

How YOU can become a Super Lover

By Rino Solberg



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PRE WORDS

Whether they are single or married, most men probably carry a secret wish to become super lovers; thus, they would be great in bed, and their self-esteem in this important domain would be maintained.

But who am I to talk about being a great lover, being neither a doctor nor a psychologist? First of all, I do not think doctors or psychologists are better equipped than you and me to being great lovers, even though they know the physiological and mental factors involved in the sexual act.

Moreover, I have been working with subjects on personal development and motivation of others since 1972. I have written many books on these topics and have designed a number of different training programmes in that context.

The solutions to life's problems, whether you want to lose weight, become rich or become a great lover, are very often simple. If you want to lose weight, for example, all you have to do is to eat less calories than you burn, and/or increase your metabolism by training more.

Similarly, to get rich you must always spend less than you earn and if possible invest the money you have left, so that your fortune grows. However, simple as it may sound in principle, this is not easy. It is easy to explain, but difficult to carry out in practice.

This also applies when you want to become a great lover. But as with most other things, you need a great deal of experience to know how it should be done.

When I look back at my own sexual experiences, from around the world and with different women of different ages, I believe it would make as little sense saying that someone is a great lover, whoever his partner, as claiming that one type of individual is better than another.

My experience is that the time and the place, your feelings for the other individual, and numberless other circumstances, decide whether you are a good lover or not. The most important of these circumstances, and some physiological and psychological facts, are discussed in this E-book.

Rino Solberg

The man's sex-life

Of course, I cannot speak on behalf of all men, but as I am especially interested in discussing sex, I have acquired an understanding of how most men think about this somewhat taboo-ridden topic.

Already as little schoolboys we start occupying our minds with penis size, and this continues almost throughout our lives. Many think that a big penis automatically makes you a good lover; this is of course completely untrue.

Although many women fantasise about and get turned on by a big penis, there are (according to women themselves) just as many women who feel more pain than pleasure during the sexual act when the man has a big penis.

On the other hand, a man with a small penis can get an inferiority complex because of this, and this may negatively affect his erection and thus also his ability to satisfy a partner.

A man's self-esteem has therefore a considerable impact on his abilities as a lover, as well as his self-discipline in the way he concentrates his mind.

When I was very young I remember seeing the sexual act as some kind of competition, where it was important to win.

Whether she had an orgasm or not was not so important; what was important was not to stop until she was exhausted. When she had had enough, sometimes after several hours of being "bombarded", I would withdraw, satisfied and believing I had done a good job as a lover. Little did I know then about the clitoris and women's orgasms.

Men are easily turned on and easily satisfied sexually. Most women, especially married women, cannot understand how the man can get turned on by just any woman as long as she is sexy, pretty, luscious, well-formed or in other ways attractive.

Women, wake up! This is often the case, and perfectly natural, whether you believe it or not. This does not mean that he will be unfaithful, even though he is "turned on" by another woman. It is not about that at all.

Unless I am much mistaken, this equally applies to women, so it is the rule rather than the exception. Married people also admire the opposite sex in the same way as unmarried people do; but it is in the nature of things that married people do not always go beyond the point of admiring someone from a distance.

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Sadly, though, too many *do* go beyond this point and keep the “illicit” contact for a complexity of reasons; as a rule, however, we should make do with dreaming, to avoid a ruined relationship and a broken marriage.

This is one of the main causes of divorce worldwide, moreover. Our emotions get the better of us, and if all is not well in a marriage, things may easily happen that we may regret later.

My experience is, however, that it is not necessary for a man to feel anything at all for a woman to have sex with her. If you have any doubts about this, just think about the millions of prostitutes all over the world who pick up men from the street, despite the fact that these men have no special feelings for them.

There are many types of prostitutes and just as many types of men buying their services.

But all in all, these women are only used by the men to get an ejaculation, in the same way as masturbation.

I will not go into detail about all the negative aspects of prostitution, which can both be harmful and humiliating for the women involved. We cannot exclude the possibility, however, that prostitution may have some positive aspects, for both sexes, but that discussion does not belong here.

In the same way as it is easy to turn a man on, it is equally easy to turn him off. Often, all it takes is a word or a comment, before his ego is hurt and impotence strikes.

It is a well-known fact that the man’s fear of not performing is one of the things that can make a sexual intercourse impossible. The first condition is, therefore, that the man must feel secure with a woman to be able to perform sexually.

The worst thing a woman can do is to make a negative remark about the man’s knowledge, looks or performance before or during the sexual act.

Such remarks can do irreparable damage to the man’s ego and make him less interested in his partner, as he will seek to avoid any woman who does not appreciate his manliness. If you are a woman, therefore, weigh your words carefully if you want your husband or boyfriend to be the lover of your dreams.

Many women have been ignorant in this respect, and have thus unwittingly made their men turn to prostitutes, whose job is to make sure he gets by, or to having an affair, where he feels like the great lover he wants to be.

The feeling of being a real man, sexually speaking, is one of the most important feelings a man has.

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A man must be very self-confident to handle defeat on the sexual front; if a woman does not understand this, she will lose the possibility of having a good sex-partner.

Like the woman, the man needs to be stimulated to become a good lover. With a woman who never touches his body or his private parts, a man can never be more than mediocre.

As mentioned, it takes very little to boost, as well as to break down, a man's sexual abilities. A little bit of praise can often do miracles.

Alcohol is another factor that can easily work both ways. Most women lose their inhibitions when they drink alcohol, and most men know this (that is why they gladly buy the woman a drink in the bar).

Men, too, especially if their self-confidence is low, can experience positive effects after a moderate intake of alcohol. On the other hand, too much alcohol too often spoils the man's erection, the result being a woman with a strong desire and no inhibitions but a man without an erection. The result of such a combination is always poor.

The man is, by nature, somewhat rough (or obscene, if you like) when it comes to sex. Most men like it when the woman uses foul language and does "ugly" things to him. He also likes to show his macho side and to be the master.

On the other hand, many men like it when the woman takes the initiative and tells them what she wants them to do to satisfy her.

Men also get turned on more easily than women by pornographic pictures and films, and they do not mind it being hard-core. Women too like pornography, but prefer a film that has a romantic plot and ends with love-making.

Most women are much less enthusiastic than men when it comes to pure pornography, but prefer films with erotic contents. It is no coincidence that pictures of naked women have decorated military barracks, and other "men's arenas", for years.

Men and women are different in many ways, not least when it comes to sex.

Another difference in this respect is that women fake orgasm for many different reasons, whereas men do not fake; they *do* get an orgasm.

After the sexual act the woman wants tenderness, while the man considers the job well done and would rather go to sleep.

Moreover, women are much more positive to the use of sexual toys than men. There is hardly any limit as to what you can find in a woman's bedchamber when it comes to articles that stimulate your sex-life.

An event where practically only women participate in is the “**Body Party**”, an alternative kind of home-party for erotic toys; there is no limit to what women buy at these parties; dildos, vibrators or massage oils, and other special kit.

The man may get turned on by some sex toys, if his female partner uses such a toy to arouse him, or when he can use it to satisfy her (after all, HE is the one who is doing it).

Men also brag more about their sexual adventures, in the military barracks as well as at the office and amongst their male friends. Indeed, many boast of having slept with a woman, without actually having done so, just to build up their image in the eyes of others.

Women may confide their secrets to their best girl friends, but do not brag about them to anyone who might be ready to listen.

Women do not feel the need to be great lovers to the same extent as men. This is probably because the man has a weaker ego. However, most women probably agree that good lovers are few and far between; indeed, many women have never met a great lover.

A man can “come” in a matter of seconds, while women in most cases need 15 minutes or more to have an orgasm. A woman who is frigid (cannot have an orgasm) can still have sex and enjoy it. A man who is impotent (cannot get an erection) cannot go through with a sexual intercourse.

Nonetheless, he can satisfy a woman sexually in other ways, without using his penis. It is not the end of the world for a woman, therefore, if her man is impotent or has a temporary erection problem, as long as they are able to speak openly about this.

It is probably worse for the man to accept this. Still, there are remedies for these problems; thus it is not necessary to live with it if you do not want to.

Our sexual instinct is one of our most fundamental instincts.

The man’s instinct can get so strong that some men commit murder to satisfy it. When an instinct gets this strong it is important to understand this and do one’s utmost to canalise it; otherwise, the consequences can be disastrous.

Some men are unable to satisfy their urges in a natural way and thus resort to extremes. The consequences of such cases can be found in the papers almost every day: violence, murder and other disasters.

So, let us agree on one thing: men’s sexual instincts, their urges and desires are often very different from those of women. In what follows, however, we will be concentrating on how a man can become a super lover.

Out in town – Hunting

Every Friday and Saturday all over the world men and women prepare themselves for a night out in the town. Their aims are very different, first of all between men and women, but also between individuals.

At the risk of overstating things, as many men would fall outside this category, I venture the claim that most unmarried men have one goal in mind when they go out on the town alone or with their male friends; to get a woman in bed.

A woman can of course have the same goal, but I believe that for every woman who has such intentions there are ten men.

If you want proof of this, all you have to do is go to any dance restaurant, disco or bar. Just observe closely the body language and the behaviour of all the “hunters”, and you will agree with me.

I once wrote the book *The Secrets of our Body Language* and have thus had as a hobby to study people’s body language, for instance in the nightlife for many years.

The results are unmistakably clear. Men are generally out “on the hunt” when they go out, and there is no doubt as to who are their prey: women.

By studying a man when he arrives at a bar, a restaurant or a disco, you can easily see what he wants. His eyes survey the premises and home for a possible “prey”. He looks around him to see if there are any competitors before he prepares to attack.

Phase 1: contact

The simplest, quickest and most effective way of attacking is to ask the woman to dance. If she says “yes”, phase one is already completed. If there is no dance the contact phase will be to smile, give a nod and say “hello” and then pose a suitable question with a positive answer.

It could be about everyday topics like the weather, or a compliment, that helps you establish contact.

Phase 2: Introduction

This phase must be as natural as possible. You tell her who you are, she responds, you tell her that you like the music, the way she dances, the way she is dressed, her hair, and so on.

You ask her if she likes the place and continue by asking simple and open questions to get the communication going. Some facts can also be noted at this point: where she

comes from, if she has a boyfriend, if she is married, her likes and dislikes, her job, her education, etc.

Phase 3: Ascertaining possible interest

Does she let you sit/stand next to her? Is she enjoying your company; does she smile at you; does she ask you questions about you; is her body turned towards you, does she lean towards you when she speaks to you? Does she accept when you offer her a drink?

Does she touch you when she speaks to you? All these elements can give you a signal as to whether she is interested in you. The more interests and attitudes you have in common, the better your chances are of winning in the next phase.

Phase 4: Final phase or follow-up

In some cases you will realise already in phase two that there will never be anything between you; certainly, you will know in phase three.

You will know your chances by observing the points described above. If the signs are completely negative, you may as well start looking for another woman while the night is still young.

On the other hand, if the signals are on the whole positive, you can keep on in the same vein, as this will bring you even closer together as the evening progresses.

Then the evening is almost over; closing time is approaching: what now?

You would probably not ask her directly if she would like to have sex at this point, nor should you, though I have had women ask me this question on several occasions.

Most women need some kind of pretext to go home with a man the first night, as they do not want to seem “easy”.

Still, a good pretext is not hard to find; a night cup can be enough.

What is important is that you come up with something she can accept. Some of your discoveries from phase two can of course be used here, if you have some of this in your home; it could be music she likes, video films, drinks, books, hobbies, sports, etc.

If she takes you up on one of your suggestions, this means that she has in fact accepted your offer, but she does not want you to think she is “easy”. You have made it, and now the rest is up to you.

Of course, there are also women who go out to find a man for the night; but these are doubtlessly fewer than the men with such intentions.

I have had numberless conversations with women on this topic throughout the years, and my conclusion is that women go out to dance, being admired by men, do some innocent flirting, unwind with a drink, have a good laugh with girl friends and last and perhaps least to find herself a lover for the night.

A man on the hunt thus has to break down their barriers, not least separate them from their girl friends, if he is to attain his goal for the night. If there are only two girl friends together, the job becomes a lot easier if you have a friend to take care of the girl friend.

This gives both women an excuse to have some fun together, as neither is alone in doing “something wrong”. Shared destiny is, as you know, shared comfort.

Although men and women *could* have the same goal for the night, you can be sure that they have different ways of getting there.

A man tends to go straight to the point and take the shortest way, while the ways of a woman are, as is known, inscrutable.

If you want to turn a woman on, you have to play on emotions and romance and give her the impression that you understand her. If you show empathy and listen to her attentively, she will greatly appreciate it.

A woman also generally needs more time than a man to make decisions, so be patient with her.

Do tempt her, but make sure she does not have to take too many decisions on the way. Likewise, it is important to let her come to a positive answer, but without having to say it explicitly. Never ask: “Do you want to come to my place?” If you do, the answer will often be “no”, and you will have lost.

A much better strategy is to pretend it is perfectly natural and take it for granted that she comes with you. In this way you have taken the decision for her, and she simply follows.

Then there are women who are very self-conscious and smart enough to let you believe you are the one in charge, as they manipulate your masculine (and often weak) ego where they want you.

Just let them do so, if you become aware of it. You have everything to win.

What can the woman do?

Whether a man can be a good lover or not obviously depends greatly on the participation of the woman. A woman who does not know how to build up a man’s ego while making love will never have a good lover.

Most men are extremely sensitive on this point; a remark or a groan at the wrong place and he is done for as a good lover, for the time being.

On the other hand, a little positive remark can make him a super lover, even if he has not been this before.

It is first of all the role of the woman to instruct the man during the sexual act; no man is a mind-reader and thus does not always know what the woman likes and how she wants it in each case.

A man can be the best and the worst lover in the world, depending on the woman he sleeps with and the situation they are in. If the woman is good at instructing the man, through utterances and groans like:

“Yes, there, oh, ohh, that feels good, more, harder, faster, more slowly, that’s it, you’re good, it’s so big,” etc., a man will rise to the occasion and the woman will immediately feel the results.

On the other hand, utterances like:

“It hurts, it doesn’t feel good, don’t do it like that, it’s tiny, are you inside me now?” or groans that reveal discomfort break down the man’s ego, and he may thus lose his erection because he starts believing he is miserable as a lover and this totally takes his mind away from what he is doing.

Many women fake orgasms. There is nothing wrong with this from the man’s perspective, because he is happy to believe the orgasm is real and is thus content anyway. Still, this is not really necessary.

Although many women never have an orgasm, I am convinced that most women could achieve this, simply by exercising their “squeezing muscle” and by masturbating.

With their squeezing muscle women can train their capacity to have an orgasm, much in the same way as men do hold back their sexual climax.

This muscle becomes slack for many reasons, especially that of women. First of all, it is normally much weakened when the woman gives birth.

Therefore, all women who give birth should start training their squeezing muscle as soon as possible, following the training programme described in another chapter.

The menopause is another moment when many physical changes take place in a woman’s body; this is also the case with this muscle, which gets slacker. In addition, the muscle gets slacker if it is not frequently used, that is if the woman has little sexual activity.

In addition to the exercises described below, women should generally practise squeezing and holding e.g. a dildo in their vagina. Train squeezing and holding 10-20 times every day, and keep on doing this for a couple of weeks.

This will no doubt do wonders with her ability to have an orgasm.

As well as increasing the ability to provoke an orgasm, this ability to hold the man's penis will convince the man that he has a good lover at his side, and this may influence *his* abilities in a positive way.

Although I know this is a generalisation, and perhaps somewhat simplistic, as it does not apply to all men, I would still like to repeat that a woman must always be aware of how weak a man's ego often is when it comes to his masculinity, and his abilities as a lover. Once she has realised this, she will have a much better lover than she would otherwise have had.

So, to all you women: use some applied psychology with your men, and their sexual capacity and desire will increase considerably.

Of course, I know that all this works on women too, though perhaps not to the same extent, but I still believe that women can benefit more than men from working on these points, as the man has enough problems as it is, for example with his erection, which women do not have.

Personal hygiene

At this point there are many who shirk their duties, as they do not realise how important this is. In the same way as monotony and boring routines, bad hygiene will act as an instant "turn-off".

The smell of sweat, bad breath and various odours from the sexual organs do not contribute to building a good sex life. Everyone smells bad from time to time and under special circumstances, but with open communication on this topic, it will hardly spoil a good relationship.

Soap and water can easily solve the problem. In the same way as bad smells ruin a sex life, good smells may well increase your sexual desire. Both animals and people produce body fluids which attract the opposite sex.

These are called "pheromones" and are probably more widespread among animals, as these do not have the same means to communicate their desires verbally.

Good smells, like perfumes, deodorants and lotions, are “human pheromones” that can spice up a relationship or start one. Unfortunately, very few people know that e.g. the scent of a perfume has several stages in its development when confronted with the human body.

The first phase, which can last up to an hour after the perfume was sprayed or lubricated, can in fact be bothersome for your surroundings if you have applied too much.

During this period the alcohol in the perfume, which is extremely strong, evaporates, and this may cause an uncomfortable smell, even if the perfume itself is good.

In the next phase, which can last from one to several hours, the perfume starts to develop, and you begin to feel the real scent.

In the final phase, which can last from three or four hours to twelve hours or more, the perfume will be comparable to a good wine well matured. The best will come to the surface and nearly always give maximum effect.

Men often put on aftershave in the morning and perhaps a little extra if they are going out in the evening. Women, on the other hand, always bring their perfume bottle in their hand bag when they go out in the evening.

If they are out dancing they go to the toilet from time to time, and after washing their hands, combing their hair, and putting on make-up, they spray themselves yet again “to make sure”. In this way they ruin the best scent in the perfume (the third stage) and replace it with the worst (the first stage).

Some perfumes can also work against their purpose, and are downright uncomfortable, as well as causing headaches and nausea.

A woman should thus leave her perfume bottle at home, because the best scent of the perfume comes only several hours after it was sprayed on.

The problem is that we very quickly become immune to our own odours, so that we do not feel them ourselves, but I can guarantee you that other people *do*.

Returning to bad, uncomfortable smells, it is of course understandable that your partner does not like to lick something that has a bad smell. Usually, you can easily do something about these things, as long as you talk about it.

Another thing not all women appreciate is unshaven men. After one day without a shave a man’s beard stubbles can be rather stiff and easily make scratches on sensible skin, and even cause pain.

If he is planning to have sex, the man should take the time to shave. When kissing his face and body, most women prefer a freshly shaven man, though there are exceptions even here.

A man with a full-grown beard or moustache is of course another matter, as this does not give the same treatment on a woman's skin, and there are many women who prefer bearded men.

We could also say that the way you dress is part of your personal hygiene, generally speaking. Clean, smart and even sexy attire will undoubtedly make you more attractive to your partner or any other person you want to approach.

Like bad and good smells, clothes can both be off-putting and attractive.

Hygiene is something you pay more attention to at the beginning of a relationship. If you start neglecting this important point, your sex life will slowly but surely die.

Also important here is how you dress at home. Too many people simply put on their most comfortable attire when they come home in the evening.

Unfortunately, this attire is all too often an uninviting jogging suit or something similar, which does not inspire to sex. Many of us put on this attire to relax, and the result is for many is that they are no longer attractive to each other, and they no longer want to have sex.

To put on something titillating, if only to be attractive to your partner, never does any harm.

The clitoris

This is without a doubt a woman's most important "organ", and thus a good lover knows how to handle this little button to satisfy a woman. Still, let me give you a warning: "Do not think that all women react in the same way when it comes to their clitoris".

Every woman is sensitive on or around the clitoris, but the way to treat it to give her a good sensation, varies strongly between different women. Some women like it when you touch their clitoris directly, whereas others are so sensitive that direct contact hurts.

Did I forget to say where clitoris lies and how it looks?

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Well, I thought you knew, but the clitoris lies in the uppermost part of the vagina, near the opening, and looks somewhat like a tiny penis, though both the looks and the size of a clitoris vary strongly between women.

Sometimes it is very large, clearly visible and hanging down; sometimes it is hardly visible and is difficult to touch. What is certain, however, is that it is always at the same place in all women, so you cannot fail to locate it.

The safest way to find out how a woman feels is to massage gently around the clitoris, without touching it directly, until you see how she reacts. After a while you will know what she likes, and then all you have to do is continue doing the same thing.

Most women I have seen who satisfy themselves by masturbating do this by massaging the clitoris with rotating movements with two fingers, and by stroking their fingers up and down next to the clitoris. If you do the same, your chances of success are relatively good.

Keep in mind, however, that it is best to start carefully and to feel your way if you do not already know from previous experiences how she responds.

During the sexual act you should continue to think about this and try to make your penis touch the clitoris in a way that stimulates the woman. When the woman is wet and turned on, the clitoris will swell and in general become more sensitive, but in some cases the woman reacts in the opposite way, and can hardly stand direct touch, especially during her orgasm.

Be very alert, therefore, so that you handle your woman in the right way.

Having been married or together for a few years, two partners obviously know what the other likes, and it becomes relatively easy to satisfy each other.

Most tips and explanations given in this book are therefore addressed primarily to those of you who are free to try new and different women from time to time.

On the other hand, having been married most of my life, I know how important it can be to innovate and to break old habits, to invigorate your sex life every now and then.

The G-point

The German doctor Ernst Grafenberg first published knowledge about the G-point in the 1950s. Hardly anyone had **discovered** this particularly sensitive point until then. My claim is, however, that this is not a specific point but rather an area which is particularly sensitive for women.

You find the G-point about 5 cm inside the vagina, in the upper part.

Not all women have especially sensitive here, and many claim that the excellence of this point is overrated. Still, for some women light massage of this area with two fingers will increase the intensity of her orgasm. You can also successfully reach this point by using aids like vibrators and dildos.

A super lover knows that he can stimulate the woman's G-point, each time he withdraws his penis, by pressing towards the lower part of the vagina or by lifting the woman's abdomen up and down, so that the tip of the penis is "tilted" up against the G-point and stimulates it.

The orgasm a woman gets during sexual intercourse is usually a vaginal orgasm and is probably provoked by stimulation of the G-point and other areas in the vagina.

It is almost only when the woman is lying on her back that this is possible, but with a little training it can sometimes also be done by touching the G-point in other positions.

Some women are also good at getting an orgasm themselves by masturbating, massaging the G-point either with their fingers or with a dildo.

Although not all women feel anything special when touched in this area, it is worth a try.

The power of thought

You can be sure about one thing: that if you want to become a super lover you have to know the power of the thought. Everyone who knows a lot about sex will tell you that your brain is the most important sexual organ for both men and women.

It is the brain that brings all impulses to the rest of your body; consequently, there always has to be a thought preceding any action or reaction in your body.

To put it differently, “you become what you think”. This is of course an utterance that may be difficult to grasp and even more difficult to accept.

It has always been like this, however, and always will be: when you have a pleasant thought, you will immediately get the same feeling of well-being.

Everyone can learn to think positively.

Likewise, when you think of something sad or depressing, you will feel dispirited. If we consider the utterance “we become what we think”, this will in many instances lead to what we call a “self-fulfilled prophesy”.

For instance, if you keep on thinking “I can’t make this”, similar thoughts will discourage you from even trying (why should you, you would not make it anyway). As a result, you will end up not “making it”; in this way your prophecy has fulfilled itself, and you were right.

On the other hand, positive thoughts will have the same tendency as negative ones to be “self-fulfilling”, the only difference being that the result this time is positive.

Imagine that you have invited a sexy, attractive woman who is obviously willing and comes with you home for a night cap after a nice evening out in the town. You have never been with such a lovely woman before, and your thoughts start spilling.

How will this go? She has probably been with lots of handsome and gallant men; will you be up to it? Will you be able to satisfy her, and, even worse, will you manage to get an erection?

When you ask yourself such a question, your brain will automatically pursue this line of thought. It will start telling you that your last conquest, as you know, was a complete failure, and do not forget that tonight you have had a couple of glasses more to drink than you had last time.

This can only go wrong. Now your fear of performing sets in, and thus your head is so filled with negative thoughts that the rest of your body does not get enough blood, and the result is often that your penis gets completely numb.

One thought leads to another; you “became what you thought” and the prophecy fulfils itself once again. Stories comparable to this one are numberless.

But innumerable also are the stories confirming the result of the opposite, of positive thinking. The person in this case has thought, “I’m looking forward to this. It’s easy to get horny with a woman like her. Now I have the chance to have a really good time”, or something similar.

In a case like this anyone can become a super lover, at least if you know some simple methods or techniques. No one who thinks like the person in the first example will ever have the opportunity to call himself a super lover, unless he changes his way of thinking.

Your thoughts just before a night of lovemaking will to a great extent decide whether how you get started. It does not stop at that point, however, because it is your thoughts during the lovemaking itself that decide your actions and thus your results.

When you think “what a beauty”, “that was really wonderful”, “now I’m really going to make it good for her” and “I’m a super lover”, your thoughts will give you feelings that, in their turn, will lead to action, and the rest will follow automatically.

Remember, too, that the brain never dwells upon one thought, but will produce an entire chain of thoughts based on the first one.

Fantasies

Some do not dare to tell their partner that they have sexual fantasies, about doing particular things, or about someone else than their partner.

Whether you should tell your partner about this or not depends on how strong your love is and on how openly you are able to speak about sex.

Usually this is unproblematic if you fantasise about doing particular things with each other; in this case your partner can easily accept even extremes.

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If you are fantasising about someone else, however, I strongly recommend that you do not reveal this, unless it can make the other sexually aroused. The reason why you should not tell your partner about such fantasies is that it can hurt her ego, if you are not sure.

Fantasies are one of the most important ingredients in a good sex life, if they are used in the right way. When you use your imagination, the brain transmits feelings that are based on your fantasies, because images are created in your brain.

Often a couple can turn each other on by talking about their fantasies. There are also many cases where one is not turned on by the other and therefore fantasises about a more attractive person.

This is perfectly normal. In many cases such fantasies can save a relationship in crisis. It could be said in such cases that the end justifies the means. Whatever the reason for your sexual fantasies, it is your right to have them.

Your thoughts are your own, and you do not have to answer to anyone about them. On the other hand, if you often have fantasies about others than your partner, this may be a signal that something is wrong in the relationship. In that case, a talk in all confidentiality may be a good idea.

Many couples also use pornographic pictures and sex-videos to get their imagination going. This can often be what it takes to breathe new life into a routine and tedious sex life.

Sexual fantasies may well inspire to sexual well-being, and are thus not something wrong, as they normally trigger positive emotions, to the benefit of both parties in a relationship.

However, as a rule, keep them to yourself if your fantasies are about others and share them with your partner if you think they will turn her on.

If we turn this upside down and imagine that a man is sexually aroused enough without fantasies, and perhaps has problems holding back his orgasm, it might be best for him to fantasise about something that has nothing to do with sex, to hold back longer without ejaculating.

In this way his fantasies lessen the erection or the sensation, and it then becomes easier to hold back the orgasm. Thus, fantasies can be used in many ways.

The Foreplay

Women's expectations with respect to foreplay are completely different from those of men. A woman needs 15-30 minutes, while a man only needs about five. A super lover knows this and thus concentrates fully on his woman, knowing that his own needs are satisfied in the process.

A woman often wants romance, tenderness and touching of many parts of her body besides her vagina, while the man prefers that she touches him on the penis with her hand or tongue/mouth. He generally also likes the woman to tease him and to behave vulgarly.

There is no key to what a woman wants when it comes to sex, so knowledge of this subject is important for the man in order to get a good result for the woman.

A man should therefore proceed tentatively to find out what she wants; what is quite certain, however, is that she does want foreplay. Having said this, there are obviously cases when the foreplay is both unnecessary and unwanted.

A "quickie" can be wonderful and lead to orgasm for both him and her in the space of a few minutes, if the time, the place and the person are right.

However, to have real pleasure from sex you have to give time to the foreplay.

Hygiene is an obvious starting point. Both should have taken a shower to get rid of any unwanted odours. Use nice underwear and a fragrant lotion if you like, but be careful with perfumes, as this gives too strong an odour the first hour.

It may be a good idea to have some pleasant scents like incense in the bedroom. Since looking at themselves and their partner while in action turns on most men and women, it can be a good idea to also have a big mirror strategically placed in the room.

Also use soft light to create a romantic atmosphere. .

Agree that you are both going to have a good time and get the maximum out of it, though neither should feel any pressure to perform, only to relax and enjoy the moment. A super lover knows that most women love gentle touch and a good massage, so he always has a bottle of massage oil ready.

Massage her neck gently, shoulders, back, buttocks and thighs, before she turns around, then you move on to the rest of her body except her breasts and vagina, of which you should only touch the edges at the beginning.

Keep also in mind that the nipples and the clitoris are especially sensitive for many women; thus you must proceed very gently at these places. Once you have found out how the woman responds to being touched here, you can increase the intensity as she gets more and more strongly aroused.

Alternatively, you may well take turns if you wish; in this way both get a massage.

Arousing his woman turns on a super lover; thus he is not in great need of assistance himself in this phase. If she wants and is turned on by it, however, it is OK. A natural part of the foreplay, not just at the beginning, is kissing.

A super lover is always a good kisser, and he uses his tongue to tease her and to show her how he is going to use his penis inside her when he gets to that point.

Nearly all men and women turn each other on when kissing, and it is here that much of the basis for the lovemaking is laid.

During the kissing the women usually get wet; the sexual organs are filled with blood, so that the women's sex lips swell and the men normally get their erection.

Many women may have problems getting wet in their vagina. In this case you should not make unnecessary comments about this, as the reason may be psychological, in the same way as when a man cannot have an erection.

If the woman is afraid of not getting wet, the consequence may be just that. If the man is afraid of not getting an erection, the result may be that he fails to achieve it.

If you as a man know that your woman has this problem, you can propose or do one out of two things:

- 1. Start kissing your way down to her vagina and lick the vagina until she gets both wet and horny.**
- 2. Ask her if you can put some massage oil around her vagina. Tell her that you want to do this because it makes you horny, not that it is because she is so dry.**

In this way you have given her a reason she can accept, and both will get a better result, because she will be more relaxed and focus on enjoying it, rather than worrying if she will get wet or not.

Although the foreplay is not as important for the man, and can as far as he is concerned be shorter, it will in most cases help him, too, to keep his erection longer. This especially applies to elderly and middle-aged men.

More and more people who have a steady partner also enjoy sex toys like vibrators, erotic films and magazines, and use this as part of the foreplay. There is nothing wrong with this, as long as both parties agree.

There is no “right and wrong” in a sexual relationship, as long as it is legal and both parties get turned on by it.

The foreplay has no clear limits as to when it begins and how it ends, except that we usually say that it ends when the man’s penis enters the woman’s vagina.

This is not always the case of the super lover, however, as he may well enter his penis slightly just to tease her, but continue the foreplay until she begs him to give it to her.

After a while, when she can no longer wait, he lets himself be persuaded.

The love-making

A super lover knows that he will turn his woman on even more by teasing her, both during the kissing and the caressing, and not least with his penis.

When the woman is so aroused after the foreplay that she begs him to put his penis into her vagina, a super lover knows that this is not yet the right moment. First he teases her by stroking her clitoris with his penis and lets her feel the tip of his penis at the opening of her vagina, while at the same time kissing her and using his tongue in the same way as his penis.

Gently, he lets her feel the tip of his penis inside her and then withdraws to continue the teasing outside the opening of the vagina and works on her clitoris with his penis.

At this point many women like their men to kiss them from the breasts downwards, and to give them oral sex with lips and tongue. Some like to be licked, others prefer light biting or sucking of the clitoris.

The woman should lead her partner on the right track by moaning and other signs, so that he can do more of whatever she likes best. If the relationship has lasted a long time, they can take shortcuts as they know exactly what the other wants.

The great danger is, however, that it all becomes a boring routine.

This is like a “Catch 22” situation. A married couple who have been together for many years know how they prefer to do it and what the other part likes him or her to do. They thus keep on doing what they usually do until it becomes a bad habit, and then it becomes more and more difficult to turn each other on because there is no variation or excitement.

Variation and surprises are exactly what makes people sexually aroused, and when these elements disappear, much of the pleasure of sex disappears with them.

Therefore, the super lover knows that variation is necessary when it comes to positions, techniques, tempo and approach, not to speak about the foreplay, the use of imagination and positive thoughts.

He knows that mechanically pushing his penis in and out of her vagina, like a robot, is not the way to give a woman an orgasm. He also knows that there are almost as many ways to get an orgasm as there are women, so the super lover will never have learnt it all.

An incredible number of women like to stimulate their clitoris with their hand during the sexual intercourse. This is probably because it is easier for them to get a clitoris orgasm than a vaginal orgasm and want to be absolutely sure of having an orgasm.

Most women also like to get their orgasm only in a particular way, or perhaps a couple of different ways, but almost never in just any position imaginable.

To have a multiple orgasm, the woman, like the man, must learn to use her “squeezing muscle”. This muscle is essential to achieve an orgasm in any situation, both for the woman and the man.

And then a tip regarding your own orgasm: make sure she knows when you come. By kicking, scratching, screaming, moaning and shaking your body, you will make her feel that she, too, has done a good job. It has the same effect as giving a compliment. It will also make it A LOT more comfortable for you, because your actions will influence your emotions maximally.

In my own early youth, not knowing any better, I used to let it all come without saying anything about this, until the woman after a while noticed that my erection was gone. She would then ask me if I had come, which I would confirm, and that was it.

Little did I know at that time about her deception, not knowing if I was having a good time or not. As there must be no doubt about this, you have to let her know that you are rejoicing by letting her hear it.

This can be compared to someone being given applause after having done a good job, on the stage or at the sports stadium. So, your way of giving her applause is to let her hear it when you come.

A steady relationship vs. a one-night-stand

When it comes to sexual relationships, there is no “correct answer” as to what is the best. Everything depends on the context.

Many people who have been married for many years have a wonderful sex life, and many newly married couples have a miserable relationship, so that this depends more on the people in each case than the number of years the couple have been together.

One of the most important factors in a good sex life is that you trust each other and have a completely open and honest relationship. By this I mean that if one is tired or does not feel like having sex for some other reason, the other should respect this without being offended.

This does not mean that the other is not attractive or sexy enough, only that one is not feeling well or is a little tired. This is only human, and I think that if you have a relaxed attitude to this, your relationship will become better and more secure, and this will in its turn lead to a better sex life.

If one party does not want to have sex for a long time, however, there may be other reasons for this, and open communication can be a good solution.

If there are physiological reasons for this, it may be a good idea to get help from a doctor.

Still, steady relationships like cohabitation and marriage *do* have many advantages as regards sex. One is that you gradually know more about what your partner likes and how things should be done to have the best sexual enjoyment possible.

On the other hand, routine is a dangerous enemy that lurks in the background in most steady relationships. The romance and the excitement may disappear, as routine takes over. Two partners often take each other for granted and get less interested in doing anything extra.

When you are in love, experimentation is part of the game and consequently makes it more exciting.

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Although a one-night-stand with a “perfect stranger” can be exciting, I am convinced that the best sex is between two partners who know each other and can talk openly about their sex life.

However, there is one element where a married couple can never compete with casual partners: the excitement.

I would indeed say that after a few years of marriage no couple can compete in this respect.

The excitement will always fade as time goes by. Thus, if excitement is all that keeps a couple together, the relationship can never last.

The excitement of a one-night stand, on the other hand, can perform miracles for a tedious sex life, and can sometimes wake up the dead.

One-night-stands are also often the reason why many married couples split up. The partner who has been living in a dull sexual relationship for a long time, and discovers by having an affair that he or she can still be sexually aroused, often breaks out of an otherwise happy marriage, maybe also with children, only to experience this newly-found reunification with a good sex life.

What they forget in this respect is that it is only a question of a relatively short time in the new relationship before this, too, will become boring and routine.

The question then is: was it really worth it? It might be for some, for others it was rather the contrary.

To maintain a good a sex life it is important to be willing to do a little extra, to keep at least some of the excitement. This can be done in many ways, but the simplest way is to give your partner some kind of surprise connected to your sex life.

This could be to make changes, regarding the time and the place to have sex, as well as possible positions and techniques.

When the excitement increases (as with casual sex) both men and women will in most cases get turned on more quickly and get hornier than they normally do in their steady relationships. Therefore, they also need less time for the sexual intercourse. You quite simply skip the foreplay (which is normally extremely important) and begin the sexual intercourse immediately. This can last only a few minutes, but is still sexually satisfying because of the sense of excitement and increasing desire you experience.

However, it is important not to confound an experience like this with real love, because it is not; usually, it is all about sex. Parties with colleagues, holidays, “boys-” or “girls-

only” weekends, as well as stag parties, are typical occasions for casual sex, though this may of course happen wherever men and women meet.

It happens very often when either of the parties in a relationship does not have the right feelings for the other, or when he or she does not feel appreciated.

Routine and boredom, or a complete lack of romance and excitement, are probably the most important reasons why one of the parties finds another lover who appears more exciting and challenging.

The man's endurance

To be an enduring lover, a man has to fulfil three criteria:

Firstly, he has to be in relatively good physical shape. This is important because enduring sex is physically demanding for a man. Depending somewhat on the position, the man uses a large part of his muscle mass when making love, so that he will not endure very long without being in good shape.

After 5-10 minutes he will begin to sweat, which results in a loss of fluid, and he thus gets tired.

Secondly, he has to be able to keep up his erection. This also makes it necessary to be in good shape, as high blood pressure, bad circulation of the blood and limited oxygen uptake may have a negative effect in this respect.

If everything is in order physiologically, it is mainly your brain that decides how you can keep up your erection. As was mentioned earlier, the power of your thoughts has an enormous impact on your feelings, which in turn govern your actions, and thus also your erection.

Another factor helping the man to stay horny is his imagination. Positive thoughts, about his being a great lover and how good it feels, also help.

Thirdly, it is important that he be able to control his orgasm. Too early ejaculation is one of the most frequent reasons why the man cannot carry on, to the frustration of many women. There are many reasons why a man ejaculates prematurely, some of which are mentioned here:

- 1. He only wants another “trophy” and does not care about the woman.**

- 2. He thinks the woman wants him to get it done as quickly as possible.**
- 3. He does not bother to keep on for long because he only thinks about himself, not about the woman.**
- 4. He has pressured her to have sex with him even though she does not want to, so she is doing it for him.**
- 5. He is afraid he might lose his erection, so he wants to make sure that at least *he* has had his orgasm before this happens.**
- 6. He does not know the techniques he could use to prevent too early orgasm.**
- 7. In fact, it is not natural for the man to hold back his orgasm. (Ref. animals)**
- 8. The man's orgasm is often best when he has not held back too many times, but has just about managed to build up enough steam.**

To be enduring a man must be genuinely interested in helping the woman have *her* orgasm, before he has his own.

It is often the case that if the man has not decided to do this beforehand, he will not be able to hold back when the good feeling comes and he just lets his orgasm come.

If he wants the woman to have an orgasm, however, he will have a “long-term” goal in his mind, and it will thus be easier to overcome the lesser “problems” on the way.

In this way, he will also focus his thoughts on what and how he must do **it** to satisfy her. This is an important condition for endurance.

With reference to point 7 above, it is not in his nature to hold back. If we look at the world of the animals, from which we according to science descend, the man has only one function: to give his sperm for procreation.

Still today we find primitive tribes in several continents where the woman expects little pleasure from sex, apart from receiving the man's sperm. Fortunately, though, in our own enlightened society, thanks to a developed system of education, the two sexes are considered equal in this respect.

We know that a woman has just as much pleasure and just as many needs with respect to sex as the man. On the other hand, although this may sound silly, we should not exclude the possibility that the man's primal instinct still may influence some men's attitudes in this respect.

Training the “squeezing muscle”

The most important single factor as to whether you can become a super lover or not is a small muscle lying between the man’s testicles and anus and between the woman’s vagina and anus.

Indeed, it is clear that no one can ever be really good at solving this mystery of the orgasm without knowing how to use this muscle. I have called it the “squeezing muscle” because this name gives a better explanation of how this muscle should be used.

Let me explain: when you pass water you have opened the squeezing muscle so that the urine comes out freely. If suddenly you have to stop in the middle of the process, there is only one way to do this, and that is to tighten your squeezing muscle.

Everyone can do this; you can tighten, let go, tighten again, as many times as you like.

This muscle can be used by the man to hold back an orgasm, and in addition help the woman attain her orgasm. Although the aim of this book is to give the man some tips as to how he can become a super lover, I know there are too many women who do not succeed in attaining an orgasm because they do not know how to train this particular muscle.

Both men and women, therefore, can benefit from the training programme described below.

This muscle tires easily when it has not been trained for many years, or perhaps never, so you should train it over time and with patience. Many men tend to get to work at once and want to see the results after only a couple of days, though this is not the way it works.

Although you may succeed in doing many repetitions and exercises, you should rather try to stick to the programme until the end. Then you can increase the intensity as much as you like, according to your needs.

I can recommend this training programme for men from my own experience. As to women’s experiences, I have, by speaking to different women and by reading literature on the subject, found that this also works for them.

Exercises:

1. This exercise should be practised for the two first weeks

When in a sitting or standing position, tighten and relax your squeezing muscle 20 consecutive times without tightening the muscle too long. Do this exercise every day for two weeks, five times before 4 pm and then five times after 4 pm.

If you get a strange sensation of tiredness or restlessness, this is perfectly normal at the beginning.

2. This exercise should be practised in the next two weeks

Tighten your squeezing muscle, keep it tight for five seconds, relax and repeat 20 times. Do the exercise five times before and five times after 4 pm every day for four weeks.

3. This exercise should be practised in the last two weeks

Tighten your squeezing muscle and keep it tight for ten seconds. Then relax and repeat 20 times. Do this exercise five times after 4pm every day for two weeks.

After six weeks of training, the result will be noticeable for both men and women. The men will be able to hold back their orgasm, and women will get more orgasms.

The man's premature orgasm

As mentioned earlier, there are many reasons for the man's premature ejaculation.

If a man wants to have a quick orgasm, there is nothing the woman can do to stop him.

On the other hand, if he does **NOT** want this, and for some reason sees this as a problem, there are clearly ways to get better at this point.

If the man does not have problems with his erection, sexual endurance throughout the entire night is only a matter of training.

All the man has to do are two things:

1. *Decide to keep on as long as he likes*
2. *Train his squeezing muscle*

As well as recommending the training programme itself, I advise the man to test its effect by masturbating.

As a man's erection, unfortunately, decreases by about 10-50 percent each time he holds back his orgasm, most men prefer not to do this too many times, unless they have a strong wish for the woman to have her orgasm and he does not think too much about himself having one.

However, the effect of squeezing depends on how far the process has come when you start.

If you wait until just before the sperm spurts out, it will be almost impossible to hold back; you therefore have to start earlier to succeed. This is where masturbation comes in.

When masturbating, you are in complete control of the situation and can thus decide yourself when you want to hold back. If you start the squeezing rather early, it will be easier to hold back and you will not lose so much of your erection.

For the sake of simplicity, let us call the different stages pleasure stages and give each a number 1-6.

- 1. This is the earliest stage and does not pose any great problems holding back (about 5 percent decrease of erection).**
- 2. The stimulation is somewhat stronger, but there is still no need for release. (about 10 percent decrease of erection).**
- 3. The stimulation is increasing, but you can easily hold back by slightly slowing down (about 20 percent decrease of erection).**
- 4. At this stage the stimulation is very strong and your orgasm may come in a matter of seconds (about 25-30 percent decrease of erection).**
- 5. You are close to the climax. At this level it is difficult to hold back, and if you do, your erection will decrease considerably, maybe up to 40-50 percent.**
- 6. Here comes the sperm and it is too late to hold back. Many can continue the sexual intercourse after the man's ejaculation, depending on the situation, but most men will lose most of their erection and generally have to wait a while before the next sexual intercourse**

To master the different stages you must have a well-trained squeezing muscle.

Test yourself by reaching the different stages by masturbating, until you master each stage and know what it takes to hold back, and at the same time you will know how much

of your erection you lose at the different stages. This, too, varies from individual to individual.

You will learn to know your own strengths and weaknesses, and consequently it will be easier to hold back when this is necessary, without losing your erection.

There is not much to separate the different levels, but you will learn to recognise the nuances between them by and by, so that you know where you are when it is necessary.

When masturbating, you should also get to know the muscles you normally use during the lovemaking. Both men and women use muscles for the sexual build-up, before the climax comes.

Most people are not aware of this, however, and do not think about it because it happens automatically.

Men often use the major muscle groups – abdominals, thighs, calves and buttocks – as well as the squeezing muscle, if they want to maximise the enjoyment.

Women mostly use the buttocks and the squeezing muscle, but can also use the major muscles when they want to get an orgasm.

Practically the sole purpose of the use of these muscle groups for the man is to intensify his orgasm. To hold back his orgasm, however, he has only one muscle at his disposal: the squeezing muscle.

For the woman the opposite is the case; most women **HAVE TO** use their squeezing muscle to achieve an orgasm in the first place, and if this muscle is not trained, they will not succeed.

For a man, there is no alternative to training his squeezing muscle, if he wants to make love to his woman the whole night.

When holding back, you have to know how long you can go before you lose your erection. Can you go to the third or fourth stage, and then hold back, without losing your erection, or do you have problems at this level, too?

You can also train to stay at a lower level by:

- 1. Slowing down;**
- 2. Changing positions, or;**
- 3. Using your imagination.**

When you slow down, or vary your tempo, some of the stimulation will disappear, and it becomes easier to endure longer. The position is also important. In the missionary position many important points, such as the knees and elbows, are in use, but there is no

great impact on the muscles; thus, not enough attention is diverted from the sexual act to have any considerable decrease on the sexual stimulation.

Many men find it easier to get an orgasm when their legs are together and they can tighten their leg muscles. It can be an advantage, therefore, if you choose a position where you have your legs separated, if you want to decrease the stimulation somewhat.

If the woman is on her back with her knees up, and you are sitting on your knees with your legs spread in front of her, you will be able to control your muscle groups fairly easily and have little stimulation from using these.

You can drive your penis in and out of her vagina and you can more easily decide the stimulation and pace you want.

Another position that gives you good control is when the woman is “on all fours” and you take her from behind. Likewise, if you kneel with one leg and have the other foot on the ground, the stimulation will decrease somewhat, so that you can keep going on longer and control your own orgasm.

In short, you should find a position, which is not too comfortable, as this may lead to a premature orgasm.

The imagination, too, can be used to hold back a premature orgasm. In this case it is important to think about “something else” and thus weaken the stimulation.

For instance, you could think about working in the garden or driving your car. We all know that feelings change, depending on what we are thinking about. Thus, we can “distract” the pleasure by thinking about other things.

A good lover will also take his time; rushing it is no way to satisfy a woman. A woman likes a “quick one” only if the exhilaration and the sexual tension are exceptionally high e.g. in cases of love at first sight, in the back seat of a car, when there is a “risk” of being discovered, with a casual partner and in other special circumstances.

Otherwise, most people would probably prefer a long foreplay, at least when the sex is planned beforehand. Both women and men get hornier, and consequently more enduring, after a long foreplay and with several stimulating factors.

I like to say that your ability to keep your erection after an orgasm is proportional with the duration of the pleasure of the foreplay. Thus, if you do not have foreplay your erection will disappear immediately after the orgasm. A long foreplay will make your erection last correspondingly after the orgasm. We are all different, but I suppose this is the way it works for many other men, too.

Whether you will have a premature orgasm, also greatly depends on your mental attitude. A man who “knows” he will lose his erection if he holds back will probably let himself loose immediately when he feels the sexual climax is on its way, without giving a thought as to what the woman might feel.

He prefers to “make it” rather than to lose his erection **before** the orgasm; for him **that** would be much worse. Whatever you have decided beforehand, this has great importance in this respect.

Multiple orgasms

A lot has been written about multiple orgasms, both regarding men and women. We all know that women can have many consecutive orgasms, from two to 10-15, even though the intensity may vary from woman to woman and from time to time.

Although I am no expert on women’s orgasms, I have experienced several variants and know how it feels for the man when a woman has an orgasm. Most women pretend to have an orgasm from time to time, and this is perfectly OK if it is to give the man’s self-esteem a boost. However, it can be harmful if the woman in this way starts to forget how it really is for her.

It can get disastrous if she forgets to think about herself and thus does not teach herself to reach an orgasm when she herself wants it. Women can get both “clitoral” and “vaginal” orgasms.

The difference between them is not **where** she gets her orgasm, but rather **how** she does it. A clitoral orgasm comes from stimulation of the clitoris, whereas vaginal orgasms come from stimulation of the vagina itself.

Before her sexual debut with a man, a woman has generally only had clitoral orgasms through masturbation. Most women get this type of orgasm more easily because they have already learned to get this by themselves.

There are also many women in different cultures who have been circumcised and thus do not have a clitoris. These women have to teach themselves to get vaginal orgasms, which are much more difficult to attain for most women.

Another fact is that one in three women do not have an orgasm during the sexual intercourse. There may be different reasons for this, but the most important reason is probably that they have not trained with their partner to do it.

Extensive research has been done on this topic at More University in California, showing that all the women tested throughout a period of 25 years managed to get an orgasm with their partner by training both clitoral and vaginal orgasms.

You may say that most men have not learned to give their women an orgasm each time, so that they need help from the woman herself to do this. First of all, she must be open and honest about this, and then they must both be willing to practise together, until the result follows.

Personally, I have often asked the woman how she wanted the sexual intercourse to be, to make sure that I could do the best possible for her. Without such openness, it would be very difficult to succeed the first time.

Sometimes the woman is too shy to dare to say anything. In these cases I have said that she must at least tell me what she likes and does not like, so that we can find the best method together.

Explained in simple words, a woman's orgasm is small contractions in the vagina, which feel like twitches of varying intensity. It comes from the sexual centres of the brain through the nerves in the spinal cord.

Each orgasm consists of 6-12 contractions and lasts a fraction of a second, with about 1 second between each.

At the same time (but not always) fluids in various quantities come out of the vagina. In some cases I have experienced that so much fluid has come out of the woman's vagina that it soaked the bed sheets. The first time this happened I was a very young man and thought she was urinating during the intercourse. That was quite a shock for a young man.

As for the man's orgasm, on the other hand, I believe I know quite a lot. Therefore, I do not personally believe in multi orgasms for men, even though I know from personal experience that this is possible.

I have read a number of books where the difference between ejaculation and orgasm for men is explained, but I believe this distinction is too theoretical and unpractical. With respect to the man's orgasm, this consists, like the woman's orgasm, of about 5-10 contractions of the muscles, which at the same time make the sperm spurt out (he ejaculates).

99.9 percent of all men consider their ejaculation to be their "orgasm", and I see no good reason, therefore, to divide the time before and after the ejaculation into orgasms of different kinds, even though this might be right, physiologically speaking.

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My personal opinion is that a man is interested in having a good time with his woman, and when the time is right, whether it has lasted two minutes or two hours, he wants to ejaculate.

It is of little importance to him whether he has had one or several orgasms on the way. When the ejaculation comes, he is content, especially if the woman, too, is content.

Another question is whether both should try to have an orgasm at the same time or have their orgasms separately. From experience, I know that having your orgasm together with the woman gives great pleasure, but it is by no means necessary, and it is also difficult to synchronize.

If both wish too have their orgasm together, the man must normally hold back his ejaculation, and the woman try to shorten the way to her orgasm by stimulating the clitoris or using her squeezing muscle and movements actively. Thus, both must come closer to the other in this respect.

To get the most out of their sex life, it might be a better idea for most people that the man first concentrates fully on helping his woman getting an orgasm, before he has his own.

For some women only one decent orgasm is enough, whereas others want a series of orgasms. In that case the man has to help her achieve what she wants.

Once the woman has reached her orgasm it is the man's turn. In this way, she can concentrate on helping him achieving an orgasm as intense as possible, and both parties will be maximally satisfied. I personally prefer this, but it is up to you to find out what is best for you and your partner.

To a good lover, how many times he himself has an orgasm counts much less than how many orgasms he is capable of giving his woman.

And it is obviously important for a man that his woman thinks he has been good, and that she tells him this afterwards. This strengthens the man's ego and makes him an even better lover next time.

Not all men dare ask their women about this, though all men would like to hear it, at least if they have been good in bed. If not, it is better for the woman not to say anything; in any case, he probably knows this himself.

Sickness and old age

At a certain age, varying from individual to individual, increased pressure and stress may decrease our sexual desires. This can lead to great frustration, especially for the man.

He will often feel hurt and start feeling inferior, and this obviously has its consequences.

Often when men realise this they start taking an interest in younger women to convince themselves and others of their continuing virility. And he may in fact enhance his sexual performance in these cases because the women are younger and more attractive than what he is used to.

But the result could also be the opposite; that his fear of not performing results in failure and thus even more frustration.

It is much easier for women to accept that the sexual appetite disappears, e.g. during the menopause. What is certain is that as people get older the sexual appetite will decrease naturally. by and by.

This may vary so much that a need for sex every day can later be reduced to only once a month or every two months. The most important thing is that you accept this and speak about what this means for your relationship. If you both have the same feelings, then there is nothing to worry about.

On the other hand, if only one half has a problem, there are many different ways to solve it. First of all, you may find out whether this is a physiological, psychological or an emotional problem.

You then get in touch with the right professional people to get help.

In addition, elderly people are more exposed to illness, which may affect both their emotional lives and their ability to have sex. A reduced testosterone level is often the reason for impotence for men, as well as clogged veins and poor blood circulation.

Testosterone is an androgen, steroid hormones which develop and maintain masculine traits. This is important for the man's self-esteem.

From the age of thirty-five, the man's testosterone level may sink by between 0.5 and 2 percent per year. A clear sign of this is that the man notices that he no longer has his morning erection or an erection during the night.

There are many remedies to help men increase their sexual drive. If the remedies do not work, I would advise you to consult a doctor.

And do not forget that one of the advantages of getting older is that you do not have to do all the things you did when you were young. That can be quite an advantage.

Conclusion

You now know most of what you need to know to become a super lover. As with all other topics, however, it is not what you know, but rather what you do with your knowledge, that decides whether you will be a great lover or not.

I would therefore like to recommend that you put into practice what you now have learned, so that you can become a better lover, both for yourself and for the women you meet on your way.

As every individual is different, it is important that you do not treat all alike, but find out what your partner likes and how she wants you to be. An open discussion can often give a better result than if you go for the “trying-and-failing” technique.

Good luck on your way to becoming a super lover.

