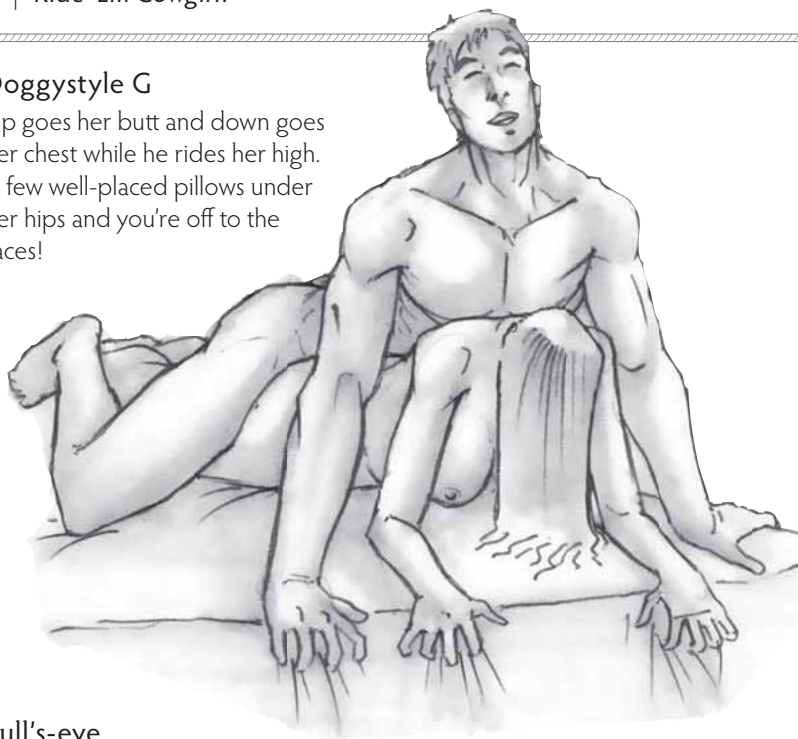
Dr. Sadie Sez:
Look For The Curved Excitement Tip.

Just like the fingers you curl upward to pleasure her G-spot (be sure to trim and file your nails), G-spot toys all come with a similarly curved tip to angle the pressure right where she loves it. Try a G-spot vibrator together with your oral love, and send her to orgasm nirvana.



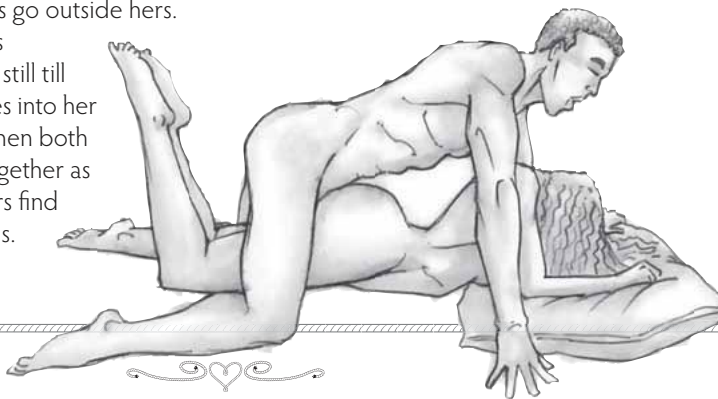
Doggystyle G

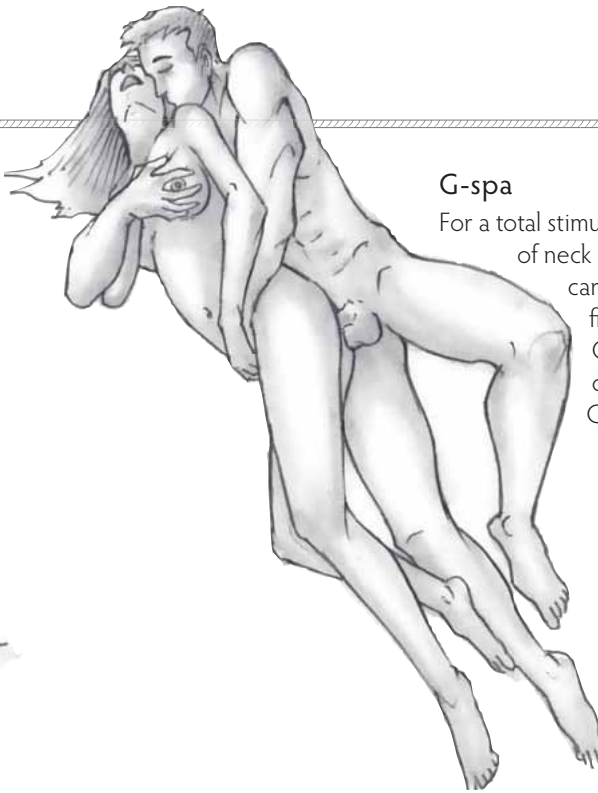
Up goes her butt and down goes her chest while he rides her high. A few well-placed pillows under her hips and you're off to the races!



Bull's-eye

For precise aim and a snug fit, his legs go outside hers. She holds perfectly still till he presses into her G-spot, then both gyrate together as her fingers find her clitoris.





G-spa

For a total stimulation package of neck nibbling, breast caressing, clitoral fingertipping and G-spot gyration, come visit the G-spa.

Lady Godiva

Hold still, mister! She's ready to rock out right on her own G-spot. As she's nearing a lusty finish, he grasps her hips and sends her gyrations into overdrive.



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